

**LESSON CUE CARDS FOR**

# **Grade 2**



 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.*

*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*



United Nations  
Educational, Scientific and  
Cultural Organization



• UNESCO Chair on Physical Activity  
• and Health in Educational Settings,  
• University of Basel, Basel, Switzerland

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  
and Physical Education during roll-out of the National  
Curriculum Statement in the GET and FET Bands (2002-  
2008, Department of Education)*

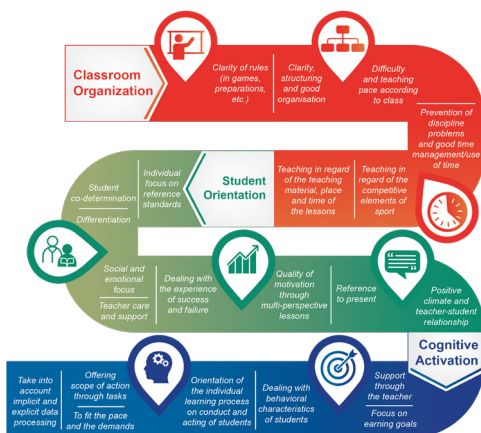
*Materials developer for the training and teaching GET and  
FET Life Orientation and Physical Education in the GET  
and FET Bands (2002-2008, Department of Education)*



## 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 2

- 20 Soccer and/or netball balls
- 1 Whistle
- 10 Short skipping ropes
- 5 Long skipping ropes
- Stones - enough for activity (2 x big bags variety of stones)
- 20 Tennis balls
- 1 soccer field
- 2 goal posts on each side
- Or use cones and mark out soccer playing area
- 30 Cones
- Colour bands (bibs/blindfolds) - 20 (2 sets of different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music ([www.kazibantu.org](http://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
- 5 Hula hoops
- 20 Beanbags
- Chalk (Sufficient to mark out playing area)
-

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# Locomotor skills

Grade 2 | Lesson 1

## Equipment

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

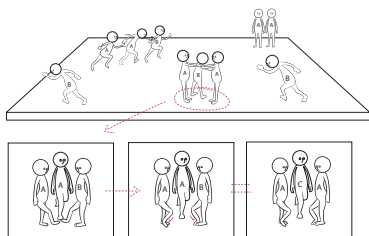
## The lucky one

Introduction  
Time: ~ 10 min

Choose 6 learners, group into pairs. These learners are the catchers. If a learner is caught by a pair, all 3 learners point their foot in the middle and sing a chorus 'who is the lucky one' and either remove their foot or leave it in the middle. The learner who does the opposite action to the other 2 learners is the lucky one.

### Goal

To improve reaction time.



A CATCHERS B RUNNERS C THE LUCKY ONE

## Zombie ball

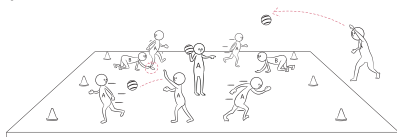
Lesson  
Time: ~ 10 min

Mark an area with cones. Learners (villagers) spread out freely. 4 'magic balls' are thrown into the playing area. The villagers must try to hit 1 another. If a villager is hit, they become a zombie and must crawl on the ground making zombie sounds. Zombies can only get free by touching a villager, then they switch roles.

### Goal

To improve reaction time.

A VILLAGERS  
B ZOMBIES

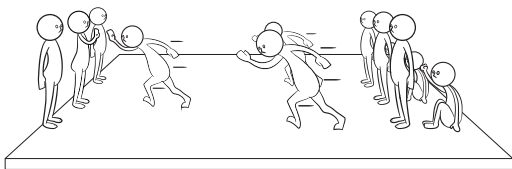


# Relay running

Lesson  
Time: ~ 10 min

Split the class into 6 equal teams. Divide the teams and set up on opposite sides of the demarcated area. When the teacher gives the signal, the race starts: the first runner must run/perform an action to the team standing at the opposite side. When the runner reaches the other side, he/she must give the first learner a high 5.

**Goal** To improve fundamental movement skills.



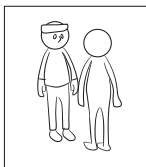
## Remember me?

Cool down  
Time: ~ 10 min

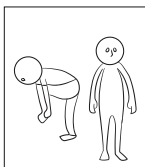
Learners must pair up. The goal is to memorize what your partner is wearing and how it is worn; learner gets 2 min to memorize everything. Afterwards the learner turns their back to their partner while the other learner changes three items. At the teachers' signal, they turn around and have to spot the changes. They get 5 chances.

**Goal** Cool down.

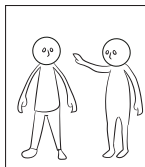
1



2



3





# Locomotor skills

Grade 2 | Lesson 2

## Equipment

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

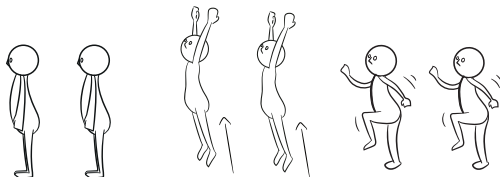
## Follow the leader

Introduction  
Time: ~ 10 min

Learners get into pairs. The 'leader' moves in different ways while the others try to copy all movements of the leader. After 2 min, change activities and swap leader/partners.

**Goal**

To develop creativity.



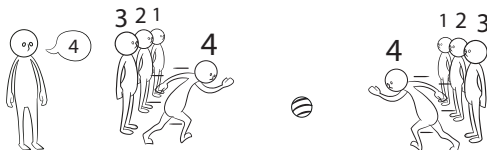
## Grab the treasure chest

Lesson  
Time: ~ 10 min

Mark 2 playing areas and make 4 groups (A against B, C against D). Number each learner and place the 'treasure chest' in the middle of the playing area. The teacher shouts out a number, e.g. 4, then all the number 4's from the groups must run to the centre and try to get the treasure first. The team with the most treasure wins.

**Goal**

To develop reaction time.

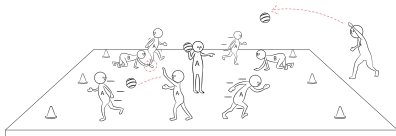


# Zombie Ball

Lesson  
Time: ~ 10 min

Mark an area with cones. Learners (villagers) spread out freely. 4 'magic balls' are thrown into the playing area. The villagers must try to hit 1 another. If a villager is hit, they become a zombie and must crawl on the ground making zombie sounds. Zombies can only get free by touching a villager, then they switch roles.

**Goal** To improve reaction time.

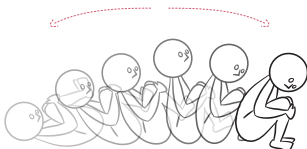


# Roll like a ball

Cool down  
Time: ~ 5 min

Learners must pretend to be a ball, roll forwards and backwards etc. They should wrap their arms around their knees and lift their feet off the group.

**Goal** To improve fundamental movement skills.

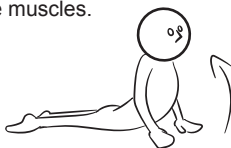


# Cobra stretch

Cool down  
Time: ~ 5 min

Learners must lie flat on their stomachs and raise their upper bodies off the floor by pushing up with their hands. This position is held for 10 sec followed by a 10 sec rest, and then repeated 3 times.

**Goal** To stretch core muscles.





# Locomotor skills

Grade 2 | Lesson 3

## Equipment

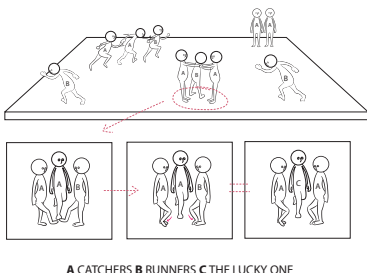
- About 20 balls (soccer and/or netball's)
- 20 cones and whistle

## The lucky one

Introduction  
Time: ~ 10 min

Choose 6 learners, group into pairs. These learners are the catchers. If a learner is caught by a pair, all 3 learners point their foot in the middle and sing a chorus 'Who is the lucky one' and either remove their foot or leave it in the middle. The learner who does the opposite action to the other 2 learners is the lucky 1.

**Goal** To improve reaction time.

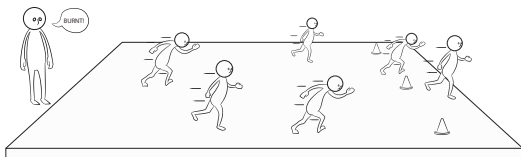


## Lava race

Lesson  
Time: ~ 10 min

Task 1: mark an area which represents lava. Learners must try to sprint over without getting burnt. After 3 - 4 sec, the teacher shouts 'burnt'. Whoever is still running on the lava area has been burnt. Task 2: The teacher rolls a ball, when it gets to the centre, learners sprint as fast as possible to the other end of the field.

**Goal** To improve reaction time.





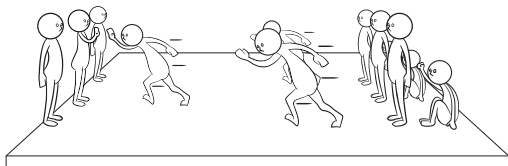
# Relay running

Lesson  
Time: ~ 10 min

Split the class into 6 equal teams. Divide the teams and set up on opposite sides of the demarcated area. When the teacher gives the signal, the race starts: the first runner must run/perform an action to the team standing at the opposite side. When the runner reaches the other side, he/she must give the first learner a high 5.

**Goal**

To improve fundamental movement skills.



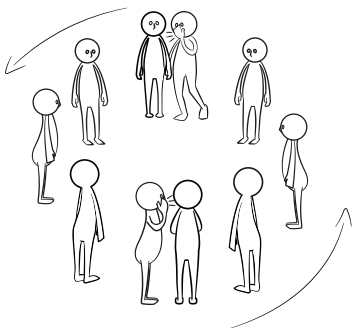
## The phone call goes around

Cool down  
Time: ~ 10 min

Build a circle and choose 2 playmakers standing opposite each other. Each playmaker creates a sentence and whispers it to the person next to them. The 2 sentences are passed around the circle until they get to the playmakers again. The playmakers confirm whether the sentences are correct.

**Goal**

To improve listening skills.





