LESSON CUE CARDS FOR

Grade 3

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

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

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

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

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

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)
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 3

- 20 Soccer, rugby, and/or netball balls
- 1 Whistle
- 15 Short skipping ropes
- 15 Long skipping ropes
- Stones - enough for the 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
- 10 Pieces of wood
- Colour bands (bibs or blindfolds) - 30 (2 sets different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music (www.kazibantu.org)
- 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
- 20 Beanbags
- 20 Tennis balls
- Chalk (Sufficient to mark out playing area)
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Locomotion
Grade 3 | Lesson 1

Equipment
- About 20 balls (soccer and/or netball’s)
- 20 colour bands
- Obstacles (hula hoops, stones, skipping ropes, balls, wood, about 15 each)
- 20 cones and whistle.

The ice monsters
Introduction
Time: ~ 10 min

Mark out an area with cones and divide the learners into 3 groups.
A – Ice monsters ‘catchers’ → Tag the learners
B – Blocked (locked up/frozen) → Learners who have been tagged
C – Free to run (Sun) → Learners can run to free the tagged (blocked) learners (B)
2 learners must hold hands around the frozen learner to free them.

Goal
Improve co-ordination.

Animal walks
Lesson
Time: ~ 10 min

Ask the learners to imitate any animal movements: Crab Walk, Frog Jump, Turtle Crawl, Kangaroo and Gorilla Walk. Check that the learners perform the movements correctly.

Goal
Stimulation activities.
**Follow the leader**

Divide the class into lines of 8 or more learners. Mark out an area with cones and other obstacles. Learners in front of the line is the leader and must move in different ways through the obstacles, while the learners behind must imitate the movements. At the teacher’s whistle blow, leaders must change and show the new movement.

**Goal** Following visual instructions efficiently.

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**Cool down your body**

Learners must lie down on the floor with their eyes closed. They must follow the body isolation stretches that is called out by the teacher. When all stretches are done, learners must get up slowly.

**Goal** Cool down.
The lucky one

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 ‘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 meaning they are free. If they have the same reaction the song is repeated.

Goal

Improve reaction time.

Relay running

Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher’s signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other side; Task 2: Run on all fours to the other side; Task 3: Run backwards to the other side. The game ends once everyone has a turn.

Goal

To run relays.
Relay running

How to play:
Divide the class into six teams. Each team divides again and sets up at the opposite sides of the activity area. When the teacher gives a signal the race starts: The first two runners must move (depending on the task) to the team members standing on the opposite side and give the first two children standing in line a high five. Those children then race to the other side. Every child that has finished two rounds must sit on the floor. The game stops when all children have finished their runs.

- Task 1: Wheel barrow: three-legged race
- Task 2: Hopping and holding hands with the partner.
- Task 3: Each child puts a ball between your legs and jump to the other side without losing the ball.
- Task 4: Run backwards to the other side.

Cool down

Time: ~ 10 min

Massage in a circle

Learners sit in a circle with their backs faced to each other. Each learner must massage the learner in front of them for at least 2 min before switching and facing the other direction.

Goal Cool down.
Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. RED (stop) YELLOW (walk), GREEN (run), the teacher can add variation e.g. Yellow hopping.

Goal  To improve reaction time.

Equipment

- About 20 cones and whistle

Relay running

Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher’s signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other side; Task 2: Run on all fours to the other side; Task 3: Run backwards to the other side. The game ends once everyone has a turn.

Goal  To run relays.
Relay running

1. How to play:
   - Divide the class into six teams. Each team divides again and sets up at the opposite sides of the activity area.
   - When the teacher gives a signal the race starts: The first two runners must move (depending on the task) to the team members standing on the opposite side and give the first two children standing in line a high five. Those children then race to the other side. Every child that has finished two rounds must sit on the floor.
   - The game stops when all children have finished their runs.

   • Task 1: Wheel barrow: three-legged race
   • Task 2: Hopping and holding hands with the partner.
   • Task 3: Each child puts a ball between your legs and jump to the other side without losing the ball.
   • Task 4: Run backwards to the other side.

Roll like a ball

Learner must pretend to be ball by tucking in their legs whilst rolling forward – backward, side to side and rolling around in circular motion.

Goal: Cool down.

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 he/she says, ‘spider legs’, the other learners must run back to the start without being caught. If a learner is caught, they join the old witch.

