

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



KaziBantu

Healthy Schools for Healthy Communities

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.

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Prof. Dr. Cheryl Walter (UNESCO Co-Chair), Nelson Mandela University, Port Elizabeth, South Africa



United Nations
Educational, Scientific and
Cultural Organization



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NELSON MANDELA
UNIVERSITY



University
of Basel



KaziBantu

Healthy Schools for Healthy Communities

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.

Ms Nadine Pote

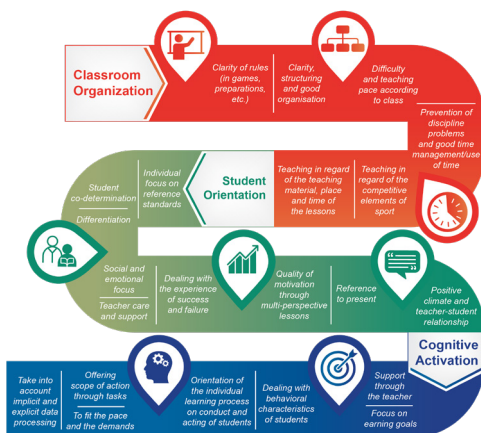
*Human Movement Science Specialist (M.Ed. – UPE)
National Convenor and Trainer for Life Orientation
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Curriculum Statement in the GET and FET Bands (2002-
2008, Department of Education)*

*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)*

Dimensions of Teaching Quality

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)

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Locomotor skills

Grade 1 | Lesson 1

Equipment

- About 20 cones and a whistle.

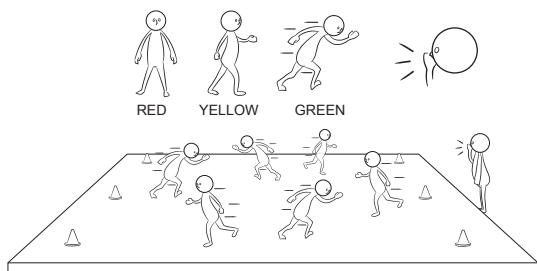
Traffic lights

Introduction
Time: ~ 10 min

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.



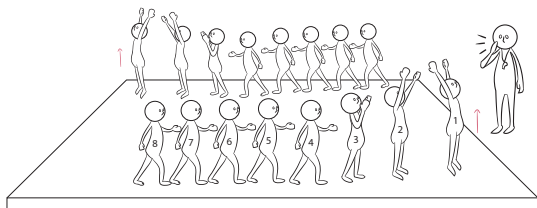
Follow the leader

Lesson
Time: ~ 10 min

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.

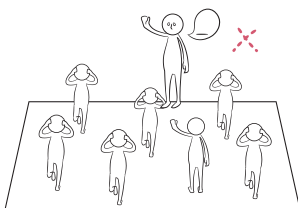
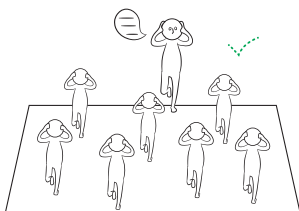


Simon says

Lesson
Time: ~ 10 min

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.

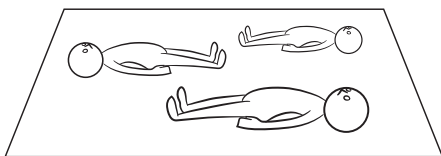


Cool down your body

Cool down
Time: ~ 10 min

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

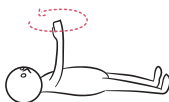
Goal Cool down.



1



2



3



4



5



6



Locomotor skills

Grade 1 | Lesson 2

Equipment

- About 20 cones and whistle.

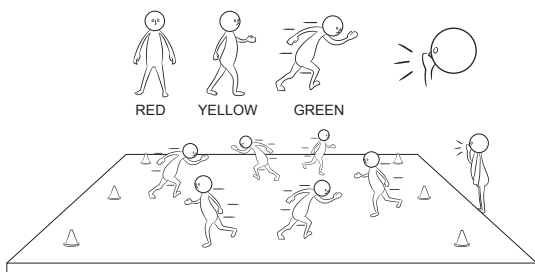
Traffic lights

Introduction
Time: ~ 10 min

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.



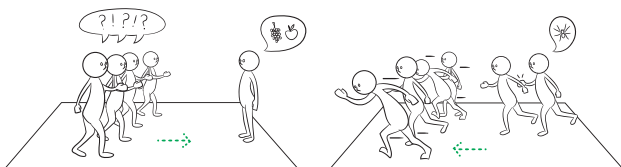
Old witch

Lesson
Time: ~ 10 min

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.

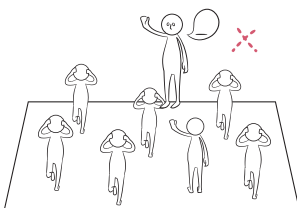
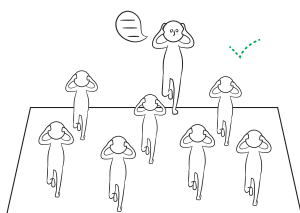


Simon says

Lesson
Time: ~ 10 min

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.

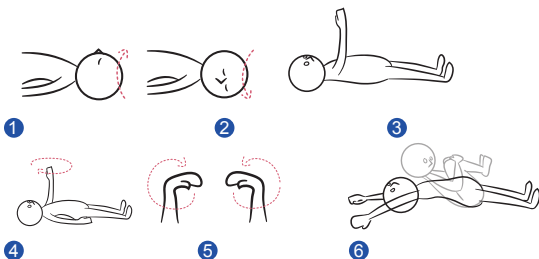


Cool down

Cool down
Time: ~ 10 min

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.





Locomotor skills

Grade 1 | Lesson 3

Equipment

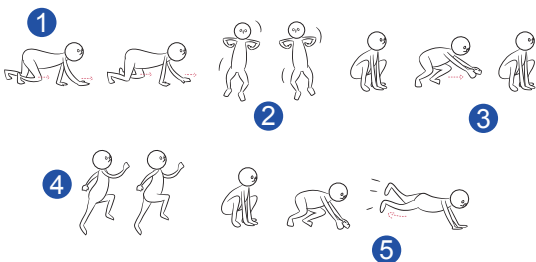
- About 20 cones and a whistle.

Animal walks

Introduction
Time: ~ 10 min

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.

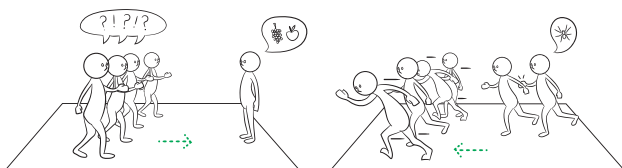


Old witch

Lesson
Time: ~ 10 min

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.

