

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.



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

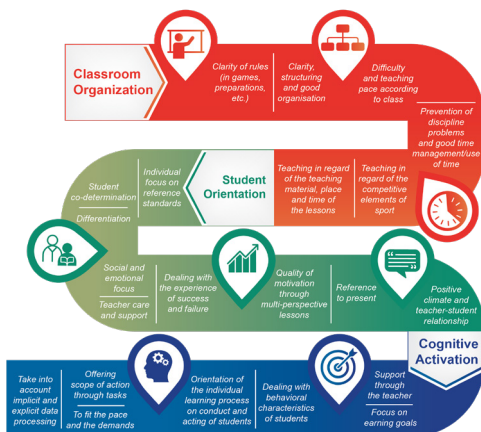
*Human Movement Science Specialist (M.Ed. – UPE)
National Convenor and Trainer for Life Orientation
and Physical Education during roll-out of the National
Curriculum Statement in the GET and FET Bands (2002-
2008, Department of Education)*

*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 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)

CONTENTS

Grade 3 Physical Education contents

Lesson 1: Locomotion.....	1
Lesson 2: Locomotion.....	2
Lesson 3: Locomotion.....	3
Lesson 4: Locomotion.....	4
Lesson 5: Locomotion.....	5
Lesson 6: Perceptual motor.....	6
Lesson 7: Perceptual motor.....	7
Lesson 8: Perceptual motor.....	8
Lesson 9: Rhythm.....	9
Lesson 10: Rhythm.....	10
Lesson 11: Rhythm.....	11
Lesson 12: Rhythm.....	12
Lesson 13: Co-ordination.....	13
Lesson 14: Co-ordination.....	14
Lesson 15: Co-ordination.....	15
Lesson 16: Co-ordination.....	16
Lesson 17: Balance.....	17
Lesson 18: Balance.....	18
Lesson 19: Balance.....	19
Lesson 20: Balance.....	20
Lesson 21: Spatial orientation.....	21
Lesson 22: Spatial orientation.....	22
Lesson 23: Spatial orientation.....	23
Lesson 24: Spatial orientation.....	24
Lesson 25: Spatial orientation.....	25
Lesson 26: Spatial orientation.....	26
Lesson 27: Laterality.....	27
Lesson 28: Laterality.....	28
Lesson 29: Laterality.....	29
Lesson 30: Sports and games.....	30
Lesson 31: Sports and games.....	31
Lesson 32: Sports and games.....	32



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

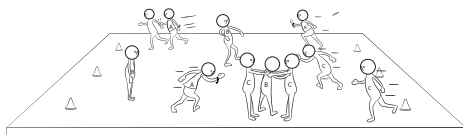
B – Blocked (locked up/frozen) → Learners who have been tagged

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.



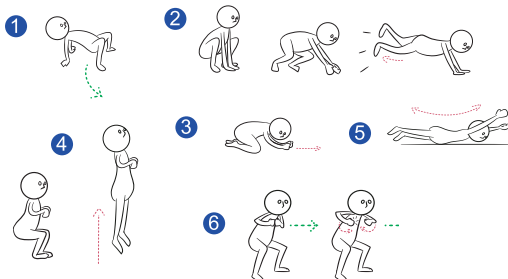
Animal walks

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.



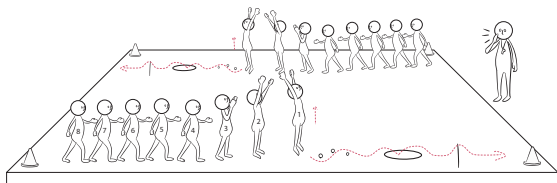
Follow the leader

Lesson
Time: ~ 10 min

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.



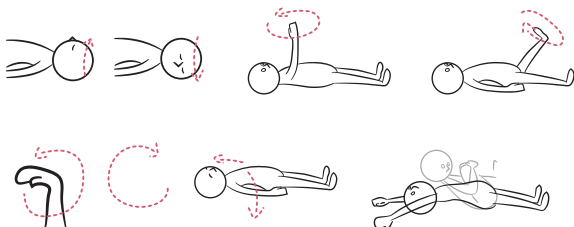
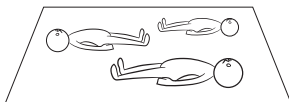
Cool down your body

Cool down
Time: ~ 10 min

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.





Locomotion

Grade 3 | Lesson 2

Equipment

- About 20 cones and whistle

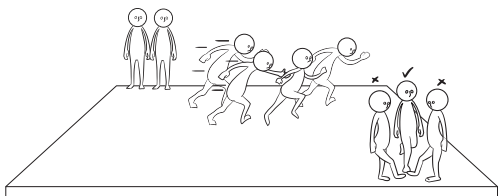
The lucky one

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 '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.



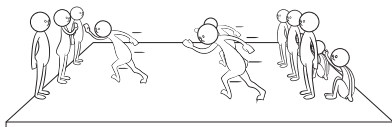
Relay running

Lesson
Time: ~ 20 min

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

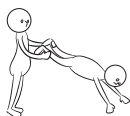
To run relays.



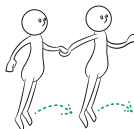
Relay running

Continued

1



2



3



4

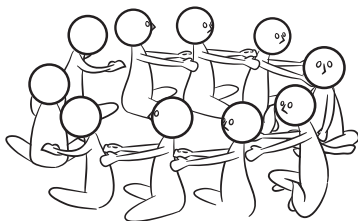


Massage in a circle

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.





Locomotion

Grade 3 | Lesson 3

Equipment

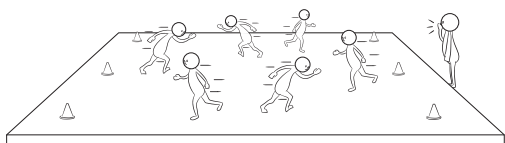
- About 20 cones and whistle

Traffic lights

Introduction
Time: ~ 10 min

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

Goal To improve reaction time.