**Goal** To improve reaction time.

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Divide the class into groups of 6 in each group. The teams should stand behind each other. Place a cone as a turning point for the learners. At the teacher’s signal the first learners in line must run around the cone then run back to high five their teammates. This continues until everyone has a turn.

**Goal** To improve reaction time.

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

**Introduction**

**Time:** ~ 10 min

**The race**

**Lesson**

**Time:** ~ 10 min
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 develop reaction time.

Spin around
Cool down
Time: ~ 10 min

Learners find a partner; they must stand facing each other and join hands. Learners must hold hands, with straight arms they must lean away from each other while moving their toes close to each other. Learners must spin around in circles whilst taking steps and after a few turns, change partners.

Goal  Cool down.
Experiment with the ball

Make groups according to the number of balls available, each group must finish the following tasks: Throw the ball to each other; Throw the ball in the air then catch it and; Move the ball around their waist, through legs and make a figure of 8 with legs.

**Goal** Learn ball control skills.

Hitting the ball

Mark out area with cones and pick 3 strikers whom each get a ball. These strikers must aim to hit the learners running free, if the learner is hit, they run around the field once. If the learner can catch the ball before being hit, they can continue playing, but avoid hitting each other on the head.

**Goal** To develop ball skills.
The 1 in the middle
Lesson
Time: ~ 10 min

Make a group of 8-10 learners and form a circle with 1 learner in the middle. The learners try to kick the ball to each other, without the learner in the middle intercepting the ball. If the middle learner catches the ball, they join the circle and the 1 who kicked the ball will then stand in the middle.

Goal To develop 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. Bunnies’ ball (small ball) is passed from person to person around circle. When the small ball is halfway, the farmers’ ball starts to get passed around. When a farmer can tap bunnies’ ball standing face to face with him/her, the game ends. Swap players and repeat.

Goal Cool down.
Perceptual motor
Grade 3 | Lesson 6

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

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**Shake the shadow**
Time: ~ 10 min

Learners make groups of 3, (attacker/defender/thrower) - adjust numbers if the group is bigger. The thrower passes the ball to the attacker whilst the defender attempts to intercept the ball. Each team gets 10 throws and then change roles.

**Goal** To improve reaction time.

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**Dab ball**
Time: ~ 10 min

To 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.
Protector dodge ball

Lesson
Time: ~ 10 min

Divide learners into a group of 10 - 15 learners then form a circle. There are 3 learners in the circle standing behind each other. The first 2 learners shield the 3rd learner from being hit by the ball, if the 3rd learner gets hit then the next group of 3 goes into the circle.

**Goal** To improve reaction time.

Wake up

Cool down
Time: ~ 10 min

Learners must lay on the floor with their eyes closed. The teacher must whisper 1 name, the learner must get up and tap another learner, and so on. Cool down ends when all the learners are awake.

**Goal** Cool down.
Divide the learners into groups, they must complete the following tasks:
1. 10 bounces with left hand.
2. 10 bounces with right hand.
4. Very quickly.
5. Kneeling on 1 knee.
6. Using fast dribble and slow feet.
7. Using slow dribble and fast feet.

**Goal**
Improve ball control skills

**Hitting ball:**
**American version**
Mark out an area with cones and pick 3 strikers whom each get a ball. These strikers must aim to hit the learners running free, if the learner is hit, they run around the field once. If the learner can catch the ball before being hit, they can continue playing, learners avoid hitting each other on the head.

**Goal**
Practise ball skills.
Beat the ball

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.

Tense and relax

Learners must lie down on their back with arms on their side and palms facing up. Teacher calls out instruction to tense then relax specific body parts.

**Goal** Cool down.
Learners make groups of 3, (attacker/defender/thrower) - adjust numbers if the group is bigger. The thrower passes the ball to the attacker whilst the defender attempts to intercept the ball. Each team gets 10 throws and then change roles.

**Goal** To improve reaction time.

---

Divide learners into a group of 10 - 15 learners then form a circle. There are 3 learners in the circle standing behind each other. The first 2 learners shield the 3rd learner from being hit by the ball, if the 3rd learner gets hit then the next group of 3 goes into the circle.

**Goal** To improve reaction time.
Beat the ball

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 sec round, the learner must run in the opposite direction.

**Goal** To improve speed and agility.

Tense and relax

Learners must lie down on their back with arms on their side and palms facing up. Teacher calls out instruction to tense then relax specific body parts.