# Locomotor skills

Grade 2 | Lesson 4

## Equipment

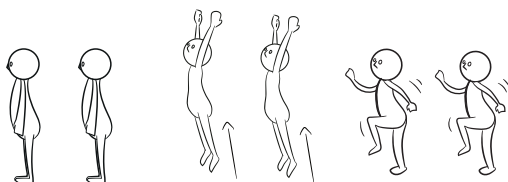
- About 20 balls (soccer and/or netball's)
- 20 cones and whistle

## Follow the leader

Introduction  
Time: ~ 10 min

Learners get into pairs. The 'leader' moves in different ways while the others try to copy all movements of the leader. After 2 min, change activities and swap leader/partners.

**Goal** To improve creativity.

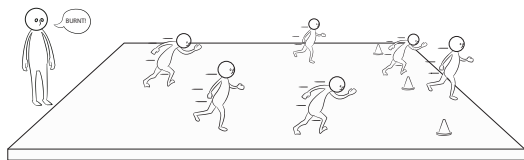


## Lava race

Lesson  
Time: ~ 10 min

Task 1: mark an area which represents lava. Learners must try to sprint over without getting burnt. After 3 - 4 sec, the teacher shouts 'burnt'. Whoever is still running on the lava area has been burnt. Task 2: The teacher rolls a ball, when it gets to the centre, learners sprint as fast as possible to the other end of the field.

**Goal** To improve reaction time.

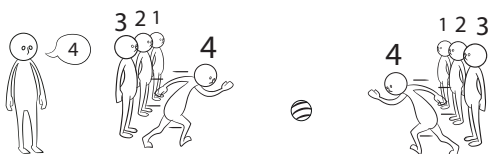


# Grab the treasure chest

Lesson  
Time: ~ 10 min

Mark 2 playing areas and make 4 groups (A against B, C against D). Number each learner and place the treasure chest in the middle of the playing area. The teacher shouts out a number, e.g. 4, then all the number 4's from the groups must run to the centre and try get the treasure first. The team with the most treasure wins.

**Goal** To improve reaction time.

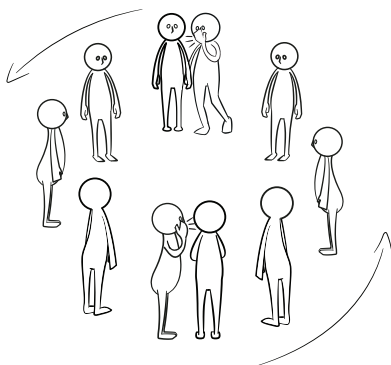


# The phone call goes around

Cool down  
Time: ~ 5 min

Build a circle and choose 2 playmakers standing opposite each other. Each playmaker creates a sentence and whispers it to the person next to them. The 2 sentences are passed around the circle until they get to the playmakers again. The playmakers confirm whether the sentences are correct.

**Goal** To improve listening skills.





# Perceptual motor

Grade 2 | Lesson 5

## Equipment

- Beanbags, balls and a tennis ball

## Elephant ball: level 1

Introduction  
Time: ~ 10 min

Divide learners in groups of 8. Groups must form a circle - legs apart and hands clasped. Learners must get the ball through their friends' legs. Learners can't move their legs, only use clasped hands to protect their space. If the ball goes through, they can only use 1 hand. If ball goes through a sec time, learner faces the other direction. Use 6 - 8 balls.

**Goal** To develop strength and ball control.

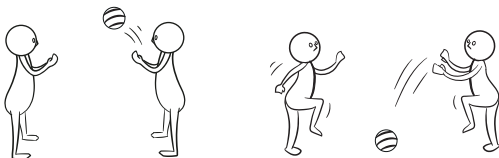


## Develop your own tricks

Lesson  
Time: ~ 10 min

Group learners into pairs. Each pair is given a beanbag or ball. Learners must come up with their own ways of using the ball/beanbag.

**Goal** To improve creativity.

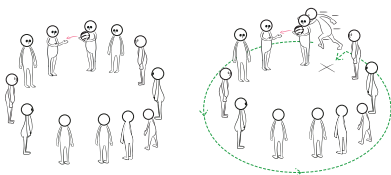


# Beat the ball

Lesson  
Time: ~ 10 min

Group learners in a circle with some space in between. Pass a ball to the learner on the right. The first learner that passed the ball must attempt to run around the outside of the circle and get to the start point before the ball does. The second round, the learner must run in the opposite direction.

**Goal** To improve speed and agility.

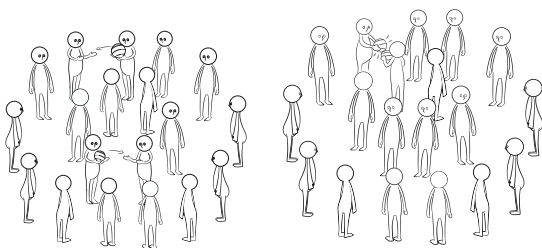


# Beat the bunny: level 1

Cool down  
Time: ~ 10 min

Make a circle of 'farmers' then make a circle of 'bunnies' within the first circle and facing the farmers. The bunnies' ball (small ball) is passed around the circle. When the ball is halfway, the farmers' ball is passed around. When a farmer can tap the bunnies' ball standing face to face with him/her, the game ends. Use a tennis and soccer ball.

**Goal** Cool down.





# Perceptual motor

Grade 2 | Lesson 6

## Equipment

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

## Elephant ball: level 2

Introduction  
Time: ~ 10 min

Divide learners in groups of 8. Groups must form a circle - legs apart and hands clasped. Learners must get the ball through their friends' legs. Learners can't move their legs, only use clasped hands to protect their space. If the ball goes through, they can only use 1 hand. If the ball goes through a sec time, then the learner must face the other direction. Use as many balls as you can.

**Goal** To develop strength and ball control.

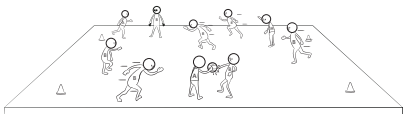
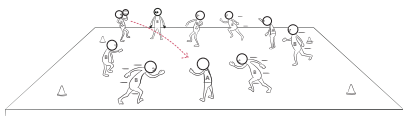


## Dab ball

Lesson  
Time: ~ 10 min

Divide learners into Teams A and B, with Team A attempting to dab Team B as many times as possible with a ball. A hit is scored when the opponent is touched with a ball. Ball possession changes every 2 – 4 min.

**Goal** To improve ball skills.

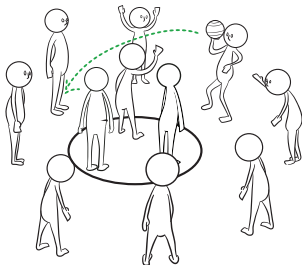


## The hungry crocodiles: level 1

Lesson  
Time: ~ 10 min

10 learners stand in a circle (lake). In the middle there are 3 hungry crocodiles. Learners must pass the ball with their hands but not to the person next to them. If a crocodile in the middle intercepts the ball, the learner who threw the ball must stand in the middle.

**Goal** To improve ball skills.

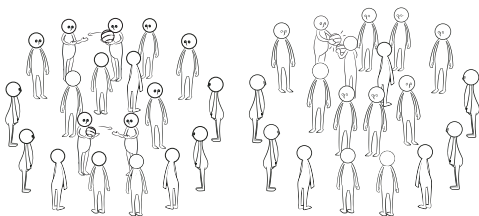


## Beat the bunny: level 2

Cool down  
Time: ~ 10 min

Make a circle of 'farmers' then make a circle of 'bunnies' within the first circle and facing the farmers. The bunnies' ball (small ball) is passed around the circle. When the ball is halfway, the farmers' ball is passed around. When a farmer can tap the bunnies' ball standing face to face with him/her, the game ends. Swap players and repeat.

**Goal** Cool down.





# Perceptual motor

Grade 2 | Lesson 7

## Equipment

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

## Elephant ball

Introduction  
Time: ~ 10 min

Divide learners in groups of 8. Groups must form a circle - legs apart and hands clasped. Learners must get the ball through their friends' legs. Learners can't move their legs, only use clasped hands to protect their space. If the ball goes through, they can only use 1 hand. If the ball goes through for a second time, then the learner faces the other direction.

**Goal** To develop strength and ball control.

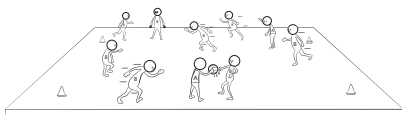
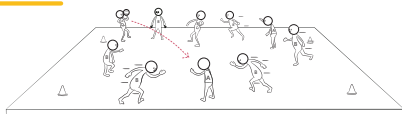


## Dab ball

Lesson  
Time: ~ 10 min

Divide learners into Teams A and B, with Team A attempting to dab Team B as many times as possible with a ball. A hit is scored when the opponent is touched with a ball.

**Goal** To improve ball skills.



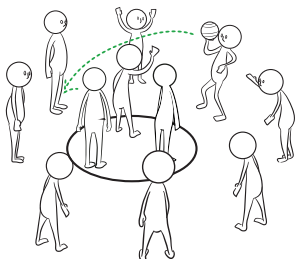


# The hungry crocodiles

Lesson  
Time: ~ 10 min

Ten learners stand in a circle (lake). In the middle there are 3 hungry crocodiles. Learners pass ball with their hands but not to the person next to them. If a crocodile in the middle intercepts the ball, the 1 that threw it must then come to the middle. Teacher can also swap learners after a certain number of passes.

**Goal** To improve ball skills.

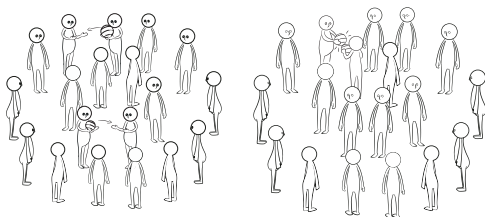


# Beat the bunny

Cool down  
Time: ~ 10 min

Make a circle of 'farmers'. Make another circle within the first circle 'bunnies', facing the farmers. The bunnies' ball (small ball) is passed around the circle. When the ball is halfway, the farmers' ball is passed around. When a farmer can tap and bunnies ball standing face to face with him/her, the game ends. Use a tennis and soccer ball.

**Goal** Cool down.





# Perceptual motor

Grade 2 | Lesson 8

## Equipment

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

## Run your age

Introduction  
Time: ~ 10 min

Define an area where the learners should run. The learners should run the same number of rounds as their age.

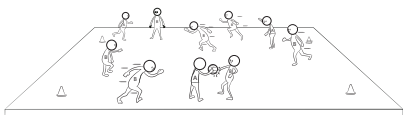
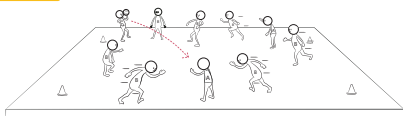
**Goal** To increase heart rate.