Red



Yellow



Green

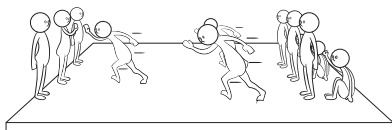


Relay running

Lesson
Time: ~ 20 min

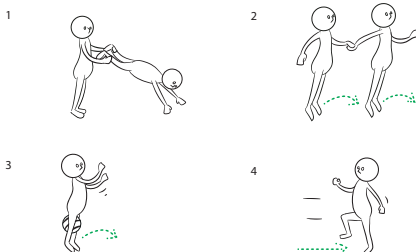
Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher's signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other 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

Continued



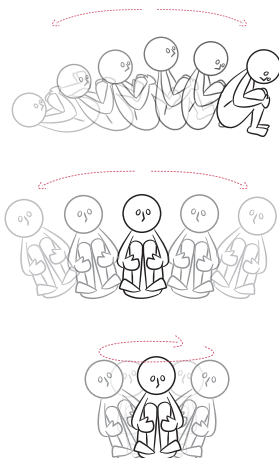
Roll like a ball

Cool down
Time: ~ 10 min

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.





Locomotion

Grade 3 | Lesson 4

Equipment

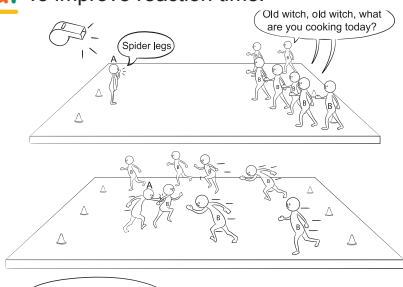
- About 20 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones and whistle

Old witch

Introduction
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.

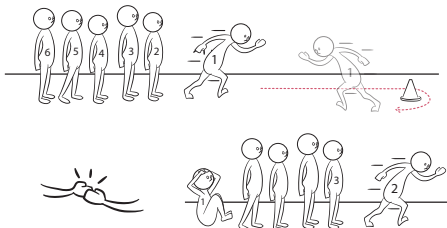


The race

Lesson
Time: ~ 10 min

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.

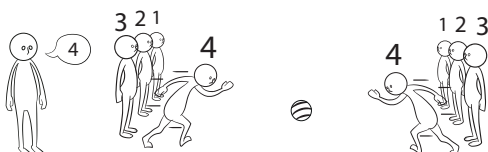


Grab the treasure chest

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.

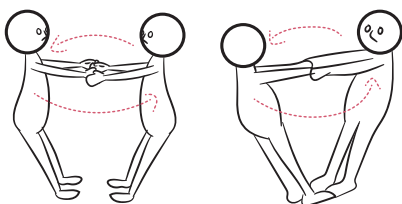


Spin around

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.





Locomotion

Grade 3 | Lesson 5

Equipment

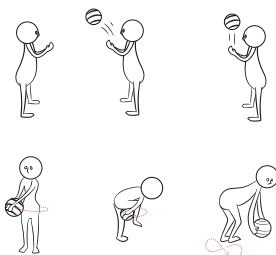
- About 20 balls (soccer and/or netball's)
- 15 tennis balls
- 20 colour bands
- 20 cones and whistle

Experiment with the ball

Introduction
Time: ~ 10 min

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.

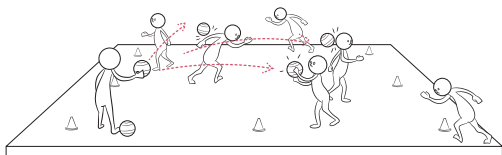


Hitting the ball

Lesson
Time: ~ 10 min

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.

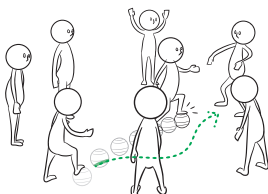


The 1 in the middle

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.

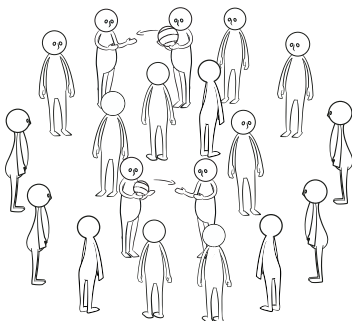


Beat the bunny

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

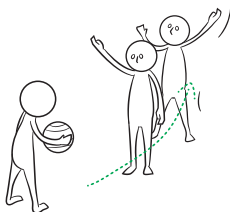
- About 20 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones and whistle

Shake the shadow

Introduction
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.

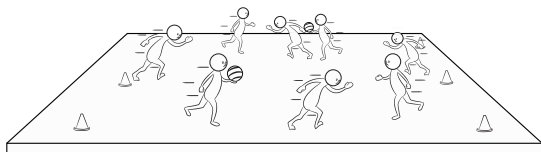


Dab ball

Lesson
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.

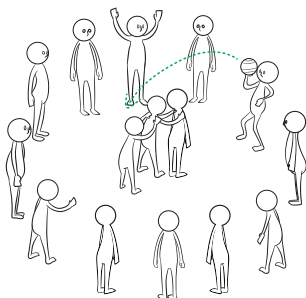


Protector dodge ball

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.





Perceptual motor

Grade 3 | Lesson 7

Equipment

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

Dribble the ball

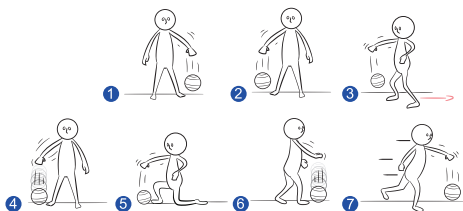
Introduction
Time: ~ 10 min

Divide the learners into groups, they must complete the following tasks:

1. 10 bounces with left hand.
2. 10 bounces with right hand.
3. Backwards.
4. Very quickly.
5. Kneeling on 1 knee.
6. Using fast dribble and slow feet.
7. Using slow dribble and fast feet.