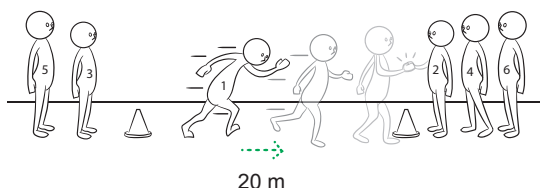


Relay running

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.

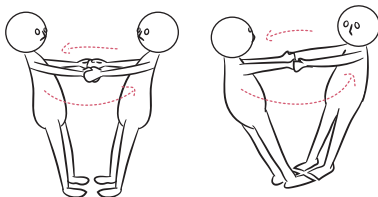


Spin around

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.





Locomotor skills

Grade 1 | Lesson 4

Equipment

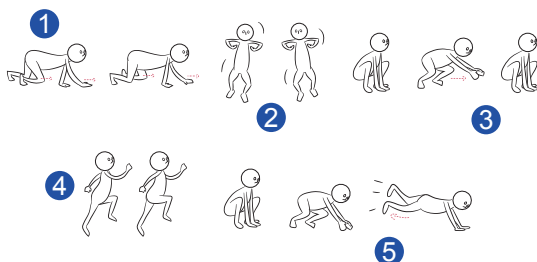
- About 20 cones and whistle.

Animal walks

Introduction
Time: ~ 10 min

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.

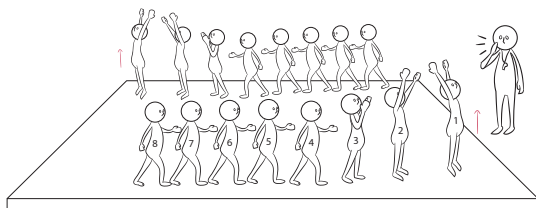


Follow the leader

Lesson
Time: ~ 10 min

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.

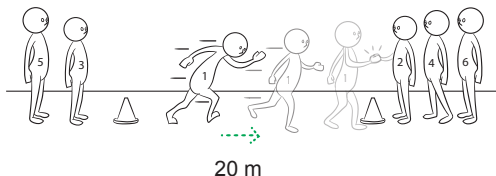


Relay running

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.

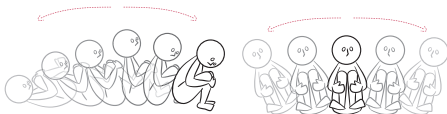


Roll like a ball

Cool down
Time: ~ 5 min

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

Cool down
Time: ~ 5 min

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.





Perceptual motor skills

Grade 1 | Lesson 5

Equipment

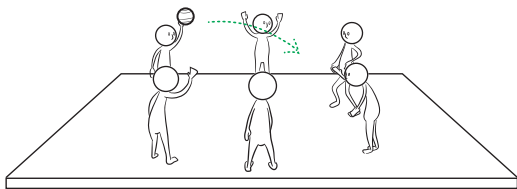
- About 20 balls (soccer and/or netball's)
- 20 cones and whistle

Pass the ball

Introduction
Time: ~ 10 min

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.

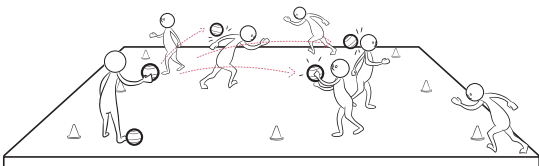


Hitting ball

Lesson
Time: ~ 10 min

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.

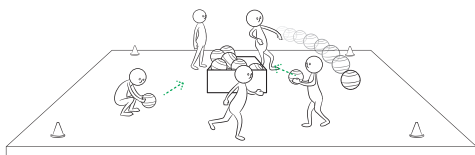


Popcorn

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.





Perceptual motor skills

Grade 1 | Lesson 6

Equipment

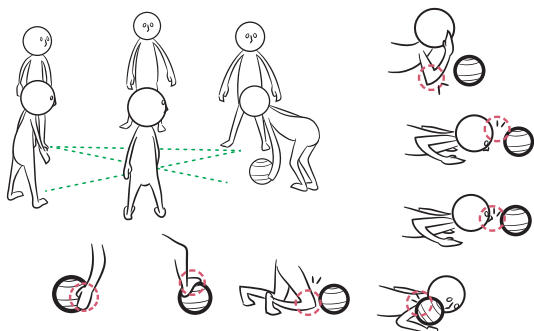
- About 10 balls (soccer and/or netball's)
- 20 cones and whistle

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.

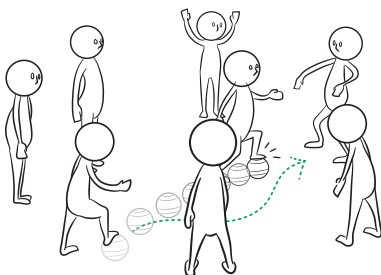


The one in the middle

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.

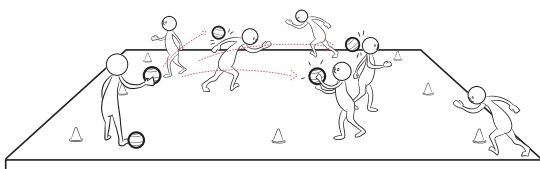


Hitting ball

Lesson
Time: ~ 10 min

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.

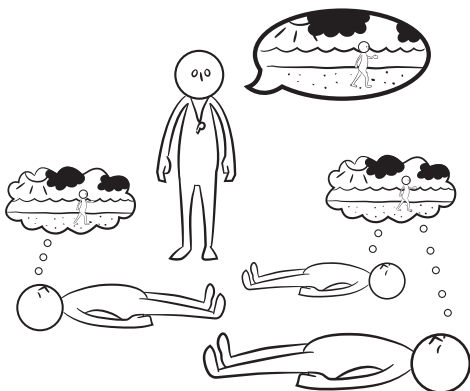


Sunbathe on the beach

Cool down
Time: ~ 10 min

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.





Perceptual motor skills

Grade 1 | Lesson 7

Equipment

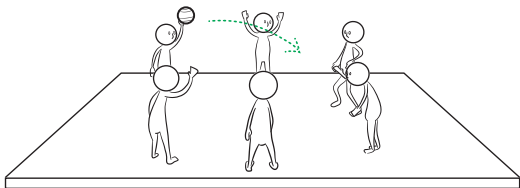
- About 10 balls (soccer and/or netball's)
- 20 cones and whistle

Pass the ball

Introduction
Time: ~ 10 min

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.

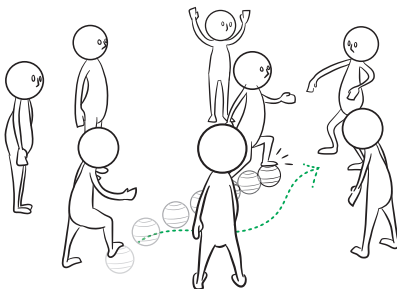


The one in the middle

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.