## Dab ball

Lesson  
Time: ~ 10 min

Divide learners into Teams A and B, with Team A attempting to dab Team B as many times as possible with a ball. A hit is scored when the opponent is touched with a ball.

**Goal** To improve ball skills.

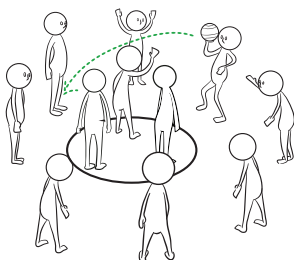


## The hungry crocodiles

Lesson  
Time: ~ 10 min

10 learners stand in a circle (lake). In the middle there are 3 hungry crocodiles. Learners pass the ball with their hands but not to the person next to them. If a crocodile in the middle intercepts the ball, the 1 that threw it must then come to the middle. The teacher can also swap learners after a certain number of passes.

**Goal** To improve ball skills.

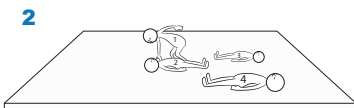
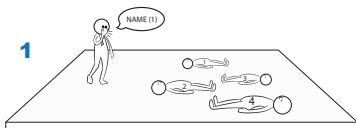


## Wake up

Cool down  
Time: ~ 10 min

Learners must lay on the floor with their eyes closed. The teacher must whisper a name, the learner must get up and tap another learner, and so on. Cool down ends when all the learners are awake.

**Goal** Deep relaxation.





# Rhythm

Grade 2 | Lesson 9

## Equipment

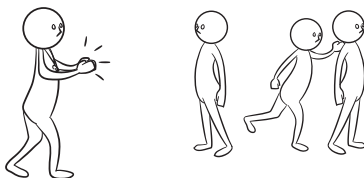
- Chalk
- Little stones
- About 20 cones and whistle

## The mechanic and the robots

Introduction  
Time: ~ 10 min

Learners form groups of 3; 1 being the mechanic, the other 2 are the robots. 2 robots stand back to back. Robots move straight forward when the teacher starts clapping a rhythm. If a mechanic touches the shoulder of the robots, they have to turn at a 90° angle so that the robots can be brought together.

**Goal** Reaction time.

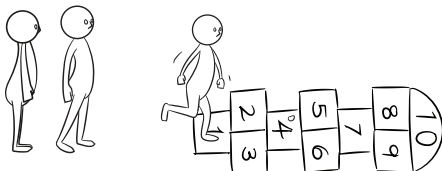


## Hopscotch

Lesson  
Time: ~ 20 min

Learners form groups of 2 or 3; each group with their own Hopscotch Playfield design. Learners must follow the hopscotch-playing process. The game ends when learners reach the last block in the playing area and hops back.

**Goal** To learn to hop and find rhythm.

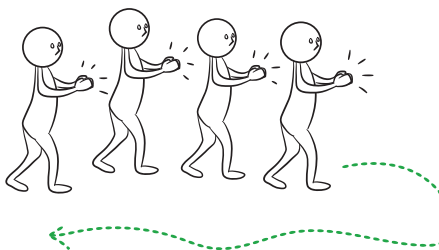
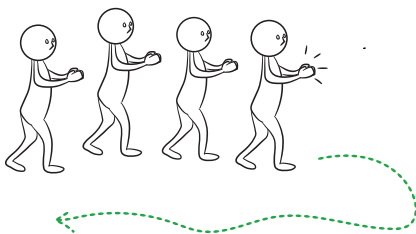


# Clap out the rhythm

Cool down  
Time: ~ 10 min

Learners must walk around a sport field. 1 learner must clap their rhythm of choice. The others must pick up the sound and imitate it.

**Goal** Cool down.





# Rhythm

Grade 2 | Lesson 10

## Equipment

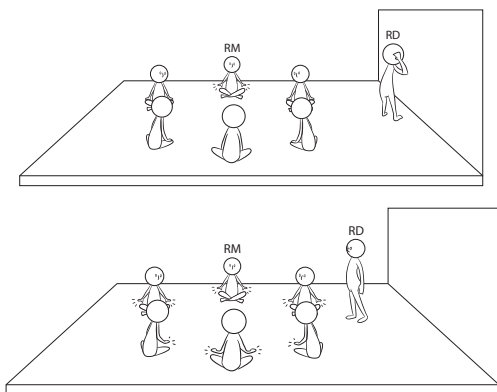
- About 5 hula hoops
- Chalk
- Little stones
- About 20 cones and whistle

## Rhythm master – circle game

Introduction  
Time: ~ 10 min

Learners must sit in a circle while 1 is appointed as 'rhythm detective'. Rhythm detective must face the wall, eyes closed, and ears covered. 1 learner in the circle must be the 'rhythm master' and he/she must choose movements that the others must copy. Rhythm master must always start by tapping knees. Rhythm detective will then return. Rhythm master must change movements and the other learners must copy. Rhythm detective must figure out who rhythm master is.

**Goal** To develop creativity.



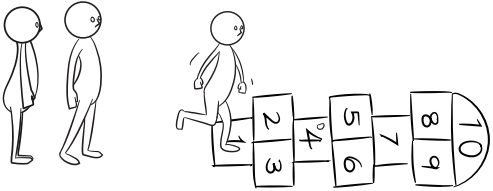
# Hopscotch

Lesson  
Time: ~ 20 min

Learners form groups of 2 or 3; each group with their own Hopscotch Playfield design. Learners must follow the hopscotch-playing process. The game ends when learners reach the last block in the playing area and hops back.

**Goal**

To learn to hop and find rhythm.



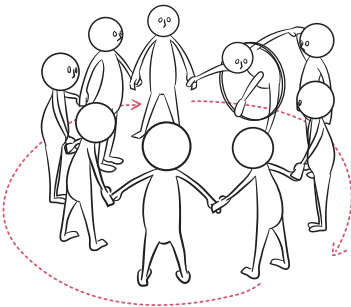
## Go through the hoop

Cool down  
Time: ~ 10 min

Divide learners into groups of 8 - 10, in a circle, holding hands. 2 learners hold hoops 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 complete with the other groups.

**Goal**

Cool down.





# Rhythm

Grade 2 | Lesson 11

## Equipment

- About 5 long skipping ropes
- 10 short skipping rope
- 5 hula hoops
- About 20 cones and whistle

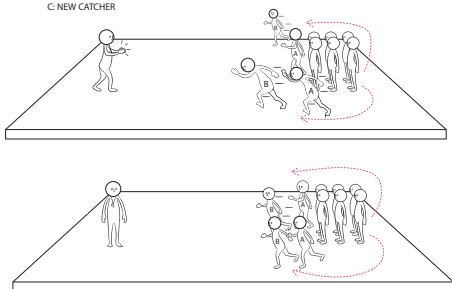
## Together we are strong

Introduction  
Time: ~ 10 min

Learners form pairs and stand behind each other in pairs. 1 learner is the catcher. Teacher claps hand and the pair from behind must run on left- and right-hand side of line to the front to try get back together again. If catcher touches 1 of the learners before they reunite, the touched learner is the new catcher.

**Goal** Listening skills.

A: CATCHERS  
B: RUNNERS  
C: NEW CATCHER



## Rope skipping together

Lesson  
Time: ~ 10 min

2 learners swing the rope while the third learner jumps. The rest of the group sings rhymes.

**Goal** To learn how to jump to rhythm.



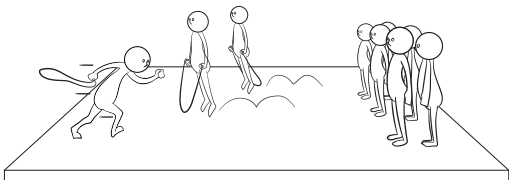


# Rope skipping relay

Lesson  
Time: ~ 10 min

Place learners into groups of 8, each at the starting line. First player gets a skipping rope. Relay race starts when first learner skips rope across to the finish line, turns around and runs back to starting line. All learners must get a chance to skip and run. Winner is the first group to finish.

**Goal** To learn rope skipping.

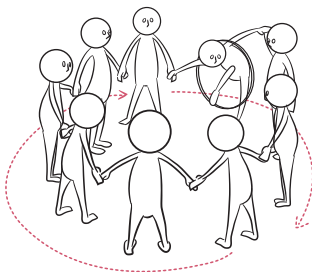


# Go through the hoop

Cool down  
Time: ~ 10 min

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

**Goal** Cool down.





# Rhythm

Grade 2 | Lesson 12

## Equipment

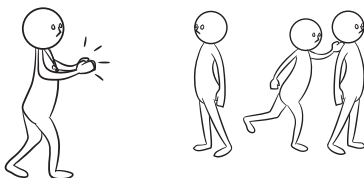
- About 5 long skipping ropes
- 10 short skipping ropes
- About 20 cones and whistle

## The mechanic and the robots

Introduction  
Time: ~ 10 min

Learners form groups of 3; 1 being the mechanic, the other 2 are the robots. 2 robots stand back to back. Robots move straight forward when the teacher starts clapping a rhythm. If a mechanic touches shoulder of the robots, they must turn at a 90° angle so that the robots can be brought together.

**Goal** To improve reaction.



## Rope skipping together

Lesson  
Time: ~ 10 min

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

**Goal** Jump to rhythm.

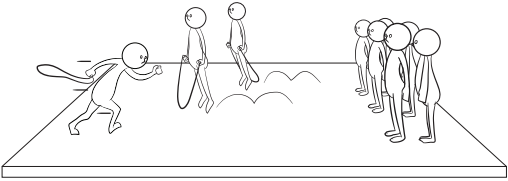


# Skipping rope relay

Lesson  
Time: ~ 10 min

Place learners into groups of 8, each at the starting line. First player gets a skipping rope. Relay race starts when first learner skips rope across to the finish line, turns around and runs back to starting line. All learners must get a chance to skip and run. Winner is the first group to finish.

**Goal** To learn rope skipping.

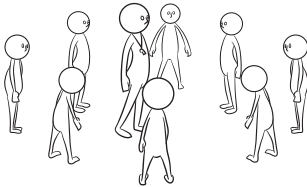


## Move your body

Cool down  
Time: ~ 10 min

Learners form a big circle and follow the instructions of the teacher. E.g., move your head from left to right, circle your arms forward and back, circle your foot to the right side and the left side etc.

