LESSON CUE CARDS FOR

Grade 1

PHYSICAL EDUCATION
Dear Teachers,

Physical Education (PE) is a part of a balanced holistic curriculum in schools. There is scientific evidence that PE contributes to the healthy development of learners, improves their academic performance and promotes their joy of life in the school setting. Encouraging and stimulating the teaching of PE is central to the KaziBantu project. The main goals of the project are closely connected to UNESCO’s sustainable development goals (SDGs), namely ‘good health and well-being’ (SDG3) and ‘quality education’ (SDG4).

Teachers are often overloaded with tasks and duties. It is obvious that they need support and tools which facilitate their work. That is why we developed the KaziKidz Cue Cards - a portable tool designed to aid your daily teaching. The cue cards provide complete PE lessons, readily available and easy to implement while you are outside on the field. They are designed in the form of a hand-sized booklet or you can save them on your cell phone, thus enabling you to present the topics in a well prepared and motivating way.

KaziKidz
Teaching Material for Schoolchildren
The teaching material has been developed by a team of South African and international specialists, including teachers who are familiar with the setting specific challenges. The lessons are in line with the South African Curriculum and Assessment Policy Statement (CAPS) requirements and supported by the Department of Education, Eastern Cape. They are implementable especially in resource scarce schools and have been tested and evaluated by teachers and learners - with excellent feedbacks. 

KaziBantu - Healthy Schools for Healthy Communities - intends to empower children! So join us by using this tool on a regular basis. The learners will enjoy the lessons and benefit from being physically active.

Prof. Dr. Uwe Pühse (UNESCO Chair), University of Basel, Basel, Switzerland
Prof. Dr. Cheryl Walter (UNESCO Co-Chair), Nelson Mandela University, Port Elizabeth, South Africa
These cue cards are a summary of and a useful addition to the KaziKidz Lesson Plan Manuals. They provide visuals of each phase of a lesson plan, namely Introduction, Main Focus and a suitable, but not too intensive Cool Down/Conclusion.

The lessons target grades 1-7 and are aimed at leading learners through movement literacy, games and physical activities to adopt a healthy lifestyle throughout childhood into adolescence. The lessons are, furthermore, developmentally and didactically sound for meeting the needs of each targeted age group per grade and allow for repetition to facilitate learning. In the event of sports equipment shortages at a school, the lessons can be adapted by using improvised equipment.

The seven KaziKidz Lesson Plan Manuals with their accompanying set of cue cards per grade are relevant and valuable educational tools which have been developed in accordance with the Curriculum and Assessment Policy Statement (CAPS) of South Africa. Teachers are strongly encouraged to make use of these aids to facilitate the teaching of Physical Education in their schools.

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National Convenor and Trainer for Life Orientation and Physical Education during roll-out of the National Curriculum Statement in the GET and FET Bands (2002-2008, Department of Education)

Materials developer for the training and teaching GET and FET Life Orientation and Physical Education in the GET and FET Bands (2002-2008, Department of Education)
Characteristics of good teaching have been identified in general educational research. These characteristics promote the acquisition of competencies and the development of motivation among learners independent of the subject. Good teaching that promotes student performance as well as motivation is characterized by the following features:

- Classroom organization, for instance binding rules and targets, the clarity and structure of the teaching process, decreased waste of time;

- Student orientation, for instance individual learning support, a positive teacher-student relationship, positive teacher feedback; and

- Cognitive activation, for instance the genetic-Socratic approach, avoidance of repetitive exercises.
GRADE 1

- 20 Soccer and/or netball balls
- 1 Whistle
- 4 Short skipping ropes &
- 2 Long skipping ropes
- 4 Boxes
- 4 Poles
- 10 Tennis balls
- 1 soccer field
- 2 goal posts on each side
- Or use cones and mark out soccer playing area
- 30 Cones
- 5 Pieces of wood
- Colour bands (bibs/blindfolds) - 12 (2 sets of different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music (www.kazibantu.org)
- Drums
- 40 mats, 1 per learner
- And/or 1 open playground field with grass
- 1 netball field
- 2 net posts on each side
- Or use cones and mark out netball playing area and 2 hoops
- 10 Hula hoops
- Chalk (Sufficient to mark out playing area)
<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Locomotor skills</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>Locomotor skills</td>
<td>2</td>
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<td>Perceptual motor skills</td>
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<tr>
<td>8</td>
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<td>8</td>
</tr>
<tr>
<td>9</td>
<td>Rhythm</td>
<td>9</td>
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<tr>
<td>10</td>
<td>Rhythm (co-ordination)</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>Rhythm (co-ordination)</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>Rhythm (co-ordination)</td>
<td>12</td>
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<td>13</td>
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<td>13</td>
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<tr>
<td>16</td>
<td>Co-ordination</td>
<td>16</td>
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<td>17</td>
<td>Balance</td>
<td>17</td>
</tr>
<tr>
<td>18</td>
<td>Balance</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>Balance</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>Balance</td>
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<tr>
<td>21</td>
<td>Spatial orientation</td>
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<td>Laterality</td>
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<td>28</td>
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<tr>
<td>29</td>
<td>Sports and games</td>
<td>29</td>
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<td>Sports and games</td>
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<tr>
<td>31</td>
<td>Sports and games</td>
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<td>32</td>
<td>Sports and games</td>
<td>32</td>
</tr>
</tbody>
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Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. Red = STOP. Yellow = WALK. Green = RUN.