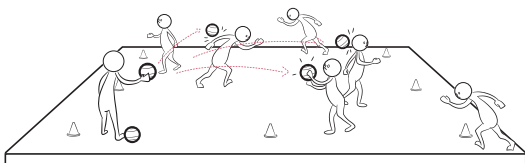


Hitting ball: American Version

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.

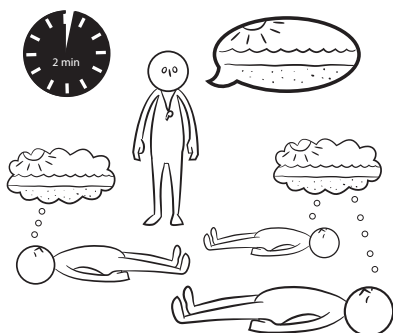


Your dream place

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.





Perceptual motor skills

Grade 1 | Lesson 8

Equipment

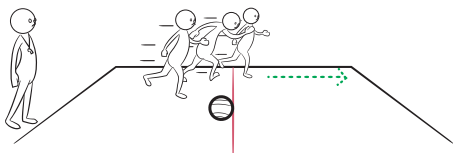
- About 20 balls (soccer and/or netball's)
- 20 cones and whistle

The bomb

Introduction
Time: ~ 10 min

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.

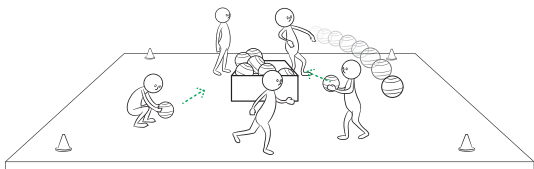


Popcorn

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.

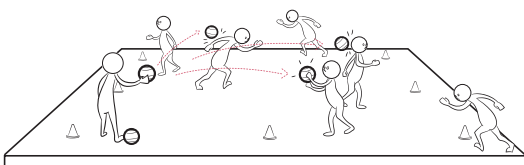


Hitting ball: American Version

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.

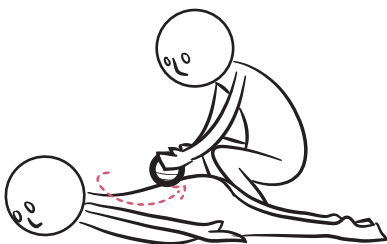


Massage

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.





Rhythm

Grade 1 | Lesson 9

Equipment

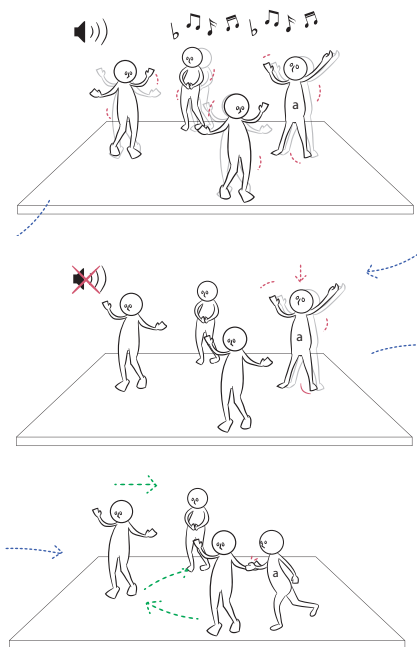
- Music player and music
- 20 cones
- 3 balls (soccer and/or netball's)
- 10 hula hoops
- 4 short skipping ropes and whistle

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.

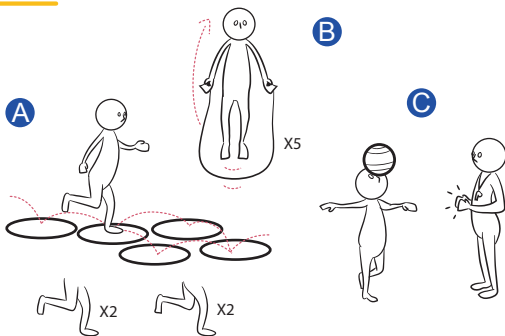


Hopscotch, rope skipping and a trick

Lesson
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.



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.





Rhythm (co-ordination)

Grade 1 | Lesson 10

Equipment

- Music player and music
- 20 cones
- 2 long skipping ropes and whistle

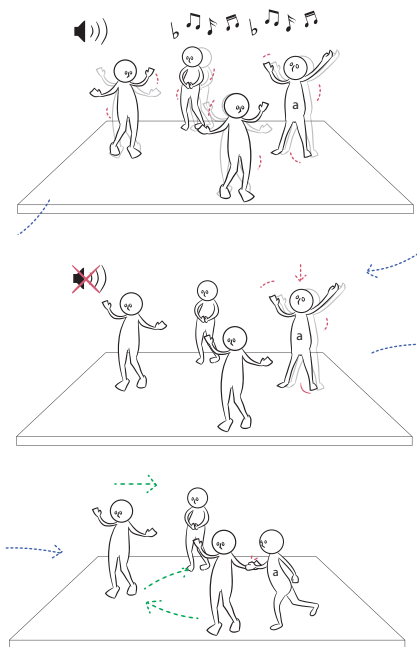
Freezing game

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.

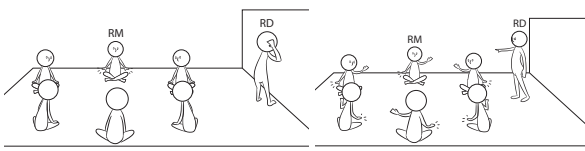


Rhythm master (circle game)

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.

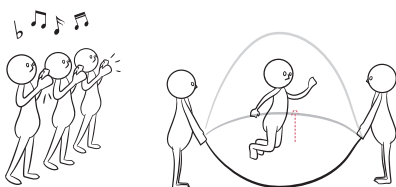


Rope skipping together

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.

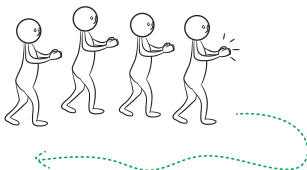


Clap out the rhythm

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

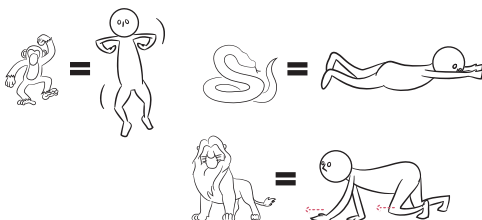
- Music player and music
- 20 cones
- 3 balls (soccer and/or netball's)
- 10 hula hoops
- 2 short skipping ropes and whistle

Monkey, snake or lion

Introduction
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.