**Goal** Cool down.





# Co-ordination

Grade 2 | Lesson 13

## Equipment

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

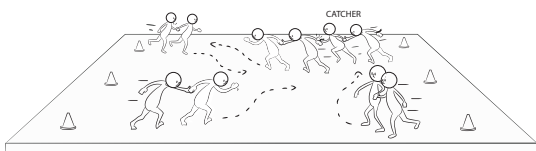
## Pairs tag

Introduction  
Time: ~ 10 min

All learners form pairs and hold hands. 1 pair is a catcher (marked with colour band). When a pair is caught, they become catchers. The last pair without colour band wins the game. Ensure there is an area marked with cones.

### Goal

To improve co-ordination.



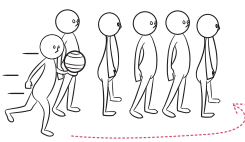
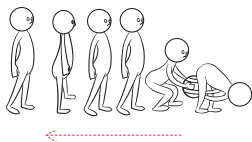
## The snake

Lesson  
Time: ~ 10 min

Divide class into 6 groups. Learners must stand behind each other with legs open, and 1 ball in front. Teacher gives signal then learners must pass the ball under their legs. When the ball reaches the back, the last learner must run to the top of the snake. Every learner passes the ball through twice. When they are finished, they sit down.

### Goal

To improve co-ordination.



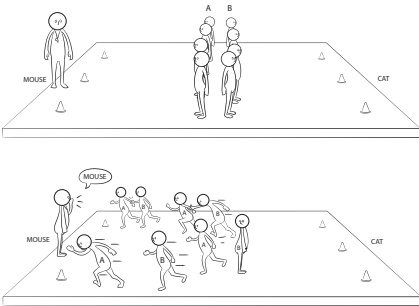
# Cat and mouse

Lesson  
Time: ~ 10 min

Learners stand in the middle of the playing field, backs facing each other. Leader defines end zone on either side. 1 side is a cat side and 1 side is a mouse side. Teacher will shout mouse, then the mouse learners must run to their end zone while the cats try to catch them.

**Goal** To improve reaction.

A: MOUSE  
B: CAT

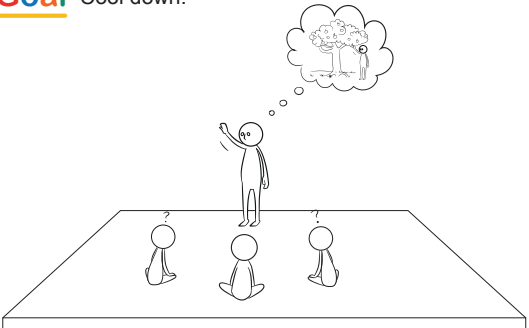


## Simulation activities

Cool down  
Time: ~ 10 min

Divide learners into 4 groups. 1 learner is a simulator and tries to simulate any activity. The other learners need to guess the activity. The winner begins a new simulation.

**Goal** Cool down.





# Co-ordination

Grade 2 | Lesson 14

## Equipment

- About 10 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones
- 2 long skipping ropes
- Netball field and whistle

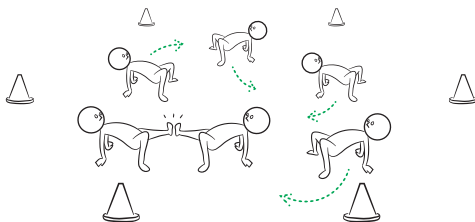
## Crab saying hello

Introduction  
Time: ~ 10 min

Mark out a playing area with cones. Tell the learners to go on all fours but with their backs to the floor/ground. The learners walk like 'crabs' around the playing area. Whenever they meet another crab, they greet each other by touching their feet. Every learner has to touch at least 10 other crabs.

### Goal

- Foot-eye co-ordination, strengthen core.



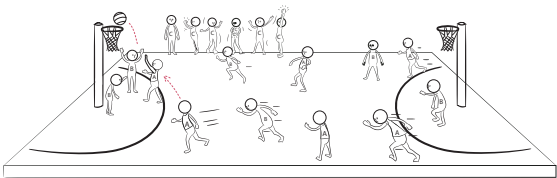
# Mini netball

Lesson  
Time: ~ 20 min

Divide the class into 3 groups (A, B and C). Learners pass ball with hands and try to strike bucket. Each team gets 4 min. RULES - Ball only passed with hands, when the ball touches the floor the other team gets the ball, when a group strikes a bucket the other team gets the ball. (The team waiting to play the game will be skipping rope).

**Goal** To improve ball skills.

4 min	A:B	C is rope skipping
4 min	B:C	A is rope skipping
4 min	C:A	B is rope skipping
4 min	A:B	C is rope skipping
4 min	B:C	A is rope skipping
4 min	C:A	B is rope skipping



# Drawing message

Cool down  
Time: ~ 10 min

Learners get in pairs with 1 of them lying face down, while the other 'paints' something on the back of the learner (with their finger). The learner on the floor must guess what was drawn. Learners change roles after 4 - 5 drawings.

**Goal** Cool down.





# Co-ordination

Grade 2 | Lesson 15

## Equipment

- About 4 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones
- 2 long skipping ropes
- Netball field and whistle

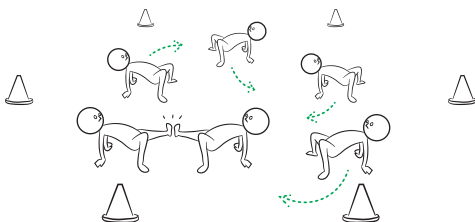
## Crab saying hello

Introduction  
Time: ~ 10 min

Mark out a playing area with cones. Tell the learners to go on all fours but with their backs to the floor/ground. The learners walk like 'crabs' around the playing area. Whenever they meet another crab, they greet each other by touching their feet. Every learner has to touch at least 10 other crabs.

### Goal

- Foot-eye co-ordination, strengthen core.



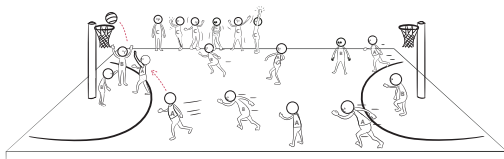
## Mini netball

Lesson  
Time: ~ 20 min

Divide class into 3 groups (A, B and C). Learners must pass the ball with their hands and try to strike the bucket. Each team will get 4 min. RULES - Ball can only be passed with their hands, when the ball touches the floor the other team gets the ball, when a group strikes a bucket the other team gets the ball.

### Goal

- To improve ball skills.



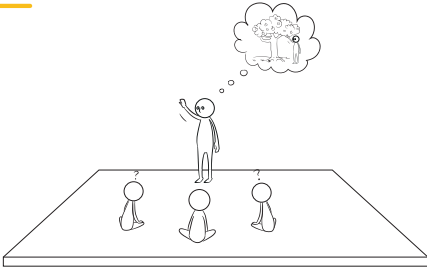


# Simulation activities

Cool down  
Time: ~ 10 min

Divide learners into 4 groups. 1 learner is a simulator and tries to simulate any activity. The other learners need to guess the activity. The winner begins a new simulation.

**Goal** Cool down.





# Co-ordination

Grade 2 | Lesson 16

## Equipment

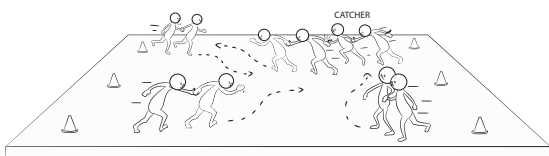
- Colour bands, cones and soccer balls

## Pairs tag

Introduction  
Time: ~ 10 min

All learners form pairs and hold hands. 1 pair is a catcher (marked with colour band). When a pair is caught, they become catchers. The last pair without colour band wins the game. Ensure there is an area marked with cones.

**Goal** To improve co-ordination with team mates.

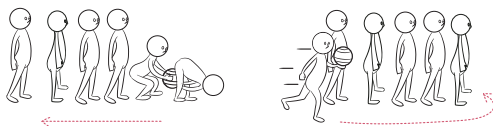


## The snake

Lesson  
Time: ~ 10 min

Divide class into 6 groups. Learners must stand behind each other with legs open, and 1 ball in front. Teacher gives signal then learners must pass the ball under their legs. When the ball reaches the back, the last learner must run to the top of the snake. Every learner passes the ball through twice. When they are finished, they sit down.

**Goal** To improve co-ordination.

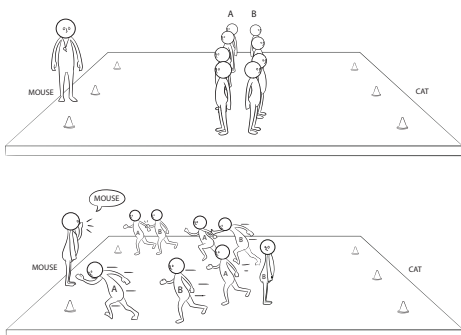


# Cat and mouse

Lesson  
Time: ~ 10 min

Learners stand in the middle of the playing field, backs facing each other. Leader defines end zone on either side. 1 side is a cat side and 1 side is a mouse side. Teacher will shout mouse, then the mouse learners must run to their end zone while the cats try to catch them.

**Goal** To improve reaction.



# Drawing message

Cool down  
Time: ~ 10 min

Learners get in pairs with 1 of them lying face down, while the other 'paints' something on the back of the learner (with their finger). The learner on the floor must guess what was drawn. Learners change roles after 4 - 5 drawings.

**Goal** Cool down.





# Balance

Grade 2 | Lesson 17

## Equipment

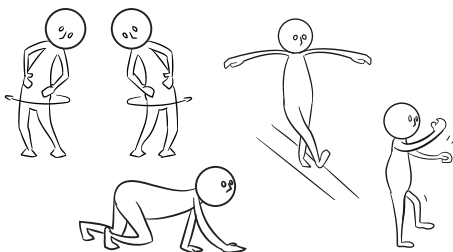
- About 30 cones
- Chalk
- Long ropes and whistle

## Pirate ships

Introduction  
Time: ~ 10 min

Mark out a playing area where the learners can move freely. They must pay attention to the following signals (check the workbook for the movement allocated to the signal): SCRUB THE FLOOR, CLIMB THE RAILS, CAPTAIN'S WIFE, WALK THE PLANK.