Improve ball control skills



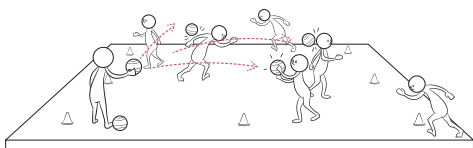
Hitting ball: American version

Lesson
Time: ~ 10 min

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.



Practise ball skills.

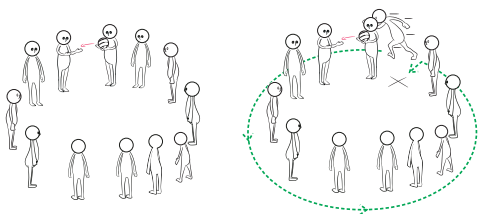


Beat the ball

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.

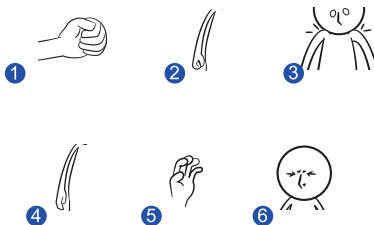


Tense and relax

Cool down
Time: ~ 10 min

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.





Perceptual motor

Grade 3 | Lesson 8

Equipment

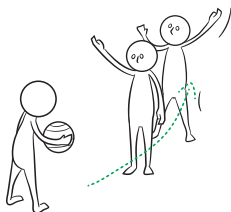
- About 20 balls (soccer and/or netball's)
- 20 cones and whistle

Shake the shadow

Introduction
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.

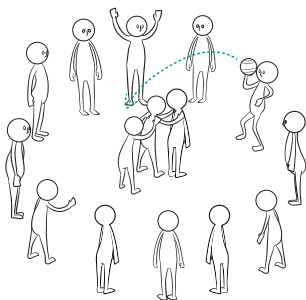


Protector dodge ball

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.

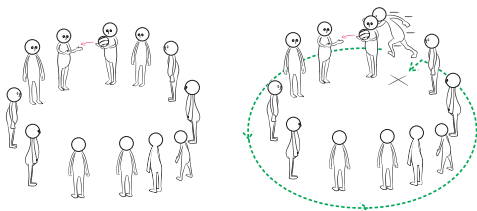


Beat the ball

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.



Tense and relax

Cool down
Time: ~ 10 min

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.





Rhythm

Grade 3 | Lesson 9

Equipment

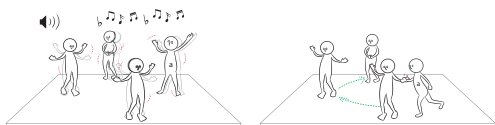
- About 20 cones (to mark an area)
- Whistle
- Music player, music and speaker
- 15 short skipping ropes and 10 hula hoops

Freezing game

Introduction
Time: ~ 10 min

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.

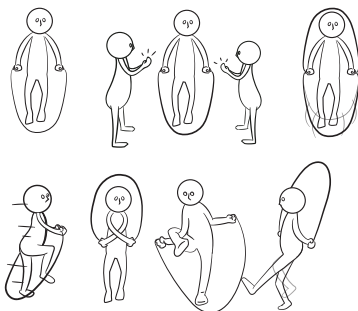


Rope skipping skills

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.



Go through the hoop

Cool down
Time: ~ 10 min

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.





Rhythm

Grade 3 | Lesson 10

Equipment

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

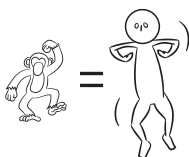
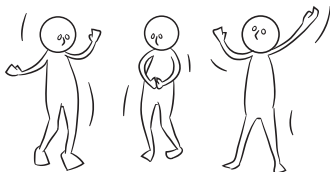
Monkey, snake or lion?

Introduction
Time: ~ 10 min

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.

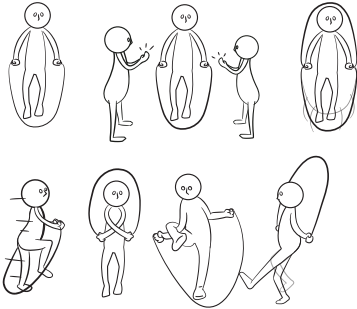


Rope skipping skills

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.

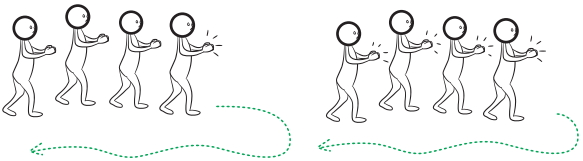


Clap out the rhythm

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.





Rhythm

Grade 3 | Lesson 11

Equipment

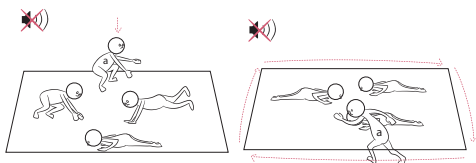
- About 20 cones (to mark an area)
- Whistle, music player, music and speaker
- 15 short skipping ropes

Get down

Introduction
Time: ~ 10 min

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.

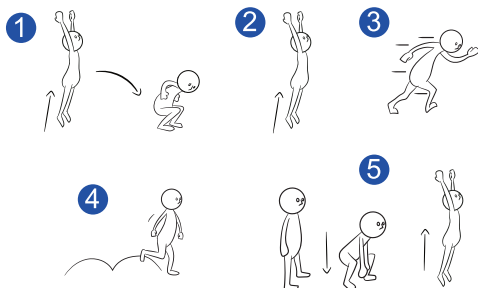


Simon says: athletic skills

Lesson
Time: ~ 10 min

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.