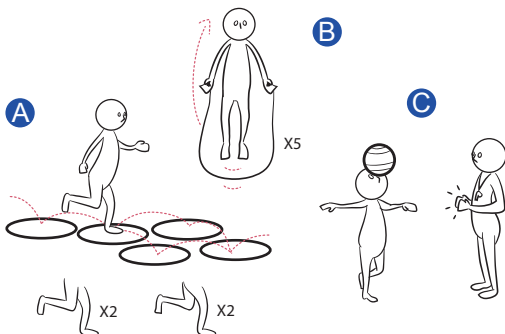


Hopscotch, rope skipping and a trick

Lesson
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.

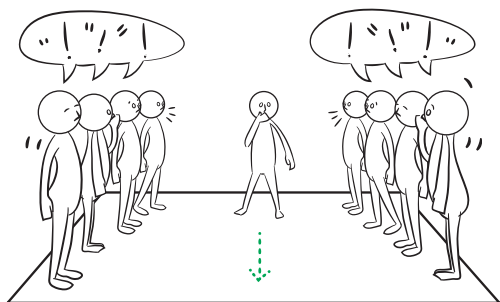


Laughing valley

Cool down
Time: ~ 10 min

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.





Rhythm (co-ordination)

Grade 1 | Lesson 12

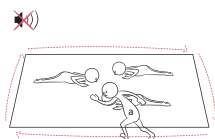
Equipment

- Music/music player, hula hoops and 1 long skipping rope

Get down

Introduction
Time: ~ 10 min

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.



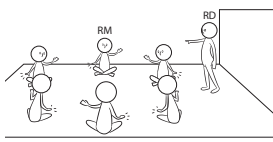
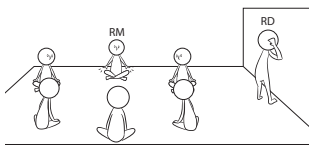
Rhythm master (circle game)

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.



To develop co-ordination, rhythm and creativity.

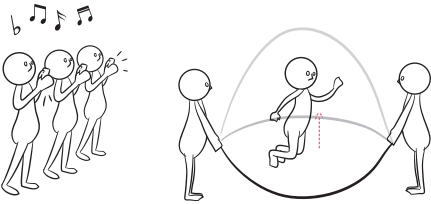


Rope skipping together

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.

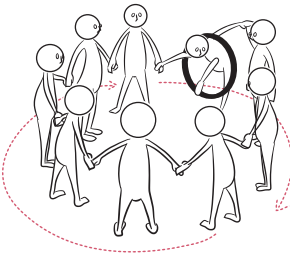


Go through the hoop

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.





Co-ordination

Grade 1 | Lesson 13

Equipment

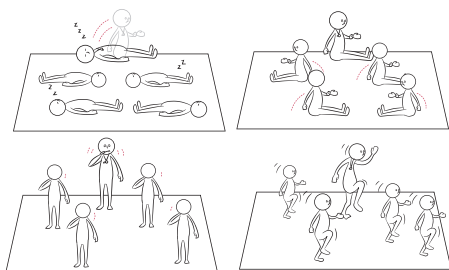
- About 20 cones
- 4 hula hoops and whistle

Late for school

Introduction
Time: ~ 10 min

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.

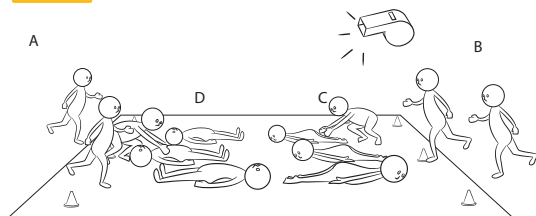


Turn me

Lesson
Time: ~ 10 min

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.

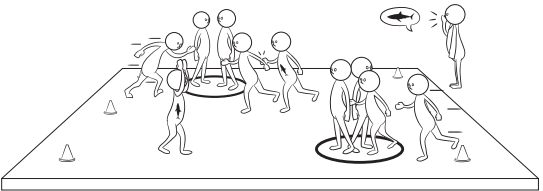


Shark attack

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.

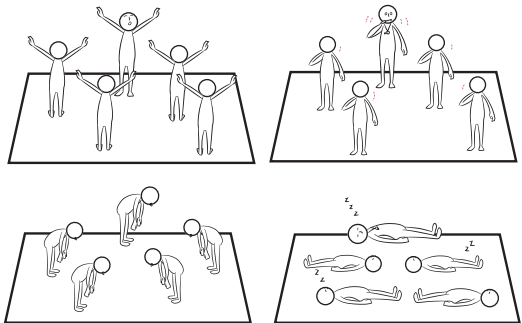


Getting ready for bed

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

Equipment

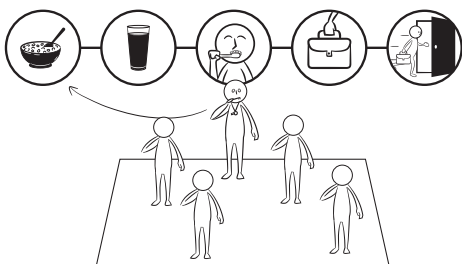
- About 4 balls (soccer and/or netball's)
- 20 cones and whistle

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.

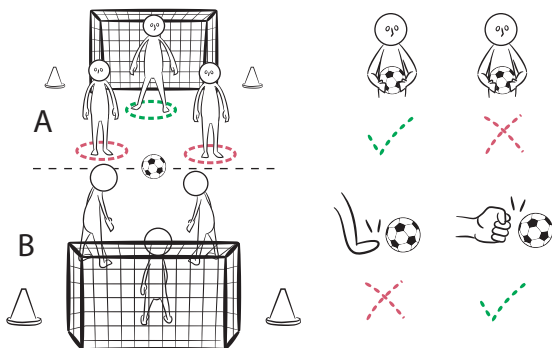


Hand soccer

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.

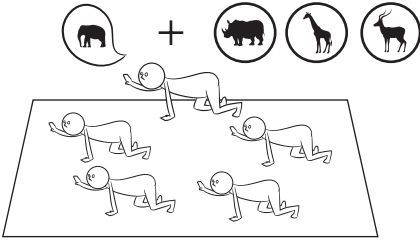


The safari

Cool down
Time: ~ 10 min

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

Goal Cool down.





Co-ordination

Grade 1 | Lesson 15

Equipment

- About 20 cones and whistle

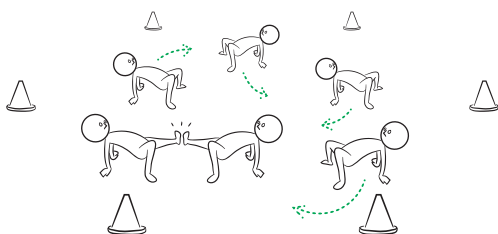
Crabs saying hello

Introduction
Time: ~ 10 min

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.