Goal
To improve reaction time.

Follow the leader

Divide the class into groups (approximately same number of learners per group). Learners in front of the line do the movements instructed by the teacher. The rest of the learners imitate. Blow the whistle to change leaders.

Goal
To develop attention.
Simon says

The teacher takes the role of ‘Simon’ and calls out the instructions. Learners are eliminated if they follow instructions which are called without the words ‘Simon says’ or if they perform an instruction incorrectly.

**Goal**

To develop attention.

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Cool down your body

Learners must be seated or standing in any relaxed and comfortable position. Instruct the learners to move/stretch different parts of body.

**Goal**

Cool down.

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Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. Red = STOP. Yellow = WALK. Green = RUN.

Goal
To improve reaction time.

Old witch

Choose a learner to be the ‘old witch’. At the blow of the whistle, learners walk towards the ‘old witch’ repeating ‘old witch, what are you cooking today?’ The ‘old witch’ can choose any response, but as soon as the ‘old witch’ says, ‘spider legs’, the other learners must run back to the start without being caught. If a learner is caught, he/she joins the ‘old witch’.

Goal
To improve reaction time.
Simon says

The teacher takes the role of ‘Simon’ and calls out the instructions. Learners are eliminated if they follow instructions which are called without the words ‘Simon says’ or if they perform an instruction incorrectly.

**Goal**

To develop attention.

Cool down

Learners must be seated or standing in any relaxed and comfortable position. Instruct the learners to move/stretch different parts of body.

**Goal**

Cool down.
Instruct learners to move around the play area like animals. Examples: Bear walk, monkey walk, bunny hop, galloping horses, donkey kick etc. At the end, discuss how they can perform animal movements better and what sound each animal makes.

**Goal** To improve creativity.

**Equipment**
- About 20 cones and a whistle.

**Animal walks**

Instruct learners to move around the play area like animals. Examples: Bear walk, monkey walk, bunny hop, galloping horses, donkey kick etc. At the end, discuss how they can perform animal movements better and what sound each animal makes.

**Old witch**

Choose a learner to be the ‘old witch’. At the blow of the whistle, learners walk towards the ‘old witch’ repeating ‘old witch, what are you cooking today?’ The ‘old witch’ can choose any response, but as soon as the ‘old witch’ says, ‘spider legs’, the other learners must run back to the start without being caught. If a learner is caught, he/she joins the ‘old witch’.

**Goal** To improve reaction time.
Relay running  Lesson  Time: ~ 10 min

Divide class into 2 equal teams. Divide each team in half. Have teams stand opposite each other about 20 m apart. The learner in front starts a movement, across to the other team and gives next learner a high 5 then goes to sit down at the end of the line. The following learners repeat this process until each has had a turn.

**Goal**  To develop locomotor skills.

Spin around  Cool down  Time: ~ 10 min

Allow learners to breakup into pairs. Instruct the learners to spin around in any direction and/or style that suits them best.

**Goal**  To develop spatial orientation.
Instruct learners to move around the play area like animals. Examples: bear walk, monkey walk, bunny hop, galloping horses, donkey kick etc. At the end, discuss how they can perform animal movements better and what sound each animal makes.

**Goal** To improve creativity.

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**Follow the leader**

Divide the class into groups (approximately same number of learners per group). Learners in front of the line does the movement(s) instructed by the teacher. The rest of the learners should imitate. Blow the whistle to change leaders.

**Goal** To develop attention.
**Relay running**

Divide class into 2 equal teams. Divide each team in half. Have teams stand opposite each other about 20 m apart. The learner in front starts a movement, across to the other team and gives next learner a high 5 then goes to sit down at the end of the line. The following learners repeat this process until each has had a turn.

**Goal** To develop locomotor skills.

**Roll like a ball**

Learners must pretend to be a ball. Learners must roll forwards, backwards, and around in a circular motion.