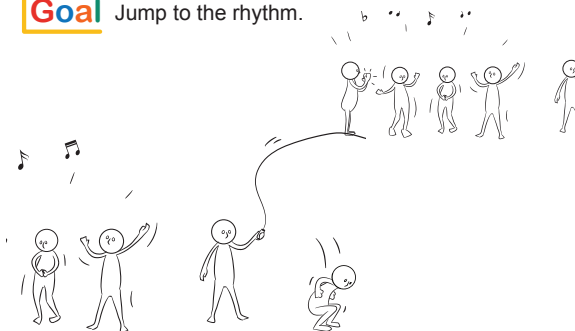


Rope skipping together

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.

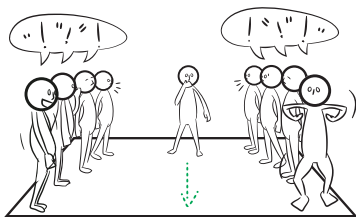


Laughing valley

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.





Rhythm

Grade 3 | Lesson 12

Equipment

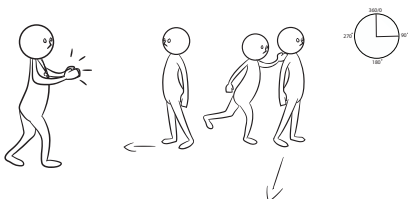
- About 20 cones (to mark an area)
- Whistle and 10 short skipping ropes

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 To improve reaction.

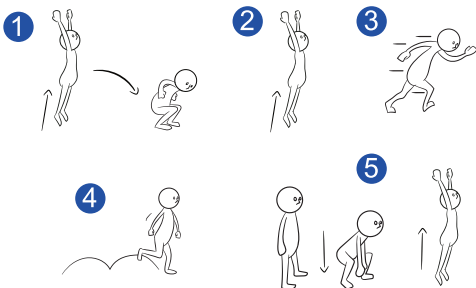


Simon says: athletic skills

Lesson
Time: ~ 10 min

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.

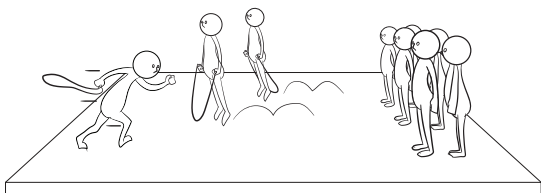


Skipping rope relay

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.

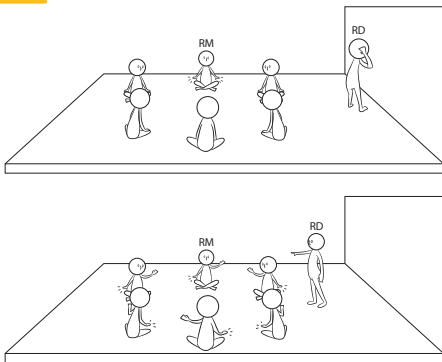


Rhythm master - circle game

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 must change 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

Equipment

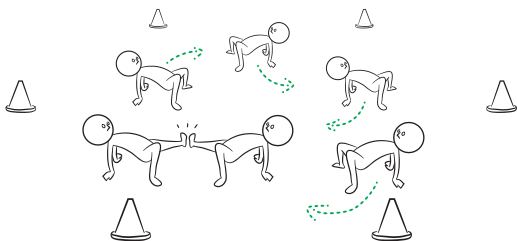
- About 20 balls (soccer, rugby and netball's)
- 30 cones and whistle

Crab saying hello

Introduction
Time: ~ 10 min

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 – drizzle a ball zigzag through markers.

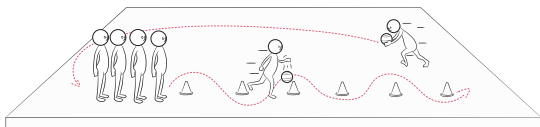
Station 2: Netball – pass while running.

Station 3: Rugby – running and passing the ball in a backline action.

Station 4: Soccer – dribble the ball through markers.

Goal Ball skills.

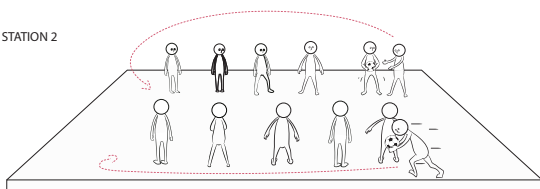
STATION 1



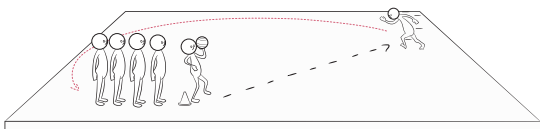
Tekkers exercises

Continued

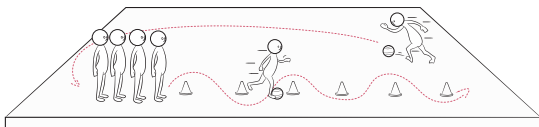
STATION 2



STATION 3



STATION 4

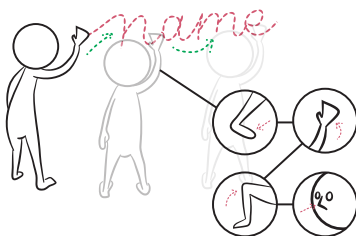


Body writing

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.





Co-ordination

Grade 3 | Lesson 14

Equipment

- About 10 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones
- 10 short skipping ropes,
- Netball field with hoops and whistle

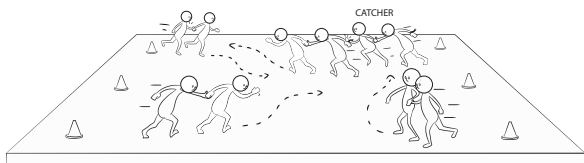
Couple tag

Introduction
Time: ~ 10 min

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.



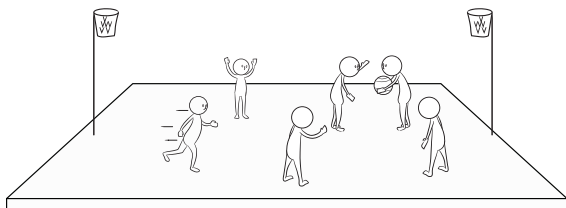
Mini netball

Lesson
Time: ~ 20 min

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.