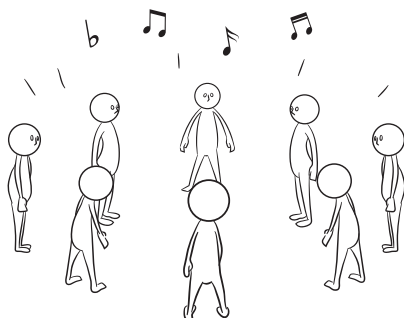
I move

Lesson
Time: ~ 10 min

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

Goal

To develop co-ordination.

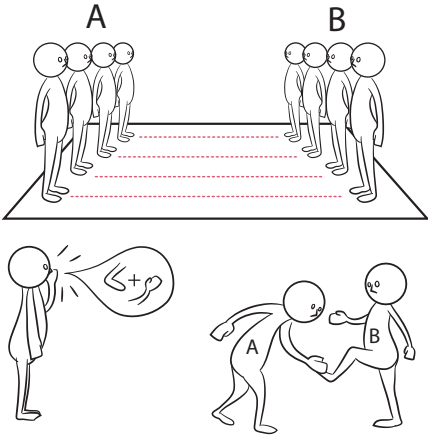


Back to back

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.

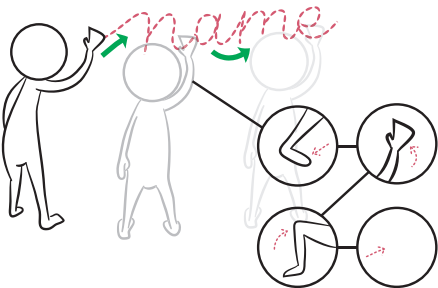


Body writing

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

Equipment

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

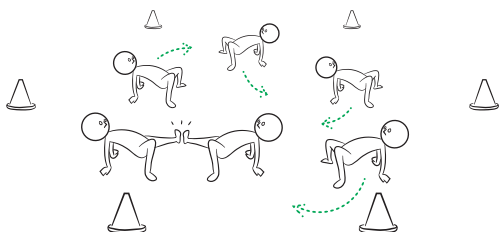
Crabs saying hello

Introduction
Time: ~ 10 min

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.



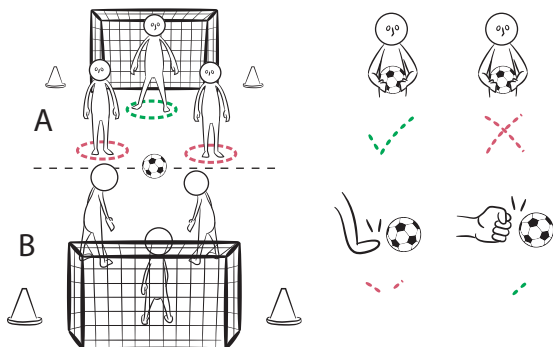
Hand soccer

Lesson
Time: ~ 10 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.

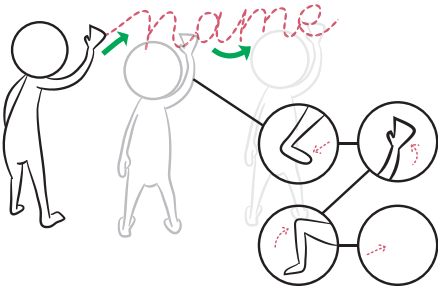


Body writing

Cool down
Time: ~ 10 min

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

Goal Cool down.





Balance

Grade 1 | Lesson 17

Equipment

- About 30 cones
- Rope, chalk and whistle

Collect berries

Introduction
Time: ~ 10 min

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.

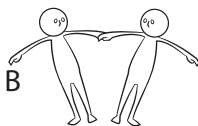
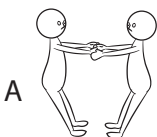


Balance exercises

Lesson
Time: ~ 20 min

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

Goal To develop balance and creativity.

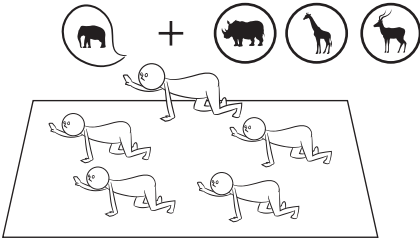


The safari

Cool down
Time: ~ 10 min

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

Goal Cool down.





Balance

Grade 1 | Lesson 18

Equipment

- About 20 cones and whistle

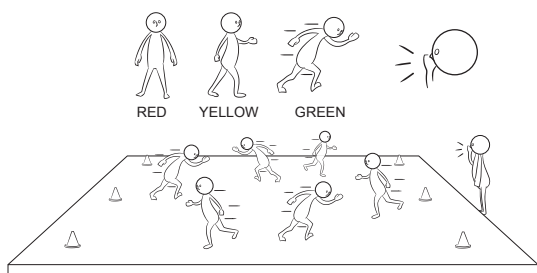
Traffic lights

Introduction
Time: ~ 10 min

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.



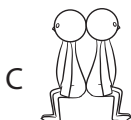
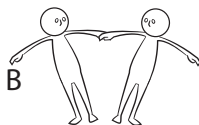
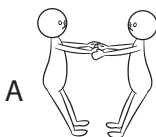
Balance exercises

Lesson
Time: ~ 20 min

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

Goal

To develop balance and creativity.



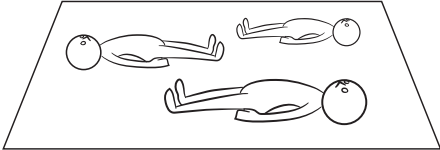
Cool down your body

Cool down
Time: ~ 10 min

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



Balance

Grade 1 | Lesson 19

Equipment

- About 30 cones
- Ropes and whistle

Collect berries

Introduction
Time: ~ 10 min

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.

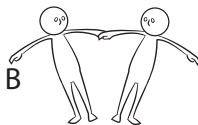
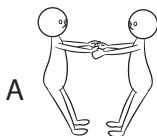


Balance exercises

Lesson
Time: ~ 20 min

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.





Balance

Grade 1 | Lesson 20

Equipment

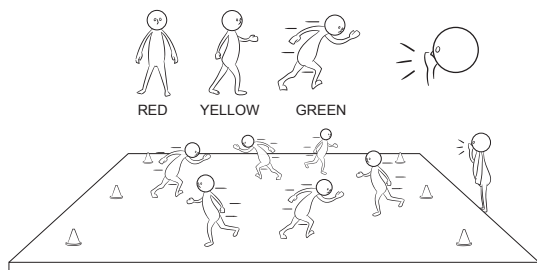
- About 20 cones
- Ropes and whistle

Traffic lights

Introduction
Time: ~ 10 min

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.