**Goal** To improve agility and balance.



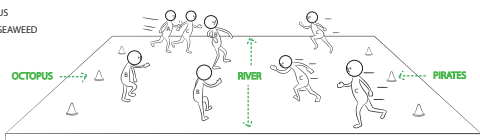
## Under the sea

Lesson  
Time: ~ 10 min

1 of the learners is the octopus (catcher), standing on 1 side of the field (river). The other learners (pirates) must reach the other side without getting caught. If they are caught by the octopus, they become the funky seaweed and stand on 1 foot (and can only try catch the other learners with their hands).

**Goal** Improve control, co-ordination and balance.

- A: OCTOPUS  
B: FUNKY SEAWEED  
C: PIRATES

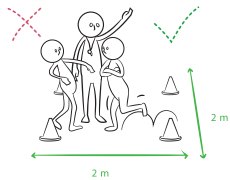
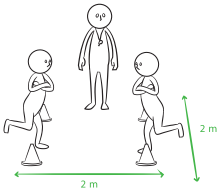


# Who rules the roost

Lesson  
Time: ~ 10 min

Divide learners into pairs. Mark an area 2 x 2 m with chalk. Learners must stand on 1 leg with arms crossed. On command, the learners must bounce toward each other and try to push an opponent out of the field or make them lose balance by placing their feet on the ground. If a learner is pushed out of the field or drops their foot, he/she loses the round. Change after 2 min.

**Goal** Improve co-ordination and balance.



## Stretches

Cool down  
Time: ~ 10 min

Work in pairs. The teacher will instruct the children on which stretches to do and how to perform each stretch.

**Goal** Cool down.





# Balance

Grade 2 | Lesson 18

## Equipment

- About 12 colour bands
- 20 beanbags
- Ropes
- Chalk
- 20 cones and whistle

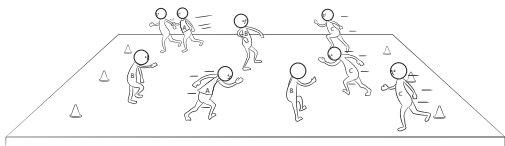
## Flamingo tag

Introduction  
Time: ~ 10 min

Mark out area where learners can move freely. Select 6 learners to become catchers (mark with colour band) to try catch the 'birds'. If a bird is caught, they become flamingos and must stand on 1 leg until touched by another moving bird. A flamingo must count to 10 then switch legs if not released after a long time. Change roles after a while.

**Goal**

To improve co-ordination and attention skills.



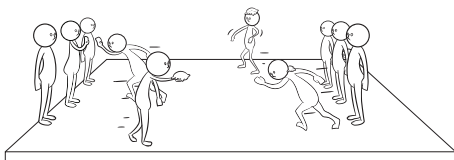
## Relay running

Lesson  
Time: ~ 20 min

Split the class into 6 equal teams. Divide the teams and set up on opposite sides of the demarcated area. When the teacher gives the signal, the race starts: the first runner must run/perform an action to the team standing at the opposite side. When the runner reaches the other side, he/she must give the first learner a high 5.

**Goal**

To improve fundamental movement skills.



# Stretches

Cool down  
Time: ~ 10 min

Work in pairs. The teacher will instruct the children on which stretches to do and how to perform each stretch.

**Goal** Cool down.





# Balance

Grade 2 | Lesson 19

## Equipment

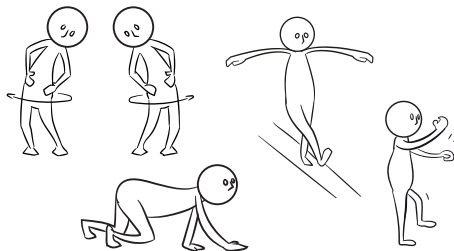
- About 20 beanbags
- Ropes
- Chalk
- 20 cones and whistle

## Pirate ships

Introduction  
Time: ~ 10 min

Mark out a playing area where the learners can move freely. They must pay attention to the following signals (check the workbook for the movement allocated to the signal): SCRUB THE FLOOR, CLIMB THE RAILS, CAPTAIN'S WIFE, WALK THE PLANK.

**Goal** To improve agility and balance.

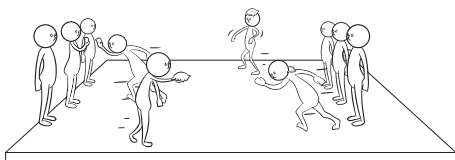


## Relay running

Lesson  
Time: ~ 20 min

Split the class into 6 equal teams. Divide the teams and set up on opposite sides of the demarcated area. When the teacher gives the signal, the race starts: the first runner must run/perform an action to the team standing at the opposite side. When the runner reaches the other side, he/she must give the first learner a high 5.

**Goal** To improve fundamental movement skills.





# Stretches

Cool down  
Time: ~ 10 min

Work in pairs. The teacher will instruct the children on which stretches to do and how to perform each stretch.

**Goal** Cool down.





# Balance

Grade 2 | Lesson 20

## Equipment

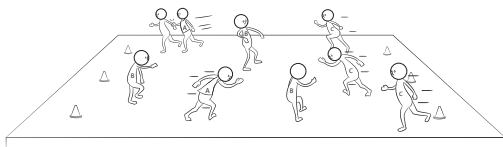
- About 12 colour bands
- Ropes
- Chalk
- 20 cones and whistle

## Flamingo tag

Introduction  
Time: ~ 10 min

Mark out area where learners can move freely. Select 6 learners to become catchers (mark with colour band) to try catch the 'birds'. If a bird is caught, they become flamingos and must stand on 1 leg until touched by another moving bird. A flamingo must count to 10 then switch legs if not released after a long time. Change roles after a while.

**Goal** To improve balance and co-ordination.



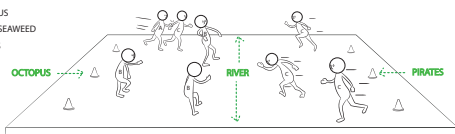
## Under the sea

Lesson  
Time: ~ 10 min

1 of the learners is the octopus (catcher), standing on 1 side of the field (river). The other learners (pirates) must reach the other side without getting caught. If they are caught by octopus, they become funky seaweed and stand on 1 foot (and can only try catch other learners with hands). After which the learners become funky seaweed if they are caught.

**Goal** Improve co-ordination.

A: OCTOPUS  
B: FUNKY SEAWEED  
C: PIRATES

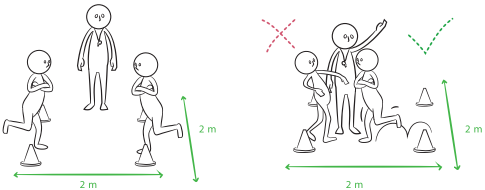


# Who rules the roost

Lesson  
Time: ~ 10 min

Divide learners into pairs. Mark an area 2 x 2 m with chalk. Learners must stand on 1 leg with arms crossed. On command, the learners must bounce toward each other and try to push an opponent out of the field or make them lose balance by placing their feet on the ground. If a learner is pushed out of the field or drops their foot, he/she loses the round. Change after 2 min.

**Goal** To improve co-ordination and balance.

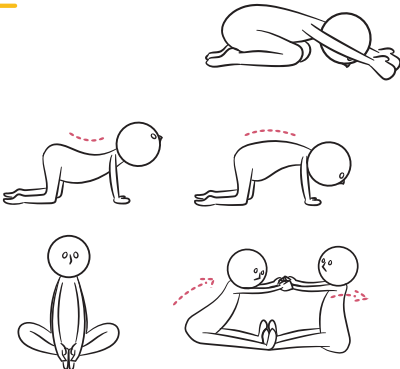


## Stretches

Cool down  
Time: ~ 10 min

Work in pairs. Teacher will instruct the children on which stretches to do and how to perform each stretch.

**Goal** Cool down.





# Spatial orientation

Grade 2 | Lesson 21

## Equipment

- About 20 colour bands (as blindfolds)
- 20 cones and whistle

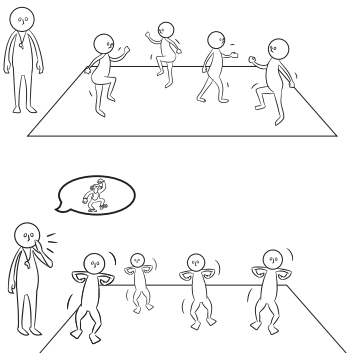
## Imitate animals

Introduction  
Time: ~ 10 min

Teacher tells the learners to skip around the playing area, then calls out the name of an animal. The learners must pretend to be that animal by the way it moves and the sound it makes. Teacher changes the animal every 30 - 45 sec. Game ends at teacher's discretion.

### Goal

A adapt to change and sounds.



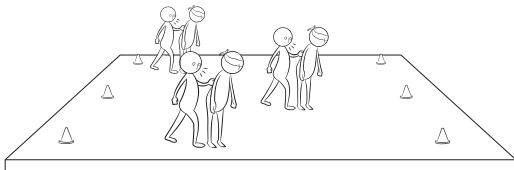
## Blind person's guide

Lesson  
Time: ~ 10 min

Divide learners into pairs, 1 being a 'blind person' (eyes closed or using a colour band as a blindfold) and 1 guide. The guide will then call out directions for the blind person to follow. Learners must change roles at the teacher's instruction.

### Goal

To improve spatial orientation.

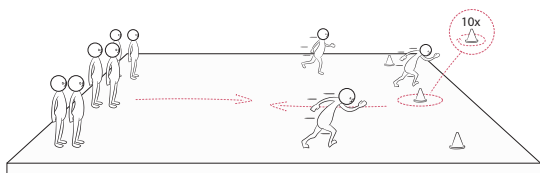


# Dizzy sailor

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 must run towards the cone. When he/she gets to the cone, he/she must touch the cone while running around the cone 10 times, then run back to the start. Every learner runs twice. First team to finish wins.

**Goal** Spatial orientation.

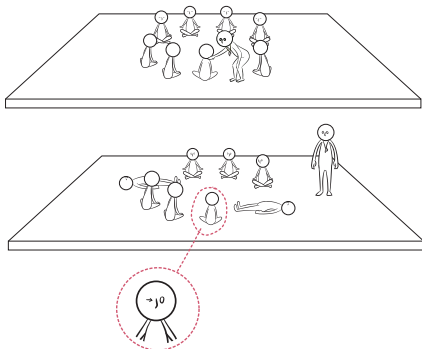


# The sandman

Cool down  
Time: ~ 10 min

Learners must form a large circle, seated, facing inward and eyes closed. Teacher moves around the circle and taps 1 learner to be the 'sandman'. At the teachers call, learners must open their eyes. The sandman must secretly wink at the other learners, and they must lie down if winked at. Learners can guess who the sandman is. If they guess correctly, the game ends. If they guess incorrectly, they fall into a never-ending sleep. Change the sandman after 1 round.