**Goal** Cool down.
Freezing game

All the learners move freely to the music playing, as the music stops, they freeze and keep that position. The last learner to move must go around touching all the players, when he /she is done the game starts again.

Goal Move to the rhythm.

Equipment

- About 20 cones (to mark an area)
- Whistle
- Music player, music and speaker
- 15 short skipping ropes and 10 hula hoops

Rope skipping skills

Learners make groups of 3, they practise the following skills: Double take off; Single take off whilst running, cross over, double skip; Straddle cross; Front cross; Leg over; Swing kick; 180° turn and; Side swing cross.

Goal Develop skipping skills.
Go through the hoop

Divide learners into groups of 8-10, in a circle, holding hands. Each group has hula hoops placed between 2 learners - they must walk around the circle without releasing their grip. The other learners must then try go through the hoop.

Goal: Cool down.

Cool down
Time: ~ 10 min
Monkey, snake or lion?

Play 3 different songs for the learners, where each song represents an animal: A – Monkey; B – Snake; C – Lion. The learners must move differently to each musical piece and adjust movements accordingly.

Goal Differentiate between music styles.

Equipment
• About 20 cones (to mark an area)
• Whistle, music player, music and speaker
• 15 short skipping ropes

Introduction
Time: ~ 10 min
Rope skipping skills
Lesson
Time: ~ 20 min

Learners make groups of 3, they practise the following skills: Double take off; Single take off whilst running, cross over, double skip; Straddle cross; Front cross; Leg over; Swing kick; 180° turn and; Side swing cross.

Goal
Develop skipping skills.

Clap out the rhythm
Cool down
Time: ~ 10 min

The learners use the entire field, 1 learner starts the clap rhythm and the other learners pick it up and follow. Change leaders after a few counts.

Goal
Cool down.
Get down

Learners move to the music playing, when it stops, they need to get to the floor as fast as possible. The last learner to go down needs to run around the field twice, after the run the game starts again.

**Goal** Improve reaction time.

**Simon says: athletic skills**

The teacher leads as Simon giving instructions of 'Simon says' to the learners. The teacher needs to mention the phrase before the learner can perform the action. Learners are eliminated when they perform the movement without the phrase being mentioned and when they do the movement incorrectly.

**Goal** Practise athletic skills.

1. Sprint as fast as possible to “X”.
2. Jump as high as possible.
3. Make 10 frog jumps.
4. Hop on one leg.
5. Learners move to the music playing, when it stops, they need to get to the floor as fast as possible. The last learner to go down needs to run around the field twice, after the run the game starts again.

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**Equipment**

- About 20 cones (to mark an area)
- Whistle, music player, music and speaker
- 15 short skipping ropes
Rope skipping together

Lesson
Time: ~ 10 min

2 learners hold the rope and 1 learner jumps over it whilst the other learners sing rhymes. There can be a form of rotation once the learner jumping feels tired.

Goal Jump to the rhythm.

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.
The mechanic and the robots

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** To improve reaction.

Simon says: athletic skills

The teacher leads as Simon giving instructions of ‘Simon says’ to the learners. The teacher needs to mention the phrase before the learner can perform the action. Learners are eliminated when they perform the movement without the phrase being mentioned and when they do the movement incorrectly.

**Goal** Practise athletic skills.
Skipping rope relay
Lesson
Time: ~ 10 min

Place learners into groups of 8, each at the starting line. The first learner gets a skipping rope. The race starts when the first learner skips across to the finish line, turns around and runs back to starting line. All learners must get a chance to skip and run. The first team to complete the relay wins.

Goal Practice rope skipping.

Rhythm master - circle game
Cool down
Time: ~ 10 min

Learners must sit in a circle, with 1 of the learners being ‘rhythm detective’. Rhythm detective must face the wall, eyes closed, and ears covered. 1 learner in the circle will be the ‘rhythm master’ (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 will then change his/her movements and the other learners must copy. Rhythm Detective must figure out who rhythm master is.

Goal Cool down.
Co-ordination
Grade 3 | Lesson 13

Mark out an 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 ten other crabs.

Goal: Increase core strength.

Tekkers exercises
Lesson
Time: ~ 20 min

Mark out 4 areas as follows:
Station 1: Basketball – dripple a ball zigzag through markers.
Station 2: Netball – pass while running.
Station 3: Rugby – running and passing the ball in a backline action.
Station 4: Soccer – dribble the ball through markers.