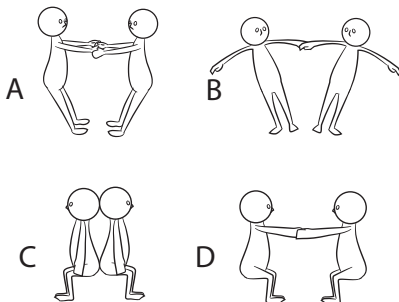


Balance exercises

Lesson
Time: ~ 20 min

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.





Spatial orientation

Grade 1 | Lesson 21

Equipment

- About 8 balls (soccer and/or netball's)
- 10 tennis balls
- 20 cones and whistle

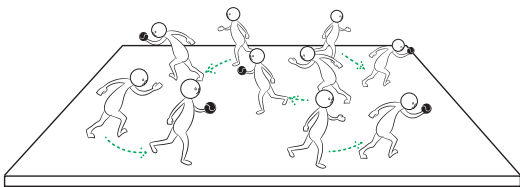
Catch and run

Introduction
Time: ~ 10 min

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.



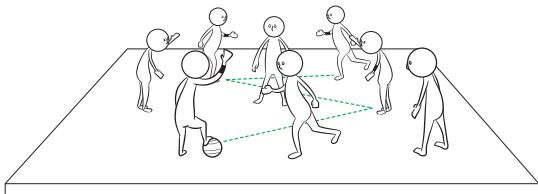
Pass and score

Lesson
Time: ~ 20 min

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.

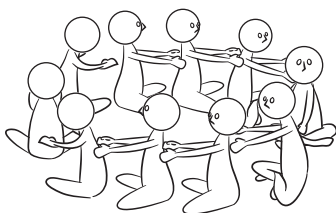


Massage in a circle

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.





Spatial orientation

Grade 1 | Lesson 22

Equipment

- About 5 balls (soccer and/or netball's)
- 12 colour bands (blindfolds)
- Other obstacles (hula hoops, wood, skipping rope, boxes)
- 20 cones and whistle

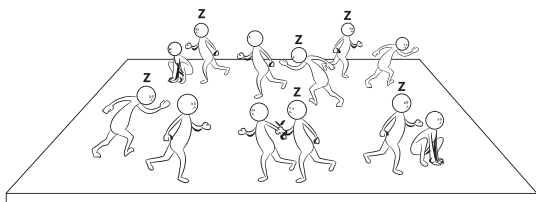
Animal tag

Introduction
Time: ~ 10 min

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.



To develop spatial orientation.



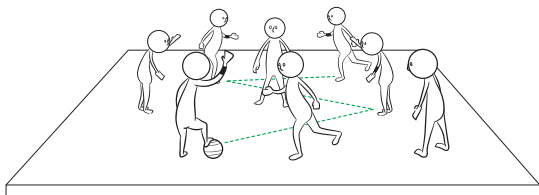
Pass and score

Lesson
Time: ~ 20 min

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).



To develop co-ordination.

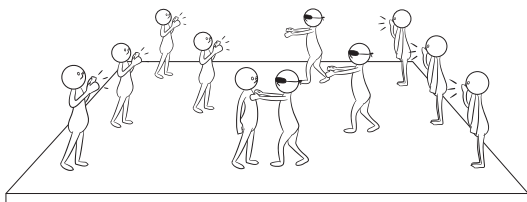


I hear you

Cool down
Time: ~ 10 min

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.





Spatial orientation

Grade 1 | Lesson 23

Equipment

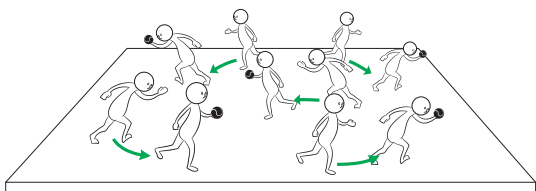
- About 20 cones
- 4 balls (soccer and/or netball's)
- 10 tennis balls
- 8 hula hoops
- 4 short skipping ropes
- 4 boxes or poles and whistle

Catch and run

Introduction
Time: ~ 10 min

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.

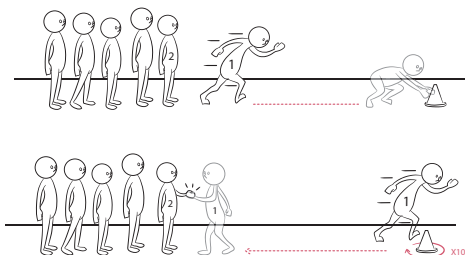


Dizzy sailor

Lesson
Time: ~ 10 min

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.

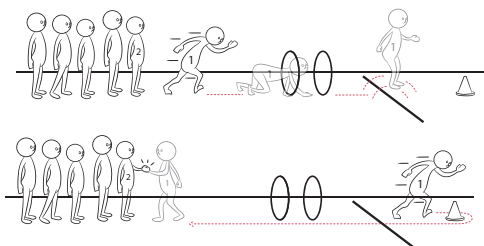


Obstacle run

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 his/her team, to 'high 5' the next learner to continue the race.

Goal To develop co-ordination and spatial orientation.

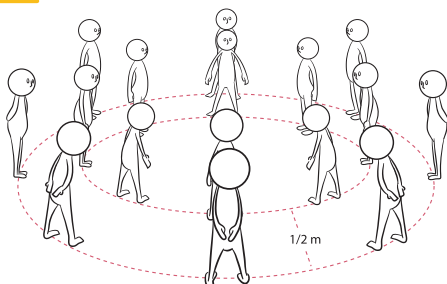


Friend scout

Cool down
Time: ~ 10 min

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.





Spatial orientation

Grade 1 | Lesson 24

Equipment

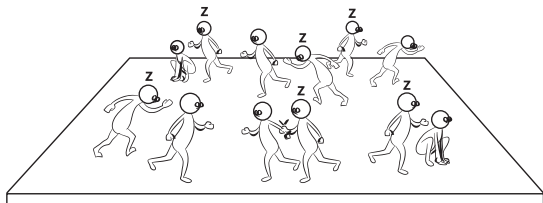
- About 20 cones
- 8 hula hoops
- 4 short skipping ropes
- 4 boxes or poles
- 4 balls (soccer and/or netball's)
- Whistle

Animal tag

Introduction
Time: ~ 10 min

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.

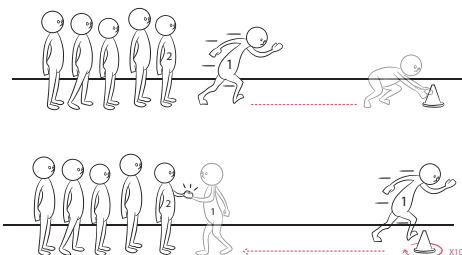


Dizzy sailor

Lesson
Time: ~ 10 min

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.