Mini netball

Continued

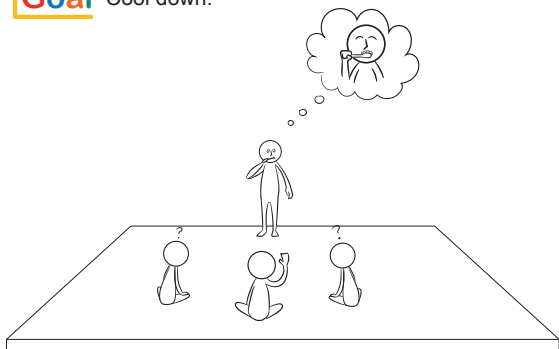
3 min	A:B	C is rope skipping
3 min	B:C	A is rope skipping
3 min	C:A	B is rope skipping
3 min	A:B	C is rope skipping
3 min	B:C	A is rope skipping
3 min	C:A	B is rope skipping

Simulation activities

Cool down
Time: ~ 10 min

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.

Goal Cool down.





Co-ordination

Grade 3 | Lesson 15

Equipment

- About 20 balls (soccer, rugby and netball's)
- 30 cones and whistle

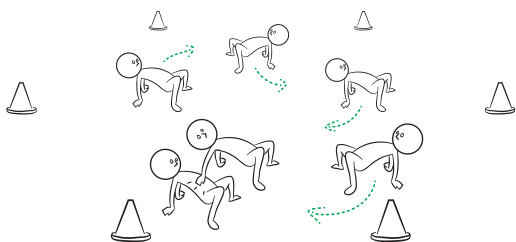
Crab fight

Introduction
Time: ~ 10 min

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.



To improve co-ordination.



Tekkers exercises

Lesson
Time: ~ 20 min

Mark out 4 areas as follows:

Station 1: Basketball – drizzle a ball zigzag through markers.

Station 2: Netball – pass while running.

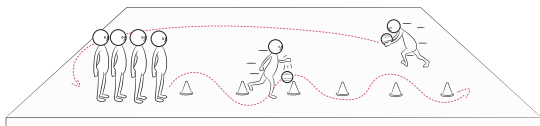
Station 3: Rugby – running and passing the ball in a backline action.

Station 4: Soccer – dribble the ball through markers.



Ball skills.

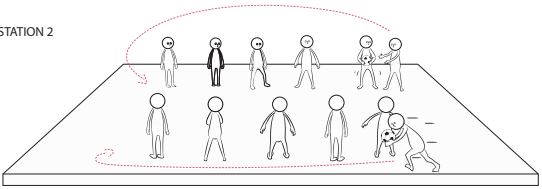
STATION 1



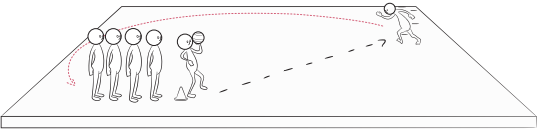
Tekkers exercises

Continued

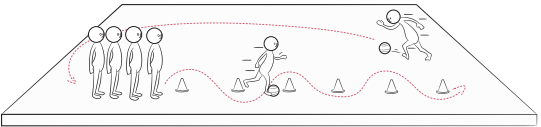
STATION 2



STATION 3



STATION 4

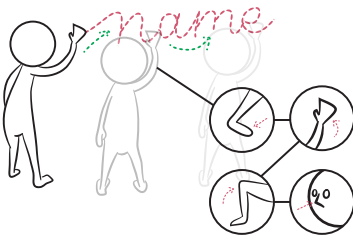


Body writing

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.





Co-ordination

Grade 3 | Lesson 16

Equipment

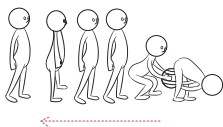
- About 10 balls (soccer and/or netball's)
- 20 colour bands
- 20 cones and whistle

The snake

Introduction
Time: ~ 10 min

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.



Hand scooter

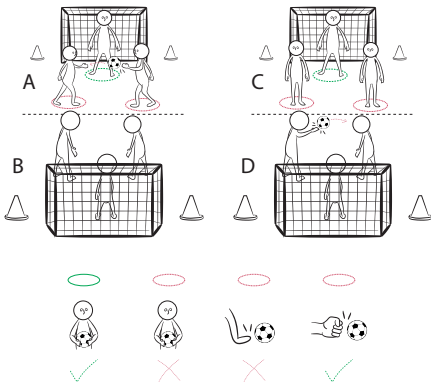
Lesson
Time: ~ 20 min

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.

Hand scooter

Continued



I move

Cool down
Time: ~ 10 min

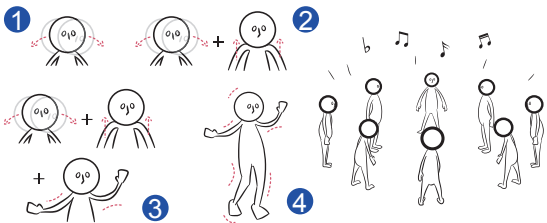
Ask the learners to make a big circle. The learners must sing and move to the following:

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.





Balance

Grade 3 | Lesson 17

Equipment

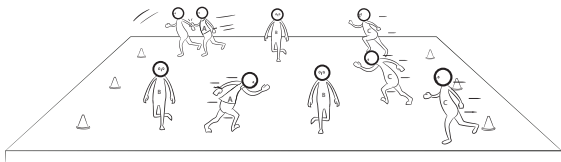
- About 10 balls (soccer and/or netball's)
- 20 colour bands
- Chalk
- 30 cones and whistle

Flamingo tag

Introduction
Time: ~ 10 min

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.