Goal: Ball skills.
Tekkers exercises

Body writing

Ask the learners to write their name in the air using different body parts, use at least 6 different body parts.

Goal: Cool down.
Couple tag

Mark an area. Divide learners into pairs and instruct them to hold hands. 1 of the couples/pairs is the ‘catcher’ and they get colour bands. When another pair is caught, they get colour bands until there is 1 pair without bands – they win.

**Goal** Coordinate with teammates.

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Mini netball

Learners must form 3 groups (A, B & C) and then pass a ball to each other, they pass the ball to each other and try to score in the hoop. Each game lasts 2 - 3 min and the ball can only be passed with hands, if the ball touches the floor then the ball goes to the other team. When the team strike the hoop, the other team gets the ball.

**Goal** Improve aim and throwing skills.
Simulation activities

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

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<tr>
<td>3 min</td>
<td>C:A B is rope skipping</td>
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</tbody>
</table>

Goal

Cool down.

Mini netball

Cool down

Time: ~ 10 min

Continued

Mini netball

3 min A:B C is rope skipping
3 min B:C A is rope skipping
3 min C:A B is rope skipping
3 min A:B C is rope skipping
3 min B:C A is rope skipping
3 min C:A B is rope skipping
Mark out playing area. Learners get onto all fours, bellies in the air. The learners must move around and try to push the bottoms of the others to the floor.

**Goal** To improve co-ordination.

Mark out 4 areas as follows:
- **Station 1**: Basketball – dribble a ball zigzag through markers.
- **Station 2**: Netball – pass while running.
- **Station 3**: Rugby – running and passing the ball in a backline action.
- **Station 4**: Soccer – dribble the ball through markers.

**Goal** Ball skills.
Tekkers exercises

Body writing

Cool down
Time: ~ 10 min

Ask the learners to write their name in the air using different body parts, use at least 6 different body parts.

Goal

Cool down.
Divide the class into 6 groups. Learners must stand behind each other with legs apart. The learner standing in front gets a ball. When the teacher gives the 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. Each learner passes the ball through twice. When the learners are finished, they should sit down.

**Goal** Improve co-ordination.

Mark out 2 playing areas, in each area there 2 goal posts. Divide the class into 4 groups (A, B, C & D). Every group has a goalie. The goalie is the only person who may catch or hold the ball. Same rules apply as soccer, but the learners can only throw the ball, kicking is not allowed.

**Goal** Improve ball skills.
I move

Ask the learners to make a big circle. The learners must sing and move to the following:
I move, I move (learner moves head).
I move, I move (head and shoulders), I move, I move (arms, shoulders, head).
I move, I move (upper body, hips, feet, legs, entire body).

**Goal** Improve co-ordination.

Cool down
Time: ~ 10 min
Flamingo tag

Mark out an area where the 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.

Equipment

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

Acrobats

Ask the learners to perform the following movements: Crab stand; Head stand; Hand stand and; Cartwheel.

**Goal** Gymnastics movements.
Cock Fighting

Learners must form pairs. Ask the learners to mark off an area 2 x 2 m with cones or chalk. Learners must cross their arms and stand on 1 leg. At the teacher’s command, the opponents must move toward each other on 1 leg trying to push each other out of the marked area or try to get them to lose their balance. Switch roles after 2 min.

Goal: Improve balance and stability.

Burned

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.
Traffic lights

Mark out play area with cones. Learners must move according to the traffic light colour that is called out. RED (stop) YELLOW (walk), GREEN (run), the teacher can add variation e.g. Yellow hopping.

**Goal** Improve reaction time.

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Relay running

Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher’s signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other side; Task 2: Run on all fours to the other side; Task 3: Run backwards to the other side. The game ends once everyone has a turn.

**Goal** To run relays.
Relay running

Stretches

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

**Goal** To improve flexibility.

Time: ~ 10 min

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**Relay running**

Continued

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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.

**Pirate ships**

**Introduction**

Time: ~ 10 min

**Equipment**

- About 30 colour bands (2 different colours)
- Chalk
- Ropes
- 20 cones and whistle

**Acrobats**

**Lesson**

Time: ~ 10 min

Ask the learners to perform the following movements: Crab stand; Head stand; Hand stand and; Cartwheel

**Goal**

Gymnastics movements.
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

---

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** To improve flexibility.

1.
2.
3.
4.
Collect berries

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

**Goal** To develop balance.

Relay running

Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher’s signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other side; Task 2: Run on all fours to the other side; Task 3: Run backwards to the other side. The game ends once everyone has a turn.