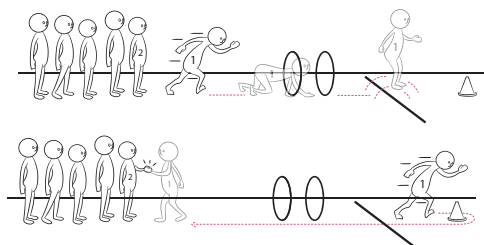


Obstacle run

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.

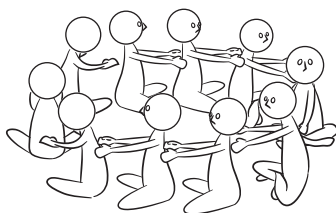


Massage in a circle

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.





Laterality

Grade 1 | Lesson 25

Equipment

- About 5 balls (soccer and/or netball's)
- 20 cones and whistle

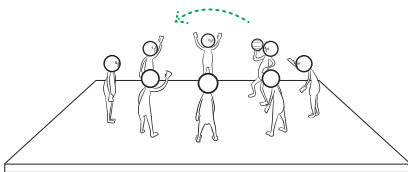
Pass the ball

Introduction
Time: ~ 10 min

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.



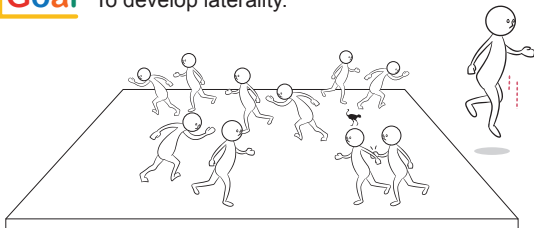
Ostrich tag

Lesson
Time: ~ 20 min

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.

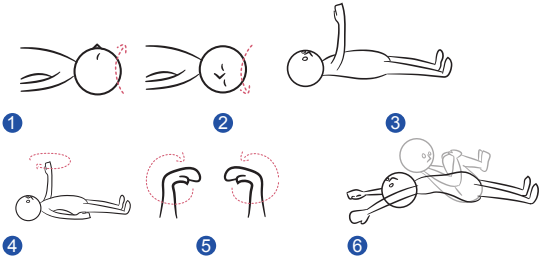
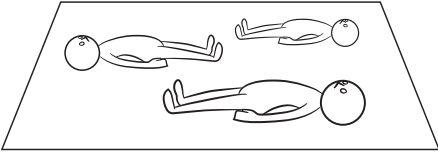


Cool down your body

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.





Laterality

Grade 1 | Lesson 26

Equipment

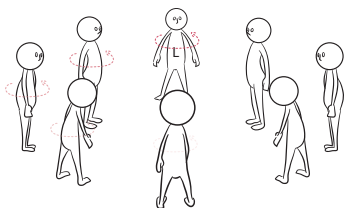
- About 20 cones
- 8 hula hoops and whistle

The wave

Introduction
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.

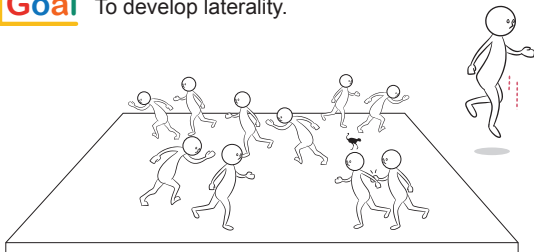


Ostrich tag

Lesson
Time: ~ 20 min

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.

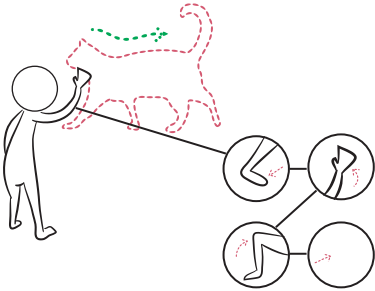


Body writing

Cool down
Time: ~ 10 min

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.





Laterality

Grade 1 | Lesson 27

Equipment

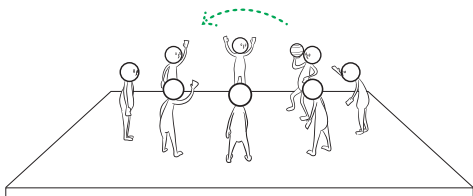
- About 20 cones
- 4 balls (soccer and/or netball's)
- 4 tennis balls
- 4 hula hoops and whistle

Pass the ball

Introduction
Time: ~ 10 min

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.

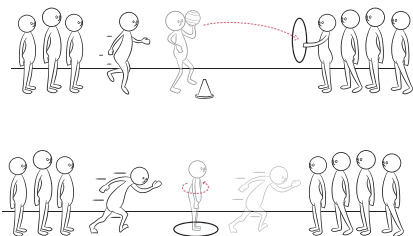


Courier game

Lesson
Time: ~ 20 min

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.

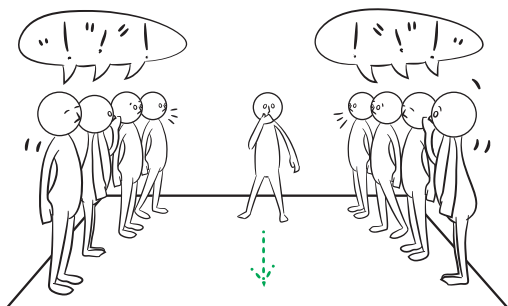


Laughing valley

Cool down
Time: ~ 10 min

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.





Laterality

Grade 1 | Lesson 28

Equipment

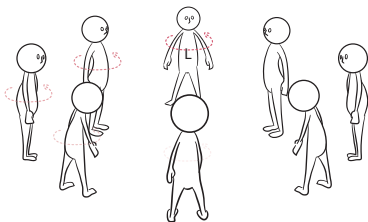
- About 20 cones
- 4 balls (soccer and/or netball's)
- 4 tennis balls
- 4 hula hoops and whistle

The wave

Introduction
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.

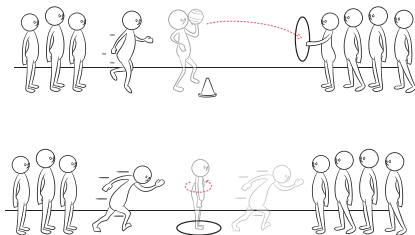


Courier game

Lesson
Time: ~ 20 min

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.

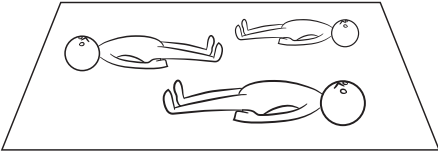


Cool down your body

Cool down
Time: ~ 10 min

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.

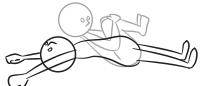
Goal Cool down.