**Goal** Cool down.





# Spatial orientation

Grade 2 | Lesson 22

## Equipment

- About 20 colour bands (for blindfolds)
- 5 short skipping ropes
- 5 hula hoops
- Chalk
- 20 cones and whistle

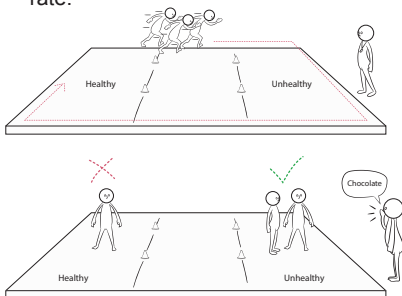
## Healthy or unhealthy

Introduction  
Time: ~ 10 min

Mark out 2 areas on the playing field, 1 'healthy' area or 'unhealthy' area. Learners must run around the playing area. Teacher must call out a specific food type. Then learners must decide whether it's healthy food or unhealthy food by running to the proper area. Teacher calls for a short break to discuss why it is a healthy or unhealthy food.

**Goal**

To learn nutritional facts and increase heart rate.



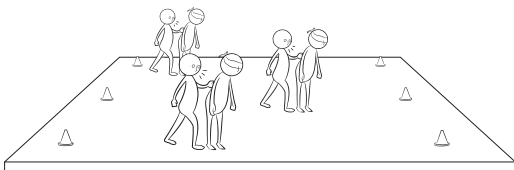
## Blind person's guide

Lesson  
Time: ~ 10 min

Divide learners into pairs, 1 being a 'blind person' (eyes closed or using a colour band as a blindfold) and 1 guide. The guide will then call out directions for the blind person to follow. Learners must change roles at the teacher's instruction.

**Goal**

To improve spatial orientation.

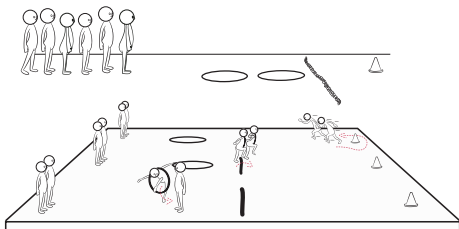


# Obstacle run

Lesson  
Time: ~ 10 min

Teacher divides 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 front line. On the teachers signal, 2 learners must go through the hoops, jump over the rope with both legs and run towards the cone all while holding hands. Learners must return to their team and high 5 the next 2 learners to continue the race.

**Goal** To improve spatial orientation.

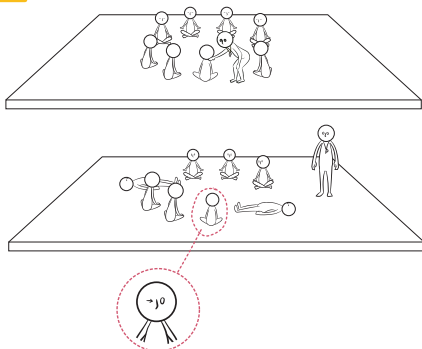


# The Sandman

Cool down  
Time: ~ 10 min

Learners must form a large circle, seated, facing inward and eyes closed. Teacher moves around the circle and taps 1 learner to be the 'sandman'. At the teachers call, learners must open their eyes. The sandman must secretly wink at the other learners, and they must lie down if winked at. Learners can guess who the sandman is. If they guess correctly, the game ends. If they guess incorrectly, they fall into a never-ending sleep. Change the sandman after 1 round.

**Goal** Cool down.





# Spatial orientation

Grade 2 | Lesson 23

## Equipment

- About 5 short skipping ropes
- 5 hula hoops
- Chalk
- 20 cones and whistle

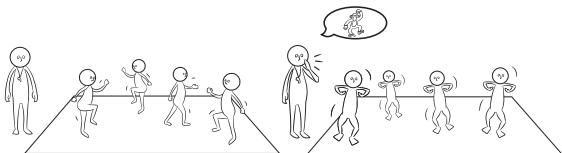
## Imitate animals

Introduction  
Time: ~ 10 min

Teacher tells the learners to skip around the playing area, then calls out the name of an animal. The learners must pretend to be that animal by the way it moves and the sound it makes. Teacher changes the animal every 30 - 45 sec. Game ends at teacher's discretion.



The ability to adapt to change and sounds.



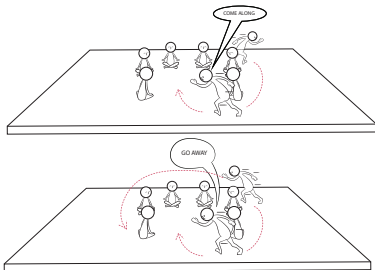
## Come along, get away!

Lesson  
Time: ~ 10 min

Learners are seated in a circle facing each other, with their eyes closed. These are the villagers. 1 learner is a tiger and is not part of the circle. The tiger goes around and must nudge a villager and either say 'COME ALONG' (villager must run after tiger) or 'GET AWAY' (villager must run around circle the other way). Goal of the villager is to catch the tiger, before the tiger takes the villager's place. Goal of the tiger is to occupy the space of villager. If tiger is faster than villager, the villager becomes the new tiger.



To improve attention and memory skills.



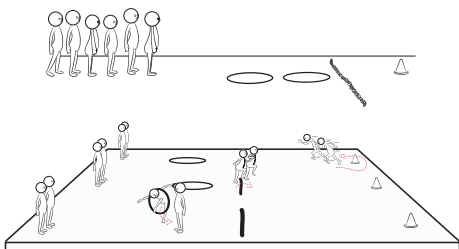


# Obstacle run

Lesson  
Time: ~ 10 min

Teacher divides 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 front line. On the teachers signal, 2 learners must go through the hoops, jump over the rope with both legs and run towards the cone all while holding hands. Learners must return to their team and high 5 the next 2 learners to continue the race.

**Goal** To improve spatial orientation.

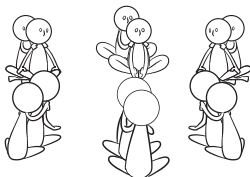


# Massage in a circle

Cool down  
Time: ~ 10 min

Learners sit in a circle with each learner facing the back of the learner next to him/her. Each learner massages the back of the learner in front of him/her. Teacher calls for them to switch after a few min.

**Goal** Relax deeply and reduce heart rate.





# Spatial orientation

Grade 2 | Lesson 24

## Equipment

- About 20 cones
- Chalk and whistle

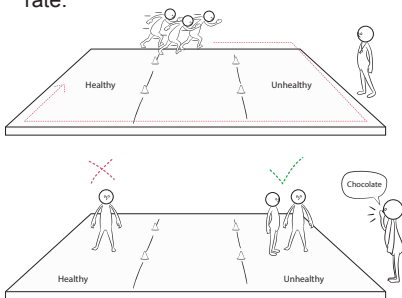
## Healthy or unhealthy?

Introduction  
Time: ~ 10 min

Mark out 2 areas on the playing field, 1 'healthy' area or 'unhealthy' area. Learners must run around the playing area. Teacher must call out a specific food type. Then learners must decide whether it's healthy food or unhealthy food by running to the proper area. Teacher calls for a short break to discuss why it is a healthy or unhealthy food.

### Goal

To learn nutritional facts and increase heart rate.



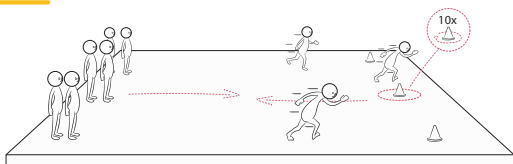
## Dizzy sailor

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 must run towards the cone. When he/she gets to the cone, he/she must touch the cone while running around the cone 10 times, then run back to the start. Every learner runs twice. First team to finish wins.

### Goal

To improve spatial orientation.

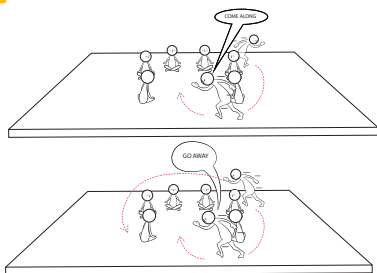


# Come along, get away!

Lesson  
Time: ~ 10 min

Learners are seated in a circle facing each other, with their eyes closed. These are the villagers. 1 learner is a tiger and is not part of the circle. The tiger goes around and must nudge a villager and either say 'COME ALONG' (villager must run after tiger) or 'GET AWAY' (villager must run around circle the other way). Goal of the villager is to catch the tiger, before the tiger takes the villager's place. Goal of the tiger is to occupy the space of villager. If tiger is faster than villager, the villager becomes the new tiger.

**Goal** To improve attention and memory skills.

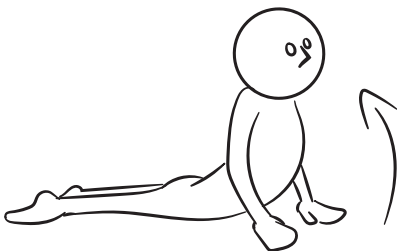


# Cobra stretch

Cool down  
Time: ~ 5 min

Learners must lie flat on their stomachs and raise their upper bodies off the floor by pushing up with their hands. This position is held for 10 sec followed by a 10 sec rest, and then repeated 3 times.

**Goal** To stretch core muscles.





# Laterality

Grade 2 | Lesson 25

## Equipment

- About 6 balls (soccer and/or netball's)
- 10 colour bands
- 5 hula hoops
- 20 cones and whistle

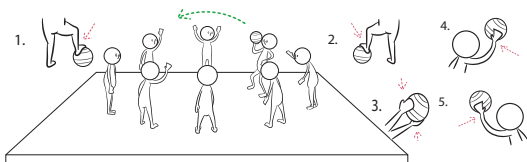
## Pass the ball: fire ball

Introduction  
Time: ~ 10 min

Divide the learners into groups of 7 - 10 learners, with 1 ball per group. The learners must keep the same order and repeat rounds of three tasks. The teacher must tell the learners to imagine the ball is a fireball, and if it is kept too long, he/ she will get burnt. Tasks: Pass ball with dominant foot, pass ball with non-dominant foot, pass ball with both hands, throw ball with dominant hand, throw ball with non-dominant hand.

### Goal

Improve fundamental movement skills.