**Goal** To run relays.
I hear you

Mark out a playing area and divide the class into 2 groups, A & 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.

Stretches

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

Goal  To improve flexibility.
Catch and run

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

Goal To develop spatial orientation.

Drunken sailor

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

Goal To develop spatial orientation.
Snail’s relay run

Learners must make teams of 6 and mark a starting line using chalk and ask each team to sit on the ground in a straight line 1 behind the other. The learners are to reach behind their backs and grab the ankles of the person behind them. The last row places their hands on the ground behind them. The challenge is for the group to move forward without disconnecting. When the teacher gives the start signal, the group tries to move forward as fast as possible to the cone, turn around it and come back.

**Goal** Move as a team.

---

Massage in a circle

Learners sit in a circle with their backs faced to each other. Each learner must massage the learner in front of them for at least 2 min before switching and facing the other direction.

**Goal** Cool down.
Spatial orientation
Grade 3 | Lesson 22

Learners divide into pairs. Obstacles are distributed around in a marked field. One learner is blindfolded while the other is the guide. The aim of the game is to not touch the obstacles and follow the guide's directions i.e. forward, left, right, etc. At the teacher’s instruction to change roles.

Equipment
• About 10 balls (soccer and/or netball’s)
• 20 colour bands (for blindfolds)
• 10 beanbags
• Stones
• 10 short skipping ropes
• 10 hula hoops
• Chalk
• 20 cones and whistle

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

Goal
To develop spatial orientation.

Blind person’s guide
Learners divide into pairs. Obstacles are distributed around in a marked field. One learner is blindfolded while the other is the guide. The aim of the game is to not touch the obstacles and follow the guide's directions i.e. forward, left, right, etc. At the teacher’s instruction to change roles.

Goal
To develop spatial awareness.
**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 front line. On the teacher’s signal, 2 learners must go through the hoops, jump over the rope with both legs and run towards the cone while holding hands. Learners must return to their team and high five the next 2 learners to continue the race.

**Goal**
Jump over and move obstacles, use senses to navigate through obstacles.

---

**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.
Healthy or unhealthy?

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.

Pass and score

Teacher divides the learners into 2 teams with goal posts on either side of a marked-out field. (Team A: colour bands, Team B: no colour bands). There is no goal keeper and each team should have a maximum of 10 players per team. 5 passes need to be made without an interception in order to score. Other learners await their turn and can be swapped in as the game goes on. 1 learner keeps count of the passes made.

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

Equipment

- About 5 balls (soccer and/or netball’s)
- 20 colour bands
- 20 cones and whistle
Pass and score

TEAM A: COLOUR BANDS
TEAM B: NON BANDS

Friend scout

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

Goal

Cool down.

Time: ~ 10 min
Learners divide into pairs. Obstacles are distributed around in a marked field. 1 learner is blindfolded while the other is the guide. The aim of the game is to not touch the obstacles and follow the guides directions i.e. forward, left, right, etc. At the teacher’s instruction to change roles.

**Goal** To develop spatial awareness

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 front line. On the teacher’s signal, 2 learners must go through the hoops, jump over the rope with both legs and run towards the cone while holding hands. Learners must return to their team and high five the next 2 learners to continue the race.

**Goal** Jump over and move obstacles, use senses to navigate through obstacles

**Equipment**
- About 20 colour bands (for blindfolds), 10 short skipping ropes, 10 hula hoops, 20 cones and whistle
Snail’s relay run
Lesson
Time: ~ 10 min

Learners must make teams of 6 and mark a starting line using chalk and ask each team to sit on the ground in a straight line 1 behind the other. The learners are to reach behind their backs and grab the ankles of the person behind them. The last row places their hands on the ground behind them. The challenge is for the group to move forward without disconnecting. When the teacher gives the start signal, the group tries to move forward as fast as possible to the cone, turn around it and come back.

Goal Move as a team.

I hear you
Cool down
Time: ~ 10 min

Mark out a playing area and divide the class into 2 groups, A & 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.
Pass the ball

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

**Goal** To develop hand eye co-ordination.

![Diagram of pass the ball activity]

Ostrich tag

Selects 5 catchers who need to catch as many learners as possible. As soon as a free moving learner is caught, then they become an ostrich. An ostrich is released by jumping on 1 leg to another ostrich and giving him/her a ‘high five’; which frees both ostriches. Change catchers and tasks every 4 - 5 min.