**Goal** To develop spatial orientation.

**Cobra stretch**

Learners must lie flat on their stomach and raise their upper bodies off the floor by pushing up with their hands. Learners must hold this position for 10 sec, then rest for 10 sec.

**Goal** Cool down.
Pass the ball

Divide the class into groups of 4 - 6 learners, with 1 ball per group. Learners must stand in a circle and pass the ball around as many times as possible without the ball touching the floor.

**Goal** To develop ball skills.

Hitting ball

Mark out an area with cones. Instruct the learners to spread out within the area. The aim of the game is for the learners to strike each other with a ball (use 3 or more balls). If a learner has been hit, he/she must run around the play area, then continue playing.

**Goal** To develop ball skills.
Popcorn
Lesson
Time: ~ 10 min

Mark out an area with cones. Place a few balls in a container in the centre of the play area. Learners must spread out within the play area. Choose 1 of the learners to be the ‘popcorn maker’. He/she must throw 1 ball out of the container at a time. The other learners must return the balls to the container.

**Goal**  To develop ball skills.

Massage
Cool down
Time: ~ 10 min

Learners must split up into pairs with 1 of them lying face down. For 2 min, the partner rolls a tennis ball softly over the back of the learner on floor. After 3 min partners must swap places.

**Goal**  Cool down.
Feel the ball

Introduction
Time: ~ 10 min

Instruct learners to get into groups of 6, passing the ball to each other using their hand, foot, knee, elbow, head or nose.

Goal To develop ball skills.

Equipment
• About 10 balls (soccer and/or netball’s)
• 20 cones and whistle

The one in the middle

Lesson
Time: ~ 10 min

Divide the class into groups of 8 - 10 learners. Instruct a learner to stand in the middle of the circle. Learners must pass the ball to each other. If the learner in the middle intercepts the ball, he/she must join the circle and another learner must stand in the middle.

Goal To develop ball skills.
Hitting ball

Mark out an area with cones. Instruct the learners to spread out within the area. The aim of the game is for the learners to strike each other with a ball (use 3 or more balls). If a learner has been hit, he/she must run around the play area, then continue playing.

**Goal**
To develop ball skills.

Sunbathe on the beach

Tell learners to lie on the floor while you tell them a story about being at the beach. The learners must close their eyes and use their imagination.

**Goal**
Cool down.
Divide the class into groups of 4 - 6 learners, with 1 ball per group. Learners must stand in a circle and pass the ball around as many times as possible without the ball touching the floor.

**Goal** To develop ball skills.

Divide the class into groups of 8 - 10 learners. Instruct a learner to stand in the middle of the circle. Learners must pass the ball to each other. If the learner in the middle intercepts the ball, he/she must join the circle and another learner must stand in the middle.

**Goal** To develop ball skills.
Hitting ball: American Version

Lesson
Time: ~ 10 min

Mark out an area with cones. Instruct the learners to spread out within the area. The aim is for the learners to strike each other with a ball (use 3 or more balls). If a learner has been hit, he/she must stand next to the teacher. They can only return to the game once the learner that struck them has been hit by another learner.

Goal To develop ball skills.

Your dream place

Cool down
Time: ~ 10 min

Tell learners to lie on the floor and ask them to imagine themselves at their 5 best dream places. Allow the learners lie there for about 2 min for each dream place.

Goal Cool down.
Learners must stand behind a marked line on the play area. The teacher must then roll a ball (bomb) towards the marked line. As soon as the ball (bomb) gets to the marked line, the learners must run towards the other line as fast as they can. The learner that gets there first gets to roll the ball.

**Goal** To develop reaction time and locomotor skills.

Mark out an area with cones. Place a few balls in a container in the centre of the play area. Learners must spread out within the play area. Choose 1 of the learners to be the ‘popcorn maker’. He/she must throw 1 ball out of the container at a time. The other learners must return the balls to the container.

**Goal** To develop ball skills.
**Hitting ball: American Version**

Mark out an area with cones. Instruct the learners to spread out within the area. The aim is for the learners to strike each other with a ball (use 3 or more balls). If a learner has been hit, he/she must stand next to the teacher. They can only return to the game once the learner that struck them has been hit by another learner.

**Goal** To develop ball skills.

**Massage**

Learners must split up into pairs with 1 of them lying face down. For 2 min, the partner rolls a tennis ball softly over the back of the learner on floor. After 3 min partners must swap places.

**Goal** Cool down.
Freezing game

Equipment

- Music player and music
- 20 cones
- 3 balls (soccer and/or netball’s)
- 10 hula hoops
- 4 short skipping ropes and whistle

Introduction

Time: ~ 10 min

Learners must move freely to music. When the music stops, learners must freeze. The last learner to freeze must run and touch all the other learners so that the game may continue.