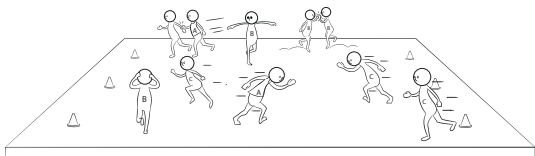
## Ostrich tag

Lesson  
Time: ~ 10 min

Choose 5 catchers who needs to catch as many learners as possible. As soon as a free moving learner is caught, they become an ostrich. Ostriches are released by jumping on 1 leg to another ostrich and giving him/her a 'high 5'; which frees both ostriches. Change catchers and tasks after 4 - 5 min.

### Goal

Practise activities using non-dominant side of the body.

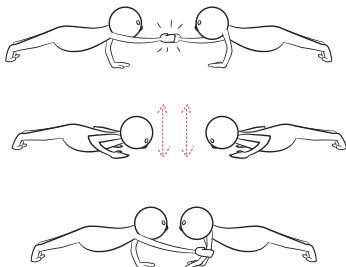


# Push-up fight

Lesson  
Time: ~ 10 min

Divide learners into pairs and get them into push up position, facing each other, repeating each task 3 times. Clap each other's hands x 20, boys do 7 push-ups and girls do 5 push-ups, try throw partner off balance by pulling their arm away. Change pairs after 2 min.

**Goal** To improve strength of the core and upper body.

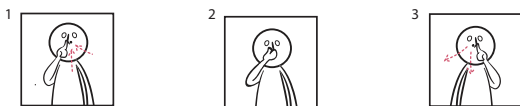


# Bilateral breathing

Cool down  
Time: ~ 10 min

Learners sit in a circle, eyes closed and follow instructions. After 1 round, change sides and complete the process 3 - 8 times. Close your nostril with thumb of right hand, inhale deeply through left nostril for 4 sec. Hold both nostrils with right thumb and right ring finger, hold for 4 sec. Breathe as deeply as possible through right nostril.

**Goal** Cool down.





# Laterality

Grade 2 | Lesson 26

## Equipment

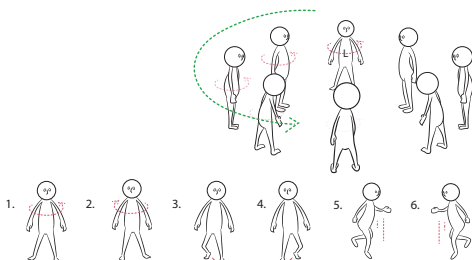
- About 5 balls (soccer and/or netball's)
- 10 colour bands
- Chalk
- 5 hula hoops
- 20 cones and whistle

## The wave

Introduction  
Time: ~ 10 min

Learners make circle facing inwards, with 1 leader. Leader starts wave by doing tasks, and the others follow. Repeat tasks and try to get faster each round.

**Goal** To perform actions bilaterally.

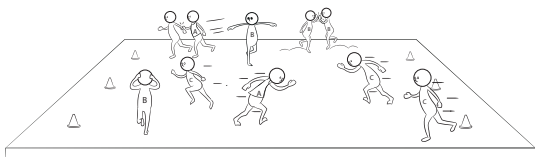


## Ostrich tag

Lesson  
Time: ~ 10 min

Choose 5 catchers who needs to catch as many learners as possible. As soon as a free moving learner is caught, they become an ostrich. Ostriches are released by jumping on 1 frees both ostriches. Change catchers and tasks after 4 - 5 min.

**Goal** Practise activities using non-dominant side of the body.

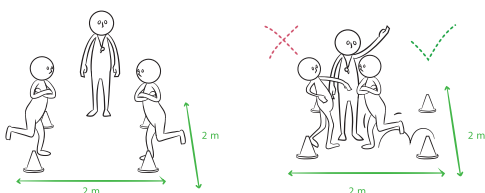


# Who rules the roost

Lesson  
Time: ~ 10 min

Divide learners into pairs. Mark an area 2 x 2 m with chalk. Learners must stand on 1 leg with arms crossed. On command, the learners must bounce toward each other and try to push an opponent out of the field or make them lose balance by placing their feet on the ground. If a learner is pushed out of the field or drops their foot, he/she loses the round. Change after 2 min.

**Goal** Cool down.

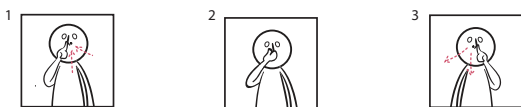


# Bilateral breathing

Cool down  
Time: ~ 10 min

Learners sit in a circle, eyes closed and follow instructions. After 1 round, change sides and complete the process 3 - 8 times. Close your nostril with thumb of right hand, inhale deeply through left nostril for 4 sec. Hold both nostrils with right thumb and right ring finger, hold for 4 sec. Breathe as deeply as possible through right nostril.

**Goal** Cool down.





# Laterality

Grade 2 | Lesson 27

## Equipment

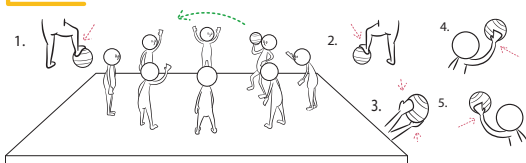
- About 5 balls (soccer and/or netball's)
- 20 colour bands
- Chalk
- 20 cones and whistle

## Pass the ball: fire ball

Introduction  
Time: ~ 10 min

Divide the learners into groups of 7 - 10 learners, with 1 ball per group. The learners must keep the same order and repeat rounds of 3 tasks. The teacher must tell the learners to imagine the ball is a fireball, and if it is kept too long, he/ she will get burnt. Tasks: Pass ball with dominant foot, pass ball with non-dominant foot, pass ball with both hands, throw ball with dominant hand, throw ball with non-dominant hand.

**Goal** Improve fundamental movement skills.

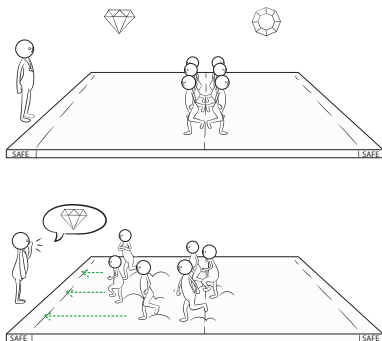


## Pirate fight

Lesson  
Time: ~ 10 min

Divide learners into 2 equal pirate crews: 'diamonds' and 'sapphires'. Divide play area into 4, with 2 safety zone and 2 play areas. Learners must line up on the centre line, on 1 foot, back to back. When the teacher calls out 'diamonds' they must hop to their safety zone before the 'sapphires' catch them. Vice versa.

**Goal** To improve reaction time and co-ordination.



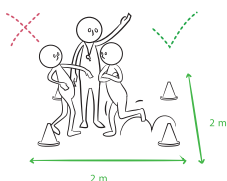
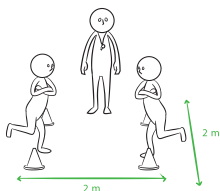


# Who rules the roost

Lesson  
Time: ~ 10 min

Divide learners into pairs. Mark 2 x 2 m with chalk. Learners stand on 1 leg with crossed arms. On command, the learners bounce towards each other and try to push an opponent out of the field or make them lose balance and place feet on the ground. Learner pushed out of field or drops foot loses the round. Change after 2 min.

**Goal** To improve co-ordination skills.

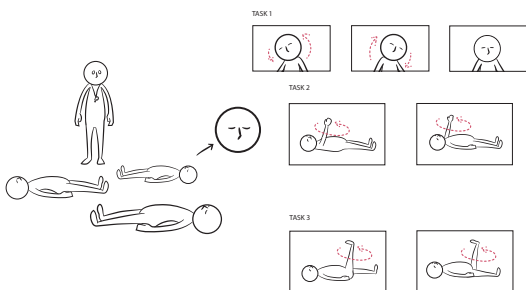


# Isolations

Cool down  
Time: ~ 10 min

Learners lie on the floor with eyes closed. Teacher instructs learners to do body isolation tasks. Learners stand up slowly.

**Goal** Cool down.





# Laterality

Grade 2 | Lesson 28

## Equipment

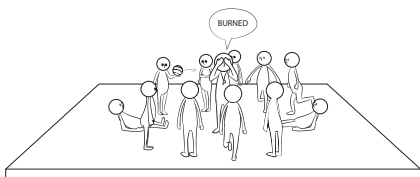
- About 5 balls (soccer and/or netball's)
- 20 cones and whistle

## Burned

Introduction  
Time: ~ 10 min

Learners form a circle; 4 learners must hold the ball with their left hand. The game master in the middle signals to start the game. Learners must pass the balls to each other with their left hand. The game master counts to 10 with eyes closed then shouts, 'BURNED!' The learners holding the ball must stand on their non-dominant leg. If burned twice, the learner is out and must lie on the floor. The learner on both legs is the winner.

**Goal** To improve balance.



- 1
- 2
- 3
- 4 OUT

## Push-up fight

Lesson  
Time: ~ 20 min

Divide learners into pairs and get them into push up position, facing each other, repeating each task 3 times. Clap each other's hands x 20, boys do 7 push-ups and girls do 5 push-ups, try throw partner off balance by pulling their arm away. Change pairs after 2 min.

**Goal** To improve strength of the core and upper body.



# Knee tag

Cool down  
Time: ~ 10 min

Divide learners into pairs. Learners must face each other in staggered stances. At the blow of the whistle, learners must try to touch their opponents' knee while avoiding getting theirs touched. If successful, they score a point. Change pairs after some time.

**Goal** To improve reaction time.

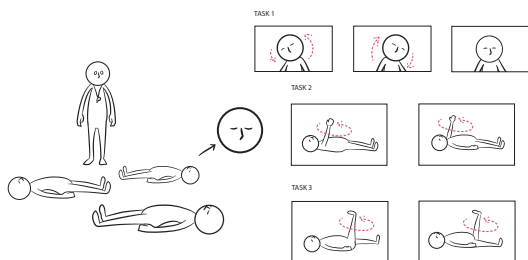


# Isolations

Cool down  
Time: ~ 10 min

Learners lie on the floor with eyes closed. Teacher instructs learners to do body isolation tasks. Learners stand up slowly.