**Goal** To develop laterality.

---

**Equipment**

- About 10 balls (soccer and/or netball’s), 20 colour bands, 10 short skipping ropes, 10 hula hoops, 20 cones and whistle

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**Introduction**

Time: ~ 10 min

**Lesson**

Time: ~ 10 min
Ostrich tag

1. Ostrich
2. Knee tag
3. Bilateral breathing

Knee tag

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.

Bilateral breathing

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.
The wave

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

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

**Goal**
Team spirit, bilateral tasks.
**Courier game**

4 3 2 1 1 2 3 4

---

**Isolations**

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

**Goal** Cool down.

Cool down

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.

---

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.

---

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

**Burned**

Time: ~ 10 min

**Push-up fight**

Time: ~ 10 min
Pirate fight

Lesson
Time: ~ 10 min

Divide learners into 2 equal pirate crews: ‘Diamonds’ and ‘Sapphires’. Divide play area into 4, with 2 safety zones 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.

---

Brain fit course

Cool down
Time: ~ 10 min

Learners spread around t and follow your instructions:

• Task 1: Right arm: Move the arm up to the chest, push it to the side and then push it down to the hips - do this movement in a constant rhythm. Left arm: Move the arm up to the chest, then push it to the side, take it back to the chest and then push it up to the sky. Do this movement in a constant rhythm. Use the same rhythm for both arms; change arms.

• Task 2: See image below.

**Goal** To improve co-ordination.
Pass the ball (Fire ball)  

Divide learners into groups of 7 - 10 learners, with 1 ball per group. Learners keep the same order and repeat rounds of 3 tasks. Teacher tell 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.

Cock fighting on non-dominant foot

Mark out an area then ask the learners to split into pairs. Learners must cross their arms and stand on their non-dominant leg. At the teacher’s command, the learners must move towards each other on their non-dominant leg trying to push each other out of the marked-out area or get them to lose balance. After 2 min switch roles.

**Goal** Improve balance and stability.
Knee tag

Lesson
Time: ~ 10 min

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

**Goal** Read opponents movements and speed.

Brain fit course

Cool down
Time: ~ 10 min

Learners spread around t and follow your instructions:
- Task 1: Right arm: Move the arm up to the chest, push it to the side and then push it down to the hips - do this movement in a constant rhythm. Left arm: Move the arm up to the chest, then push it to the side, take it back to the chest and then push it up to the sky. Do this movement in a constant rhythm. Use the same rhythm for both arms; Change arms.
- Task 2: See image below.

**Goal** To improve co-ordination.
Divide class into 4 groups, to stand in separate corners of playing area. Each group gets a fruit name. Teacher calls out 2 fruit names, and learners must run across and swap corners. When teacher says, ‘Fruit Basket’, all learners come to centre of playing area. Swapping activities can also be changed.

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

---

Learners must form 3 groups (A, B & C) and the pass a ball to each other, they pass the ball to each and try to score in the hoop. Each game lasts 2 - 3 min and the ball can only be passed with hands, if the ball touches the floor then the ball goes to the other team. When the team strike the hoop, the other team gets the ball.

**Goal** Improve aim and throwing skills.
Mini netball

Learners sit in a circle, with Learner A walking outside circle tapping other learners saying ‘duck, duck, duck…’. When Learner A says goose, the tapped learner must chase Learner A around circle before Learner A sits in his/her place. If goose catches Learner A, then he/she sits in middle of circle. Goose takes over role of Learner A. Learner in middle joins circle when another learner is caught.

Goal To improve reaction time, speed and coordination.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 min</td>
<td>A:B, C is rope skipping</td>
</tr>
<tr>
<td>3 min</td>
<td>B: C, A is rope skipping</td>
</tr>
<tr>
<td>3 min</td>
<td>C: A, B is rope skipping</td>
</tr>
<tr>
<td>3 min</td>
<td>A:B, C is rope skipping</td>
</tr>
<tr>
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<td>B:C, A is rope skipping</td>
</tr>
<tr>
<td>3 min</td>
<td>C:A, B is rope skipping</td>
</tr>
</tbody>
</table>

Duck, duck, goose

Time: ~ 10 min

Learners sit in a circle, with Learner A walking outside circle tapping other learners saying ‘duck, duck, duck…’. When Learner A says goose, the tapped learner must chase Learner A around circle before Learner A sits in his/her place. If goose catches Learner A, then he/she sits in middle of circle. Goose takes over role of Learner A. Learner in middle joins circle when another learner is caught.