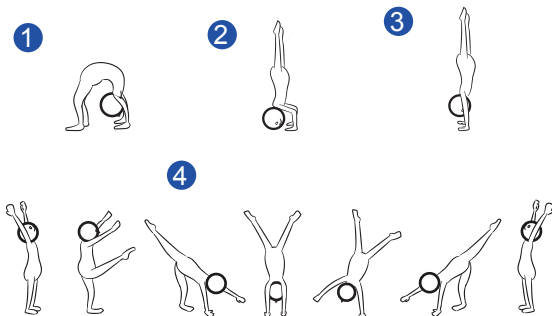


Acrobats

Lesson
Time: ~ 10 min

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

Goal Gymnastics movements.

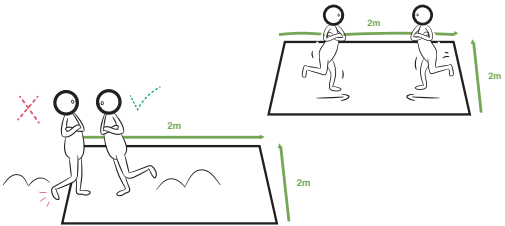


Cock fighting

Lesson
Time: ~ 10 min

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.

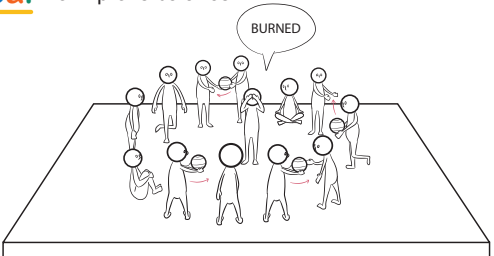


Burned

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.





Balance

Grade 3 | Lesson 18

Equipment

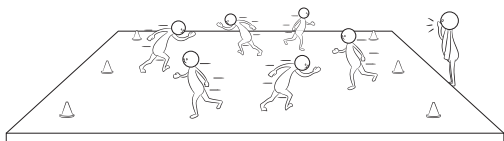
- 20 cones
- Chalk
- 10 beanbags and whistle

Traffic lights

Introduction
Time: ~ 10 min

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

Goal Improve reaction time.



Red



Yellow



Green

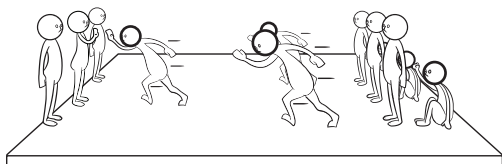


Relay running

Lesson
Time: ~ 20 min

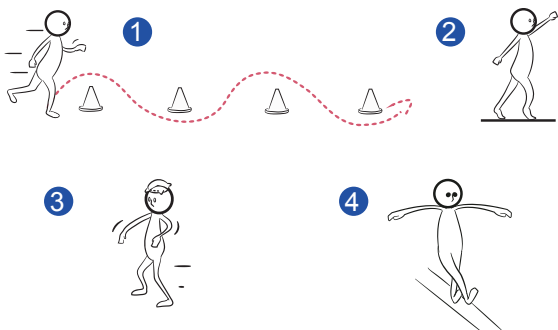
Divide the class into 2 teams. Divide the 2 teams and set up on opposite sides. The race starts at the teacher's signal. The first learner goes to the other side doing a specific task and gives a high five to the first learner. Each learner should go at least twice. Task 1: Jump like a frog to the other 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

Continued

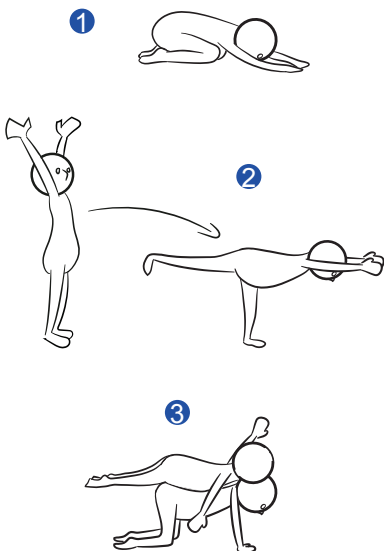


Stretches

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.





Balance

Grade 3 | Lesson 19

Equipment

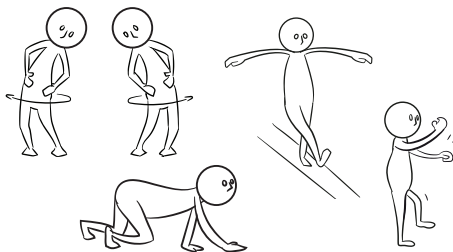
- About 30 colour bands (2 different colours)
- Chalk
- Ropes
- 20 cones and whistle

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.

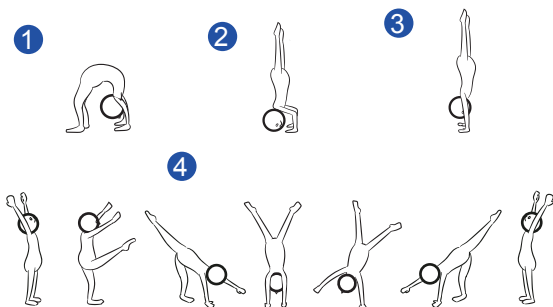


Acrobats

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

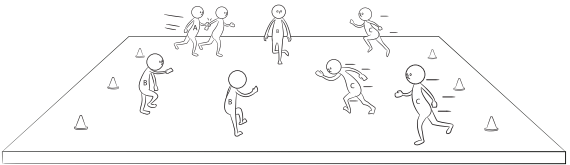
1 of the learners is the octopus (catcher), standing on 1 side of the field (river). The other learners (pirates) must reach the other side without getting caught. If they are caught by octopus, they become funky seaweed and stand on 1 foot (and can only try catch other learners with hands). After which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

Goal Improve co-ordination.

A: OCTOPUS

B: FUNKY SEAWEEED

C: PIRATES

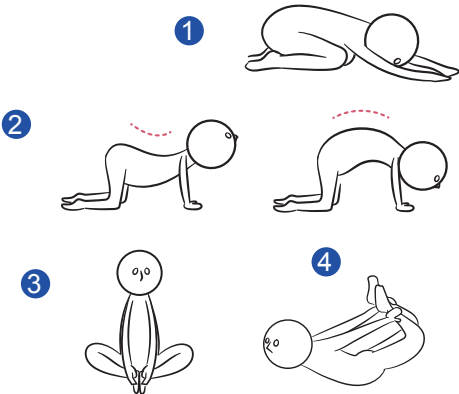


Stretches

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.