Goal

Reaction time.
Go through the hoop

Divide learners into groups of 8 - 10, in a circle, holding hands. 2 learners must hold the hoop upright and walk around the circle without losing grip on the hoop. Learners in the circle must try to climb through the hoop without letting hands go. Get learners to practise for 2 min, then compete with the other groups.

Goal Cool down.

Hopscotch, rope skipping and a trick

Divide learners into 3 groups (A, B, C). Group A must create a hopscotch court with hula hoops; giving each learner 4 tries. Group B uses skipping rope, and each learner must try jumping 5 times without interruption. Group C must show a trick to the teacher. After 7 min swap the group tasks.

Goal To develop co-ordination, rhythm and creativity.
Rhythm (co-ordination)
Grade 1 | Lesson 10

Equipment
• Music player and music
• 20 cones
• 2 long skipping ropes and whistle

Freezing game

Introduction
Time: ~ 10 min

Learners must move freely to music. When the music stops, learners must freeze. The last learner to freeze must run and touch all the other learners so that the game may continue.

Goal
Reaction time.

![Diagram of the freezing game]
Rhythm master (circle game)  
Lesson  
Time: ~ 10 min

The aim of the game is for the rhythm detective to figure out who the rhythm master is. Learners must sit in a circle. Choose a ‘rhythm detective’, he/she must close the eyes and cover the ears. Choose a ‘rhythm master’ from the circle, he/she must choose movements that the others must copy. The rhythm master always starts by tapping his/her knees.

**Goal**  
To develop co-ordination, rhythm and creativity.

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Rope skipping together  
Lesson  
Time: ~ 10 min

2 learners swing a rope while a third learner jumps. Rest of group sings rhymes.

**Goal**  
To develop co-ordination, rhythm.

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Clap out the rhythm  
Cool down  
Time: ~ 10 min

Learners form groups of 10 and walk around sport field. Learners give a clapping rhythm and the others imitate.

**Goal**  
Cool down.
Rhythm (co-ordination)
Grade 1 | Lesson 11

Equipment
- Music player and music
- 20 cones
- 3 balls (soccer and/or netball’s)
- 10 hula hoops
- 2 short skipping ropes and whistle

Monkey, snake or lion
Time: ~ 10 min

Use 3 different songs representing 3 different animals. Switch between the different songs. Learners must imitate the animal according to the song.

Goal To develop rhythm and creativity.

Hopscotch, rope skipping and a trick
Time: ~ 20 min

Divide learners into 3 groups (A, B, C). Group A must create a hopscotch court with hula hoops; giving each learner 4 tries. Group B uses skipping rope, and each learner must try jumping 5 times without interruption. Group C must show a trick to the teacher. After 7 min swap the group tasks.

Goal To develop co-ordination, rhythm and creativity.
Instruct learners to stand in 2 lines facing each other. 1 learner must walk through ‘the valley’ and must make it to the end without laughing. The rest of the learners must try to make the learner laugh.

**Goal** Cool down.

**Cool down.**

**Time:** ~ 10 min
**Get down**

Learners must move freely to the music in the area. When the music stops, learners must sit down as quickly as possible. The last learner to sit down must run around the play area, then the game can resume.

**Rhythm master (circle game)**

The aim of the game is for the rhythm detective to figure out who the rhythm master is. Learners must sit in a circle. Choose a ‘rhythm detective’, he/she must close the eyes and cover the ears. Choose a ‘rhythm master’ from the circle, he/she must choose movements that the others must copy. The rhythm master always starts by tapping his/her knees.

**Goal** To develop co-ordination, rhythm and creativity.
Rope skipping together
Lesson
Time: ~ 10 min

2 learners swing a rope while a third learner jumps. Rest of group sings rhymes.

Goal
To develop co-ordination, rhythm.

Go through the hoop
Cool down
Time: ~ 10 min

Divide learners into groups of 8 - 10, in a circle, holding hands. 2 learners must hold the hoop upright and walk around the circle without losing grip on the hoop. Learners in the circle must try to climb through the hoop without letting hands go. Get learners to practise for 2 min, then compete with the other groups.

Goal
Cool down.
Late for school

Tell learners to copy all your actions. (Re-enact all actions of how it would be to wake up late for school - from getting out of bed until getting to school. The last thing to say is ‘I’m sorry, I overslept’.

Goal To develop balance and co-ordination.

Turn me

Divide learners into groups A, B, C and D. Groups A and B stand on either end of the play area. Group C should lie on their tummies and group D on their backs. When you shout ‘go’, group A must turn everyone on their back and group B must turn everyone on their tummies. After 2 min, count how many ‘tummies’ and ‘backs’ there are.