**Goal** Cool down.





# Sports and games

Grade 2 | Lesson 29

## Equipment

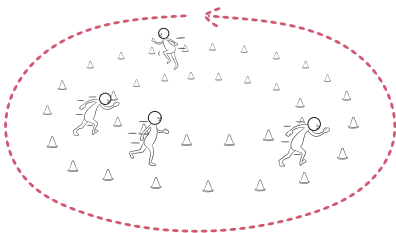
- About 8 balls (soccer and/or netball's)
- 20 beanbags
- 20 cones and whistle

## Run your age

Introduction  
Time: ~ 10 min

Get learners to run around a marked area. Number of rounds should be counting according to their age.

**Goal** To increase heart rate.

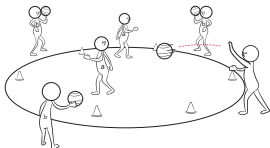
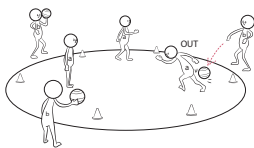


## Circle dodge-ball

Lesson  
Time: ~ 10 min

Create 2 teams. 1 team will be in the centre of their circle formed by the other team. Players on the outside must try to hit the players in the middle of the circle with the ball. If player is hit below the waist, then he/she must join the players on the outside. The last player in the centre is the winner.

**Goal** Improve fundamental movement skills.

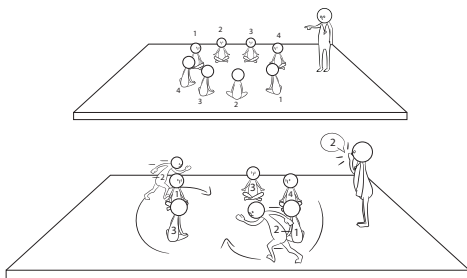


# Circle chase

Lesson  
Time: ~ 10 min

Learners must sit in a large circle facing the centre. The teacher must allocate a number 1 - 4 to each learner. When a number gets called out, then all the learners with that number must run around the circle anticlockwise. The learner to get back into their place first is the winner.

**Goal** To improve reaction time.

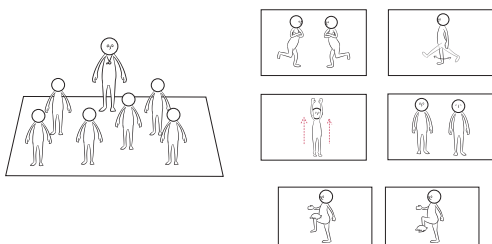


# Standing balances

Cool down  
Time: ~ 10 min

Learners must stand in front of the teacher with a clear view. The teacher must call standing-balance instructions.

**Goal** Cool down.





# Sports and games

Grade 2 | Lesson 30

## Equipment

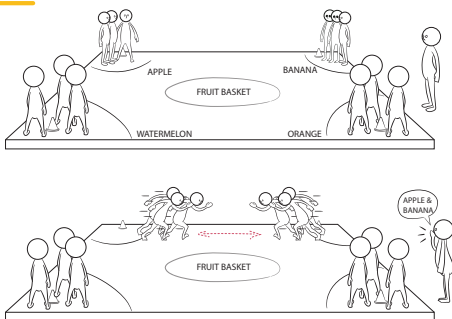
- About 10 balls (soccer and/or netball's)
- Chalk
- 20 cones and whistle

## Fruit basket

Introduction  
Time: ~ 10 min

Divide the class into 4 groups, to stand in separate corners of the playing area. Each group gets a fruit name. The teacher must call out 2 fruit names, and the learners must run across and swap corners. When the teacher shouts, 'fruit basket', all the learners must come to the centre of the playing area.

**Goal** To improve co-ordination skills.

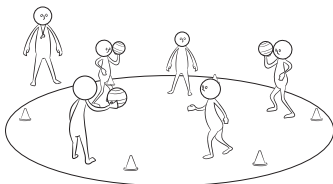


## Sitting ball: American version

Lesson  
Time: ~ 10 min

Learners must spread around room. Learners need to strike each other with the ball. If learner A hits learner B with a ball, learner B goes outside the playing area and only returns when learner A has been hit and must leave the playing area. If a learner catches ball, they can continue playing.

**Goal** To improve fundamental movement skills.

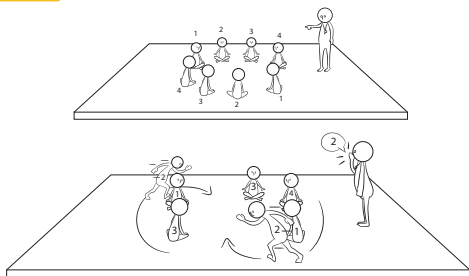


# Circle chase

Lesson  
Time: ~ 10 min

Learners must sit in a large circle facing the centre. The teacher must allocate a number 1 - 4 to each learner. When a number gets called out, then all the learners with that number must run around the circle anticlockwise. The learner to get back into their place first is the winner.

**Goal** To improve reaction time.

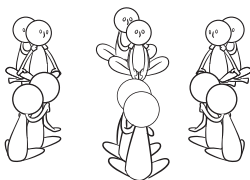


# Massage in a circle

Cool down  
Time: ~ 10 min

Learners sit in a circle with each learner facing the back of the learner next to him/her. Each learner massages the back of the learner in front of him/her. Teacher calls for them to switch after a few min.

**Goal** Relax deeply and reduce heart rate.





# Sports and games

Grade 2 | Lesson 31

## Equipment

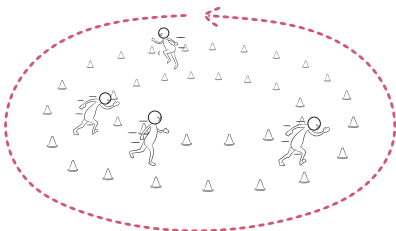
- About 10 balls (soccer and/or netball's)
- Chalk
- 20 cones and whistle

## Run your age

Introduction  
Time: ~ 10 min

Get learners to run around a marked area. Number of rounds should be counting according to their age.

**Goal** To increase heart rate.

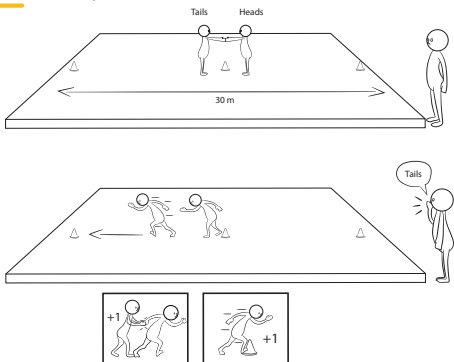


## Heads or tails

Lesson  
Time: ~ 10 min

Place 2 cones 30 m apart, with another cone in the centre where 2 learners stand facing each other - hands outstretched and fingertips touching, over the cone. 1 learner is heads, the other is tails. When the teacher calls out 'heads' or 'tails' and learner must run past the cone without being tagged by the other learner.

**Goal** To improve reaction time.



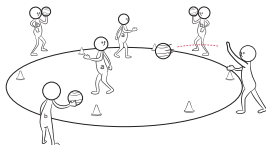
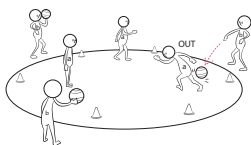


# Circle dodge-ball

Lesson  
Time: ~ 10 min

Create 2 teams. 1 team will be in the centre of their circle formed by the other team. Players on the outside must try to hit the players in the middle of the circle with the ball. If player is hit below the waist, then he/she must join the players on the outside. The last player in the centre is the winner.

**Goal** Improve fundamental movement skills.



# Drawing massage

Cool down  
Time: ~ 10 min

Learners get in pairs with 1 of them lying face down, while the other 'paints' something on the back of the learner (with their finger). The learner on the floor must guess what was drawn. Learners change roles after 4 - 5 drawings.

**Goal** Cool down.





# Sports and games

Grade 2 | Lesson 32

## Equipment

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

## Indians and teepees

Introduction  
Time: ~ 10 min

Learners find partners and make a double circle. Inside partner (Indian) sits cross-legged on the ground, outside partner (teepee) stands facing partner with legs apart. Tell learners which way they will be running to start game. Leader shouts 'Indians' (where they must touch partners legs, run proper direction, through partners legs again and sit down). Or leader shouts 'teepees', where they run around circle and back to position as fast as possible. Switch groups and repeat.

**Goal** To improve reaction time.

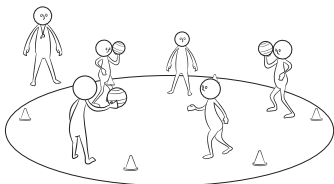


## Sitting ball: American version

Lesson  
Time: ~ 10 min

Learners must spread around room. Learners need to strike each other with the ball. If learner A hits learner B with a ball, learner B goes outside the playing area and only returns when learner A has been hit and must leave the playing area. If a learner catches ball, they can continue playing.

**Goal** To improve fundamental movement skills.

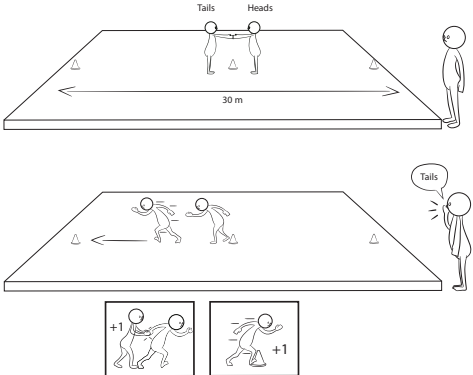


# Heads or tails

Lesson  
Time: ~ 10 min

Place 2 cones 30 m apart, with another cone in the centre where 2 learners stand facing each other - hands outstretched and fingertips touching, over the cone. 1 learner is heads, the other is tails. When the teacher calls out 'heads' or 'tails' and learner must run past the cone without being tagged by the other learner.

**Goal** To improve reaction time.

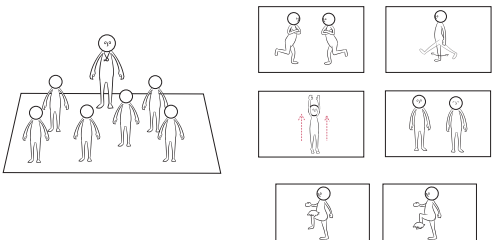


# Standing balances

Cool down  
Time: ~ 10 min

Learners must stand in front of the teacher with a clear view. The teacher must call standing-balance instructions.

**Goal** Cool down.





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**GOOD  
LUCK!**



## GRADE 2 PHYSICAL EDUCATION

Locomotor skills

Perceptual motor skills

Rhythm

Co-ordination

Balance

Spatial orientation

Laterality

Sports and games



**KaziKidz**



*Teaching Material for Schoolchildren*