Balance

Grade 3 | Lesson 20

Equipment

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

Collect berries

Introduction
Time: ~ 10 min

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

Goal To develop balance.

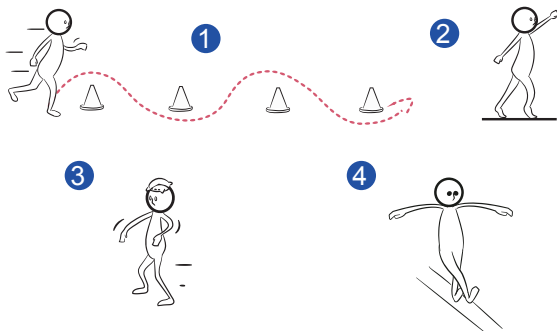


Relay running

Lesson
Time: ~ 10 min

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.

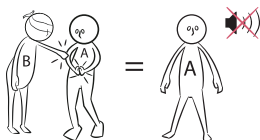
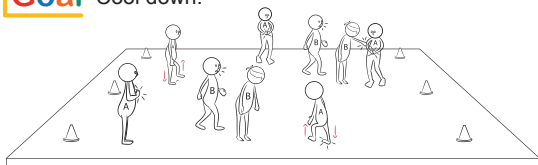


I hear you

Lesson
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.

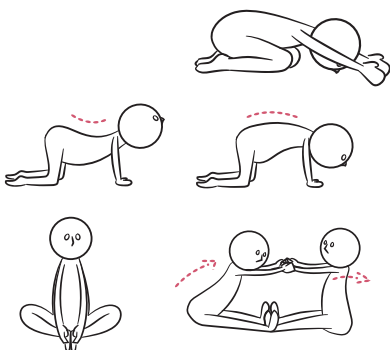


Stretches

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 To improve flexibility.





Spatial orientation

Grade 3 | Lesson 21

Equipment

- About 10 tennis balls
- 10 colour bands
- Chalk
- 20 cones and whistle

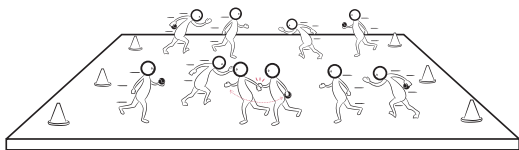
Catch and run

Introduction
Time: ~ 10 min

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



To develop spatial orientation.



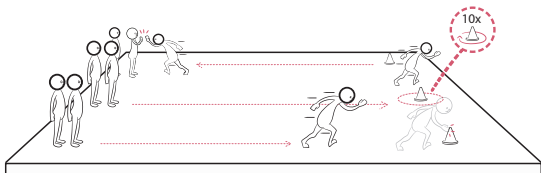
Drunken sailor

Lesson
Time: ~ 10 min

Divide learners into groups of 6, standing in a line. There needs to be a cone 30 m away from each group. At the teacher's call, the first learner from each group runs towards 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.



To develop spatial orientation.

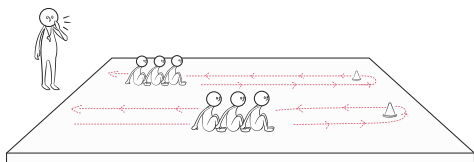


Snail's relay run

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.

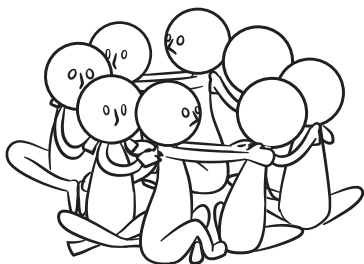


Massage in a circle

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.





Spatial orientation

Grade 3 | Lesson 22

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

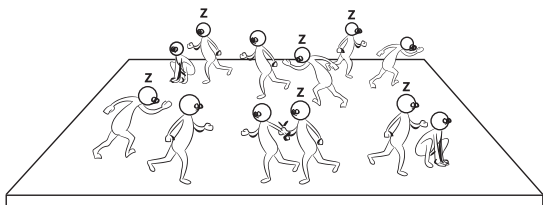
Animal tag

Introduction
Time: ~ 10 min

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

Goal

To develop spatial orientation.



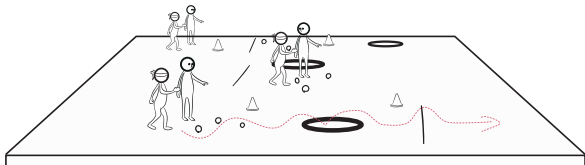
Blind person's guide

Lesson
Time: ~ 10 min

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 guides directions i.e. forward, left, right, etc. At the teacher's instruction to change roles.

Goal

To develop spatial awareness.



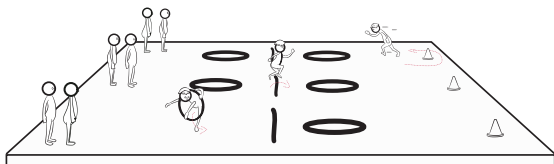
Obstacle run

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 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.



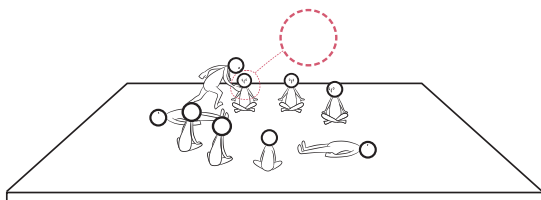
The Sandman

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.