Goal To develop balance and co-ordination.
Shark attack
Lesson
Time: ~ 10 min

1 learner is a shark and the rest are swimmers. The spread-out hoops are the islands. Learners must swim around the islands. The shark must swim with the hands above the head like a fin. When you shout ‘shark attack’ learners must get to an island before getting caught. If a swimmer is caught, he/she becomes a shark.

Goal To develop reaction time, co-ordination and agility.

Getting ready for bed
Cool down
Time: ~ 10 min

Tell learners to copy all your actions. (Re-enact all actions of how it would be get ready for bed - from brushing your teeth to giving mummy or daddy a kiss and saying ‘Goodnight’).

Goal Cool down.
Co-ordination
Grade 1 | Lesson 14

Go on safari game drive
Introduction
Time: ~ 10 min
Tell learners to copy all your actions. (Re-enact all actions of how it would be excited to go on safari).

**Goal**
To increase heart rate.

Equipment
• About 4 balls (soccer and/or netball's)
• 20 cones and whistle

Hand soccer
Lesson
Time: ~ 20 min
Mark out 2 areas with cones; each with 2 goal posts. Divide the class into groups A, B, C, D. Each group has a goalie. The game will be like soccer, but learners are not allowed to kick the ball, learners can only use their fists.

**Goal**
To develop eye hand foot co-ordination.
The safari

Tell learners to copy all your actions. Try imitating all the animals that you would have seen in the imaginary safari.

**Goal**  Cool down.

Time: ~ 10 min
Crabs saying hello

Mark out a playing area with cones. Ask the learners to kneel on all fours and walk around like crabs. Whenever the learners greet each other, they must greet by touching their feet. Learners must greet at least 10 other crabs.

**Goal**
To develop foot-eye-co-ordination and core strength.

*I move*

Tell the learners to form a big circle and sing the ‘I move’ song.

**Goal**
To develop co-ordination.
Back to back  
Lesson  
Time: ~ 10 min

Divide the class into 2 rows facing each other. When the teacher calls out 2 body parts, the learners must run to their opposite partner to do the tasks. If the teacher calls ‘back to back’, the learners must stand back to back, lock arms, sit down and stand up together.

Goal To develop co-ordination.

Body writing  
Cool down  
Time: ~ 10 min

Get the learners to write their name in the air with a body limb.

Goal Cool down.
Co-ordination
Grade 1 | Lesson 16

Crabs saying hello

Mark out a playing area with cones. Ask the learners to kneel on all fours and walk around like crabs. Whenever the learners greet each other, they must greet by touching their feet. The learners must greet at least 10 other crabs.

**Goal**
To develop foot-eye-co-ordination and core strength.

Equipment
- About 4 balls (soccer and/or netball's)
- 20 cones and whistle

Introduction
Time: ~ 10 min

Hand soccer

Mark out 2 areas with cones; each with 2 goal posts. Divide the class into groups A, B, C, D. Each group has a goalie. The game will be like soccer, but learners are not allowed to kick the ball, learners can only use their fists.

**Goal**
To develop eye-hand-foot co-ordination.
Body writing

Get the learners to write their name in the air with a body limb.

**Goal** Cool down.

Time: ~ 10 min
Collect berries

Divide learners into 2 groups, standing at opposite sides of the field. Place cones in the middle. When you shout ‘go’ the learners must run and collect cones, 1 by 1, as fast as they can. The group with the most cones wins.

Goal To develop balance.

Balance exercises

Give learners different tasks that need creativity. All activities need to test balance.

Goal To develop balance and creativity.
The safari

Tell learners to copy all your actions. Try imitating all the animals that you would have seen in the imaginary safari.

**Goal** Cool down.

Time: ~ 10 min
Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. Red = STOP. Yellow = WALK. Green = RUN.

Goal To improve reaction time.

Balance exercises

Give learners different tasks that needs creativity. All activities need to test balance.

Goal To develop balance and creativity.
Learners must be seated or standing in any relaxed and comfortable position. Instruct the learners to move/stretch different parts of body.

**Goal** Cool down.

1. 
2. 
3. 
4. 
5. 
6. 

Time: ~ 10 min
Balance
Grade 1  |  Lesson 19

Collect berries

Divide learners into 2 groups, standing at opposite sides of the field. Place cones in the middle. When you shout ‘Go’ the learners must run and collect cones, 1 by 1, as fast as they can. The group with the most cones wins.

Goal To develop balance.

Balance exercises

Give learners different tasks that require creativity. All activities need to test balance.

Goal To develop balance and creativity.
Stretches

Cool down
Time: ~ 10 min

Various body positions can be taken slowly: child’s pose; cat and cow; butterfly stretches and bow pose. Further body positions can be taken.