1

2

3



4

5

6



Sports and games

Grade 1 | Lesson 29

Equipment

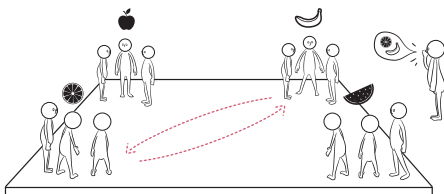
- About 20 cones
- 8 balls (soccer and/or netball's)
- Chalk and whistle

Fruit basket

Introduction
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.

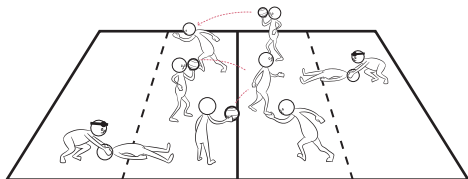


The doctor

Lesson
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.

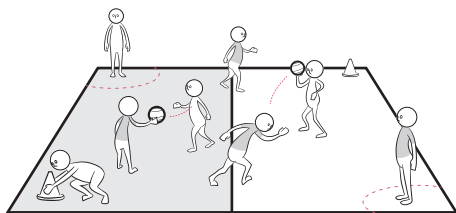


Capture the cone

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.

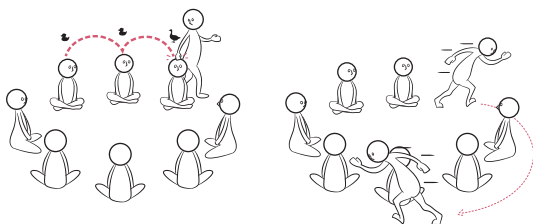


Duck duck goose

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.





Sports and games

Grade 1 | Lesson 30

Equipment

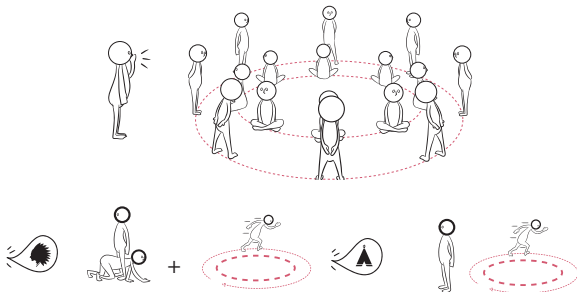
- About 4 balls (soccer and/or netball's)
- 12 colour bands
- 20 cones and whistle

Indians and teepees

Introduction
Time: ~ 10 min

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.

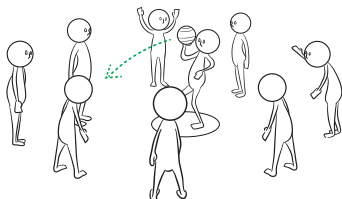


Pass and follow

Lesson
Time: ~ 10 min

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.

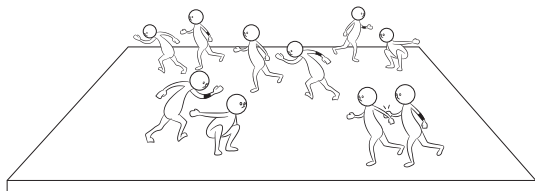


Toilet tag

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.

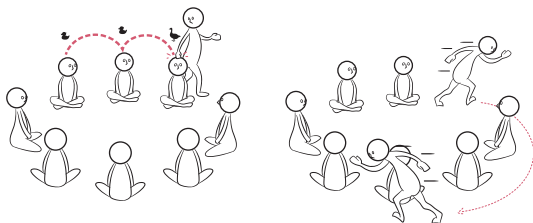


Duck duck goose

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.





Sports and games

Grade 1 | Lesson 31

Equipment

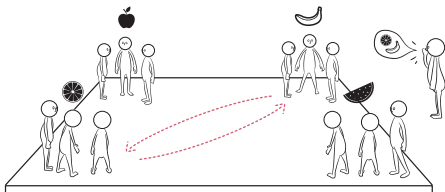
- About 8 balls (soccer and/or netball's)
- 12 colour bands
- 20 cones and whistle

Fruit basket

Introduction
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.

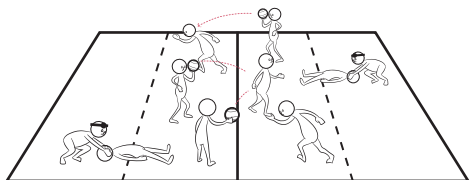


The doctor

Lesson
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.

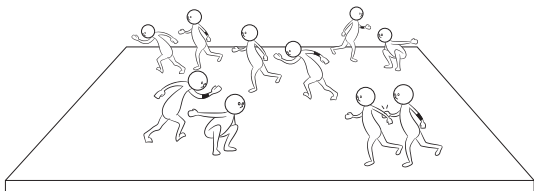


Toilet tag

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.

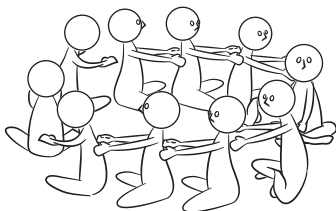


Massage in a circle

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.





Sports and games

Grade 1 | Lesson 32

Equipment

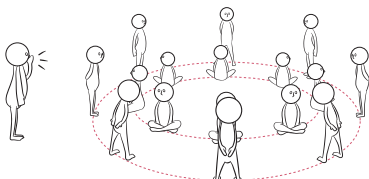
- About 10 balls (soccer and/or netball's)
- 12 colour bands
- Chalk
- 20 cones and whistle

Indians and teepees

Introduction
Time: ~ 10 min

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.



Capture the cone

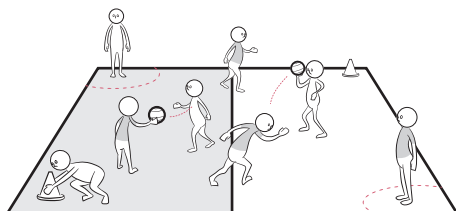
Lesson
Time: ~ 10 min

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.

Capture the cone

Continued

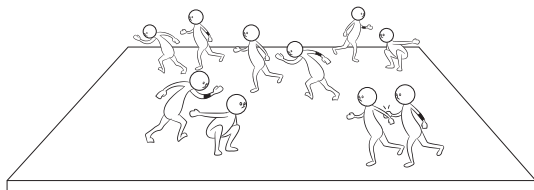


Toilet tag

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.

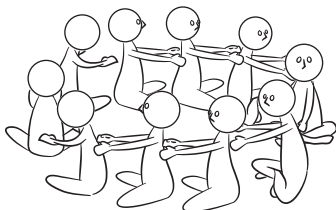


Massage in a circle

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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Department of Sport, Exercise and Health

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**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