Goal To improve reaction time, speed and coordination.
Learners find partners and make a double circle. Inside partner (Indian) sits cross-legged on the ground, outside partner (Tepee) stands facing partner with legs apart. Tell learners which way they will be running to start game. Leader shouts ‘Indians’ (where they must though partners legs, run proper direction, through partners legs again and sit down). Or leader shouts ‘Tepees’, where they run around circle and back to position as fast as possible. Switch groups and repeat.

**Goal** To improve reaction time.

Teacher divides the learners into 2 teams with goal posts on either side of a marked-out field. There is no goal keeper, each team should have a maximum of 10 players per team. Five passes need to be made without an interception in order to score. The other learners must wait for their turn and can be swapped in as the game goes on. 1 learner keeps count of the passes made.

**Goal** To improve attention skills.
Pass and score

Standing balances

Learners must spread out in an activity area. The teacher will call out the following instructions:

• Stand on 1 leg like a flamingo, then use the other leg.
• Stand on 1 leg and swing the other leg like a pendulum of a big clock.
• Stand on tiptoes.
• Stand on both feet with eyes open, then eyes closed.
• Stand on 1 foot with eyes open, then eyes closed.
• Bend your head from side to side.
• Stand on both feet, then on 1 leg and balance a bean bag on your hand, arm, knee, foot and then head.

Goal: Improve balance and coordination.
Pass and follow
Ask the learners to get into groups of 8 - 10 players. The learner in the center of the circle passes the ball to a player standing on the outside of the circle. He/she follows their pass and exchanges places with the player they passed to. That learner then passes to another player on the outside.

Goal: To improve accuracy of passing.

Pass and score
Teacher divides the learners into 2 teams with goal posts on either side of a marked-out field. There is no goal keeper, each team should have a maximum of 10 players per team. Five passes need to be made without an interception in order to score. The other learners must wait for their turn and can be swapped in as the game goes on. 1 learner keeps count of the passes made.

Goal: To improve attention skills.

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

Goal: To improve reaction time and speed.
Circle chase

Heads or tails

Cool down your body

Heads or tails

Cool down

Time: ~ 5 min

2 cones placed 30 m apart, with another cone in centre where 2 learners stand facing each other with their hands outstretched and fingertips touching, over the cone. 1 learner is heads, the other is tails. When the teacher calls out ‘heads’ or ‘tails’ then the designated learner must run past the outside cone without being tagged by the other learner. Points are scored if not tagged.

Goal To improve reaction time and speed.

Cool down your body

Learners must lie on the floor and close their eyes. Repeat task for 20 sec. Task 1: Move your head from right to left then back. Task 2: Draw a big circle in the air with your right arm, then change arms. Task 3: Draw a big circle in the air with your right leg, then change legs. Task 4: Circle your right hand in 1 direction then change directions. Task 5 Circle your left hand in 1 direction then change directions. Task 6: Roll sideways in both directions. Task 7: Tell the learners.

Goal To increase creativity.
Equipment

- About 10 balls (soccer and/or netball’s), 20 colour bands, 20 cones (as flags) and whistle

Toilet tag

Mark out 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, that learner is free. Change roles after a while.

Goal  To develop spatial orientation.

Capture the flag

Divide the learners into 2 teams and allocate 1 half of the playing area to each team. Each team chooses a base position, where they keep their ‘flag’ (cone) and a prison. Each team tries to capture the other team’s flag. Whenever a team member ventures into the other team’s territory, he/she is at risk of being hit (caught). When caught, he is taken to their prison, where he/she must remain until freed (touched) by 1 of their team members. When someone manages to capture the other team’s flag without being hit by a ball, and return with it to their own territory, then their team wins.

Goal  To improve agility.
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.

Massage in a circle
Cool down
Time: ~ 10 min

Learners sit in a circle with their backs faced to each other. Each learner must massage the learner in front of them for at least 2 min before switching and facing the other direction.

**Goal** Cool down.
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Address
Novartis Foundation
Novartis Campus
Forum 1-3.97
4002 Basel
Switzerland
Phone: +41 61 696 23 00
info@novartisfoundation.org
REFERENCES


GOOD LUCK!
GRADE 3 PHYSICAL EDUCATION

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