Goal Cool down.
Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. Red = STOP. Yellow = WALK. Green = RUN.

Goal To improve reaction time.

Balance exercises

Give learners different tasks that require creativity. All activities need to test balance.

Goal To develop balance and creativity.
Various body positions can be taken slowly: child’s pose; cat and cow; butterfly stretches and bow pose. Further body positions can be taken.

Goal: Cool down.

Time: ~ 10 min
Catch and run

Mark out a playing area and choose 5 catchers (they all get tennis balls to be identified). Learners without balls must try to catch the catchers. They must switch roles if they get caught.

**Goal** To develop spatial orientation.

Pass and score

Divide learners into 6 equal teams. 2 teams play against each other, scoring a point when they are able to make 5 passes with their feet without being intercepted by the opposing team. Change teams after 3 min. Different balls can be used (either soccer or tennis balls).

**Goal** To develop co-ordination.
Massage in a circle

The learners sit in a circle facing each other’s backs. Each learner massages the 1 in front for 2 min until the signal to turn to the other direction. This is repeated 5 times.

Goal: Cool down.

Cool down
Time: ~ 10 min
Animal tag

Mark a playing area and assign 6 learners to be zoo keepers. The rest of the learners must pretend to be their favourite zoo animals and run away. If they are tagged then they are caged by the zoo keeper ie they must go into the squat position. Change roles after the zoo keepers have tagged all the learners.

**Goal**
To develop spatial orientation.

Pass and score

Divide learners into 6 equal teams. 2 teams play against each other, scoring a point when they are able to make 5 passes with their feet without being intercepted by the opposing team. Change teams after 3 min. Different balls can be used (either soccer or tennis balls).

**Goal**
To develop co-ordination.
Mark out a playing area and divide the class into 2 groups, A and B. Group A spreads out in the marked area and makes specific sounds. Group B forms pairs – 1 learner is blinded and the other is the guide. The blinded learner must find the sound signals. As soon as the learner is touched by the blinded learner then he/she must keep quiet.

**Goal** Cool down.

Time: ~ 10 min
Catch and run

Mark out a playing area and choose 5 catchers (they all get tennis balls to be identified). Learners without balls must try to catch the catchers. They must switch roles if they get caught.

**Goal** To develop spatial orientation.

Dizzy sailor

Divide learners into groups of 6, standing in a line. There needs to be a cone 30 m away from each group. At the teacher’s call, the first learner from each group runs towards a cone. When he/she gets to the cone, the learner must touch the cone and run around it 10 times, then run back. Every learner runs twice.

**Goal** To develop spatial orientation.
Obstacle run

Divide learners into groups of 8 - 10, standing in a line. In front of each group there must be 2 hoops, 1 rope and a cone 30 m away from the front line. On the teacher’s signal, the first learner from each group will go through the hoops, jump over the rope with both legs and run around the cone. The learner must return to his/her team, to ‘high 5’ the next learner to continue the race.

**Goal**: To develop co-ordination and spatial orientation.

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Friend scout

Divide learners into 2 teams and form 2 circles. Learners on the outer circle should have their hands behind their backs. 1 learner (blinker) must blink to a learner in the inner circle. Learners must try to run towards the blinker. Learners in the outer circle must hold the runner back. If a runner is successful, the learner in the outer circle is the new blinker.

**Goal**: Cool down.
Animal tag

Mark a playing area and assign 6 learners to be zoo keepers. The rest of the learners must pretend to be their favourite zoo animals and run away. If they are tagged then they are caged by the zoo keeper ie they must go into the squat position. Change roles after the zoo keepers have tagged all the learners.

**Goal**
To develop spatial orientation.

Dizzy sailor

Divide learners into groups of 6, standing in a line. There needs to be a cone 30 m away from each group. At the teacher’s call, the first learner from each group runs towards the cone. When he/she gets to the cone, the learner must touch the cone and run around it 10 times, then run back. Every learner runs twice.

**Goal**
To develop spatial orientation.
Obstacle run  Lesson  Time: ~ 10 min

Divide learners into groups of 8 - 10, standing in a line. In front of each group there must be 2 hoops, 1 rope and a cone 30 m away from the front line. On the teacher’s signal, the first learner from each group will go through the hoops, jump over the rope with both legs and run around the cone. The learner must return to their team, to ‘high 5’ the next participant to continue the race.

**Goal**  To develop co-ordination and spatial orientation.

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Massage in a circle  Cool down  Time: ~ 10 min

The learners sit in a circle facing each other’s backs. Each learner massages the 1 in front for 2 min until the signal to turn to the other direction. This is repeated 5 times.

**Goal**  Cool down.
Pass the ball

Make a circle with 7 - 10 learners, 1 ball per group. Learners must follow the tasks in order: Pass ball with…. Left foot, right foot, both hands, left hand, right hand.

Goal  To develop hand-eye-co-ordination.

Equipment
• About 5 balls (soccer and/or netball’s)
• 20 cones and whistle

Ostrich tag

Select 5 catchers who need to catch as many learners as possible. As soon as a learner is caught, then he/she becomes an ostrich. An ostrich is freed by jumping on 1 leg toward another ostrich and giving the ostrich a ‘high 5’, which frees both ostriches. Change catchers and tasks every 4 - 5 min.

Goal  To develop laterality.
Cool down your body  
Cool down  
Time: ~ 10 min

The learners must lie on the ground, close eyes and follow the instructions of the teacher. The learners should feel and move different parts of body.

**Goal**  Cool down.

![Cool down instructions]

1. 2. 3. 4. 5. 6.
Learners must make a circle facing inwards, with 1 leader. The leader starts a wave by doing task, and the others follow. Repeat tasks and try to get faster each round.

**Goal** To develop laterality.

**Ostrich tag**

Select 5 catchers who need to catch as many learners as possible. As soon as a learner is caught, then he/she becomes an ostrich. An ostrich is freed by jumping on 1 leg toward another ostrich and giving the ostrich a ‘high 5’, which frees both ostriches. Change catchers and tasks every 4 - 5 min.

**Goal** To develop laterality.
Learners must draw an animal in the air with their limbs. Next, imaginary African animals must be drawn with the hand, foot or knee in the air.

**Goal** Cool down.
Pass the ball

Make a circle with 7 - 10 learners, 1 ball per group. Learners must follow the tasks in order: Pass ball with….
Left foot, right foot, both hands, left hand, right hand.

Goal To develop hand eye co-ordination.

Courier game

Divide learners in teams of 2 standing across each other. The first learner has a hula hoop. Round 1: The teacher gives a signal, the learner in front hops with the right leg to marked area, he/she takes the ball and throws it with the right hand through the hoop held by a learner on the other side. Round 2: Repeat tasks just with left leg and hand.

Goal The develop team spirit.
Laughing valley

Instruct learners to stand in 2 lines facing each other. 1 learner must walk through ‘the valley’ and must make it to the end without laughing. The rest of the learners must try to make the learner laugh.

Goal

Cool down.

Time: ~ 10 min
Learners must make a circle facing inwards, with 1 leader. The leader starts a wave by doing task, and the others follow. Repeat tasks and try to get faster each round.

**Goal** To develop laterality.

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Divide learners in teams of 2 standing across each other. The first learner has a hula hoop. Round 1: The teacher gives a signal, the learner in front hops with the right leg to marked area, he/she takes the ball and throws it with the right hand through the hoop held by a learner on the other side. Round 2: Repeat tasks just with left leg and hand.

**Goal** To develop team spirit.
Cool down your body

The learners must lie on the ground, close eyes and follow instructions of the teacher. The participants must feel and move different parts of body.

**Goal** Cool down.

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Cool down

Time: ~ 10 min
Divide the class into 4 groups, then stand in a separate corner of the playing area. Each group must have a fruit name. When the teacher calls out 2 fruit names, learners must run and swap corners. When teacher shouts ‘fruit basket’, all learners run to the centre of the playing area.

**Goal** To develop agility.

### Equipment
- About 20 cones
- 8 balls (soccer and/or netball’s)
- Chalk and whistle

### Fruit basket
**Introduction**
**Time:** ~ 10 min

Divide the class into 2 teams. Each team should be allocated to either side of the play area. The objective is to throw the ball at the opposing team to make them ‘sick’. Each team must pick a ‘doctor’. ‘Doctors’ have power to fetch learners who were hit by a ball. If the ‘doctor’ is hit, then the remaining learners will be out when they are hit by the ball.

**Goal** To develop agility.

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Capture the cone  
Lesson  
Time: ~ 10 min

Divide the class into 2 teams. Each team must try to capture each other’s cone. Whenever learners go into the opposing team’s territory, he/she may be hit by a ball. When caught, learners are taken to prison where he/she needs to be freed by their own teammates. When a learner is able to get opposing team’s cone, they are the winning team.

**Goal** To develop agility.

Duck duck goose  
Cool down  
Time: ~ 10 min

Participants sit in a circle, with learner A walking outside the circle tapping the other learners calling ‘duck, duck, duck…’. When learner A says goose, the tapped learner must chase learner A around the circle before learner A sits in his/her place. If the goose catches learner A, then he/she sits in the middle of the circle and the goose takes over the role of learner A.

**Goal** Cool down.
Indians and teepees

Pair learners then make a double circle. The inside partner ‘Indian’ sits cross-legged on the ground, the outside partner ‘Teepee’ stands facing their partner with legs apart. The leader can shout ‘Indians’ — he/she must crawl out the teepee, run around the circle then crawl back in again. Or the leader can shout ‘Teepees’ — he/she must run around circle as fast as possible.

**Goal** To develop agility.

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Pass and follow

Learners stand in a circle, with 1 learner in the middle. The learner in the middle should pass the ball to a learner in the circle and then follow the pass and changes places with that learner. Repeat process.

**Goal** To develop ball skills.
Toilet tag
Lesson
Time: ~ 10 min
Mark an area where learners can move freely. Choose 6 learners to be catchers (mark with colour band). If learners are caught, they mimic a toilet and must squat and extend an arm to 1 side. When other learners sit on ‘toilet’ and flushes on arm, this respective learner is free. Change roles after a while.

Goal To develop spatial orientation.

Duck duck goose
Cool down
Time: ~ 10 min
Participants sit in a circle, with learner A walking outside the circle tapping the other learners calling ‘duck, duck, duck…’. When learner A says goose, the tapped learner must chase learner A around the circle before learner A sits in his/her place. If the goose catches learner A, then he/she sits in the middle of the circle and the goose takes over the role of learner A.

Goal To develop short reaction time.
Fruit basket
Divide the class into 4 groups, then stand in a separate corner of the playing area. Each group must have a fruit name. When the teacher calls out 2 fruit names, learners must run and swap corners. When teacher shouts 'Fruit Basket', all learners run to the centre of the playing area.

Goal To develop agility.

The doctor
Divide the class into 2 teams. Each team should be allocated to either side of the play area. The objective is to throw the ball at the opposing team to make them ‘sick’. Each team must pick a ‘doctor’. ‘Doctors’ have power to fetch learners who were hit by a ball. If the ‘doctor’ is hit, then the remaining learners will be out when they are hit by the ball.

Goal To develop agility.

Equipment
- About 8 balls (soccer and/or netball’s)
- 12 colour bands
- 20 cones and whistle

Introduction
Time: ~ 10 min

Lesson
Time: ~ 10 min
Toilet tag

Lesson
Time: ~ 10 min

Mark an area where learners can move freely. Choose 6 learners to be catchers (mark with colour band). If learners are caught, they mimic a toilet and must squat and extend an arm to 1 side. When other learners sit on ‘toilet’ and flushes on arm, this respective learner is free. Change roles after a while.

Goal To develop spatial orientation.

Massage in a circle

Cool down
Time: ~ 10 min

The learners sit in a circle facing each other’s backs. Each learner massages the 1 in front for 2 min until the signal to turn to the other direction. This is repeated 5 times.

Goal Cool down.
Pair learners then make a double circle. The inside partner ‘Indian’ sits cross-legged on the ground, the outside partner ‘Teepee’ stands facing their partner with legs apart. The leader can shout ‘Indians’ — he/she must crawl out the teepee, run around the circle then crawl back in again. Or the leader can shout ‘Teepees’ — he/she must run around circle as fast as possible.

**Goal**
To develop agility.

**Equipment**
- About 10 balls (soccer and/or netball’s)
- 12 colour bands
- Chalk
- 20 cones and whistle

**Capture the cone**
Divide the class into 2 teams. Each team must try to capture each other’s cone. Whenever a learner goes into the opposing team’s territory, he/she may be hit by a ball. When caught, the learner is taken to prison where he/she needs to be freed by their own teammates. When a learner is able to get opposing team’s cone, his/her team is the winning team.

**Goal**
To develop agility.
Toilet tag  
Lesson  
Time: ~ 10 min  
Mark an area where learners can move freely. Choose 6 learners to be catchers (mark with colour band). If learners are caught, they mimic a toilet and must squat and extend an arm to 1 side. When other learners sit on 'toilet' and flushes on arm, this respective learner is free. Change roles after a while.  

**Goal**  
To develop spatial orientation.

Massage in a circle  
Cool down  
Time: ~ 10 min  
The learners sit in a circle facing each other’s backs. Each learner massages the 1 in front for 2 min until the signal to turn to the other direction. This is repeated 5 times.  

**Goal**  
Cool down.
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REFERENCES


GOOD LUCK!
GRADE 1 PHYSICAL EDUCATION

- Locomotor skills
- Perceptual motor skills
- Rhythm
- Co-ordination
- Balance
- Spatial orientation
- Laterality
- Sports and games

KaziKidz
Teaching Material for Schoolchildren