Spatial orientation

Grade 3 | Lesson 23

Equipment

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

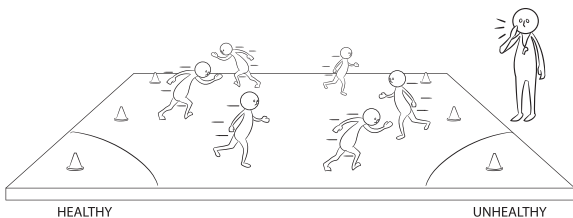
Healthy or unhealthy?

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.



Pass and score

Lesson
Time: ~ 20 min

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.

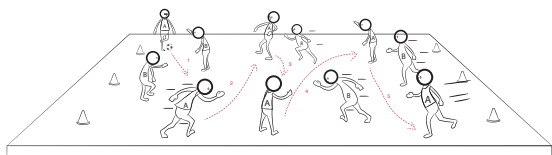
Goal

To improve visual and attention skills.

Pass and score

Continued

TEAM A: COLOUR BANDS
TEAM B: NON BANDS

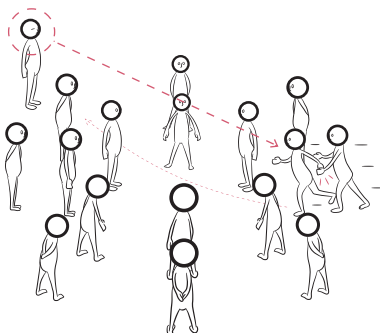


Friend scout

Cool down
 Time: ~ 10 min

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

Goal Cool down.





Spatial orientation

Grade 3 | Lesson 24

Equipment

- About 20 colour bands (for blindfolds), 10 short skipping ropes, 10 hula hoops, 20 cones and whistle

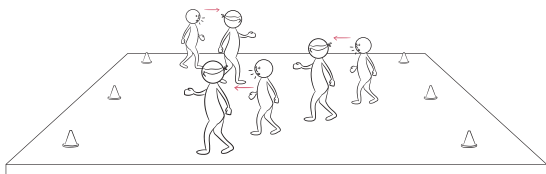
Blind person guide

Introduction
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



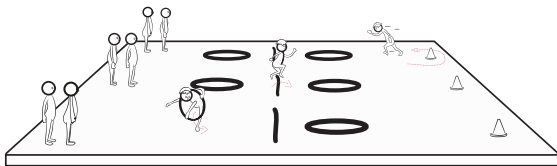
Obstacle run

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 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

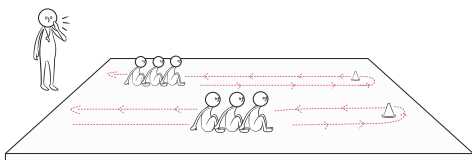


Snail's relay run

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.

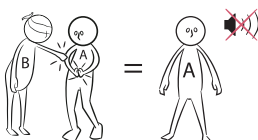
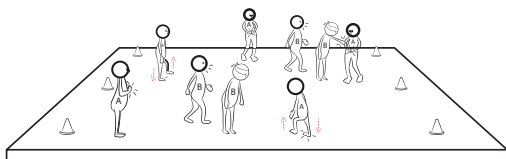


I hear you

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.





Spatial orientation

Grade 3 | Lesson 25

Equipment

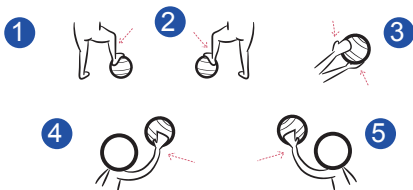
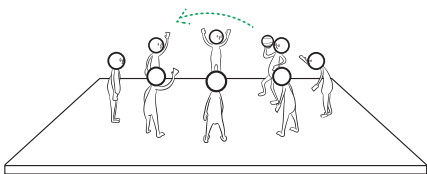
- About 10 balls (soccer and/or netball's), 20 colour bands, 10 short skipping ropes, 10 hula hoops, 20 cones and whistle

Pass the ball

Introduction
Time: ~ 10 min

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

Goal To develop hand eye co-ordination.

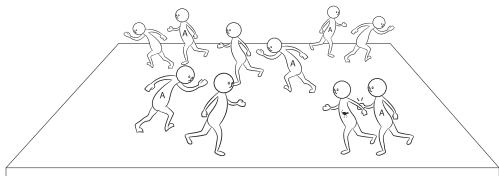


Ostrich tag

Lesson
Time: ~ 10 min

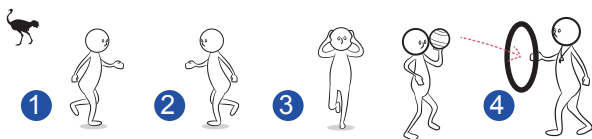
Selects 5 catchers who need to catch as many learners as possible. As soon as a free moving learner is caught, then they become an ostrich. An ostrich is released by jumping on 1 leg to another ostrich and giving him/her a 'high five'; which frees both ostriches. Change catchers and tasks every 4 - 5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

Goal To develop laterality.



Ostrich tag

Continued

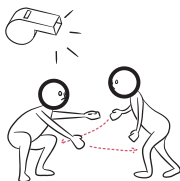


Knee tag

Lesson
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.

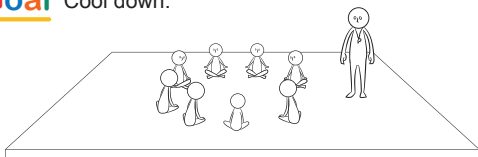


Bilateral breathing

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.





Spatial orientation

Grade 3 | Lesson 26

Equipment

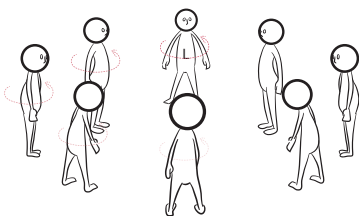
- About 5 balls (soccer and/or netball's), 20 colour bands, 10 hula hoops, 20 cones and whistle

The wave

Introduction
Time: ~ 10 min

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

Goal To develop laterality.



1

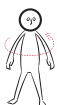
2

3

4

5

6



Courier game

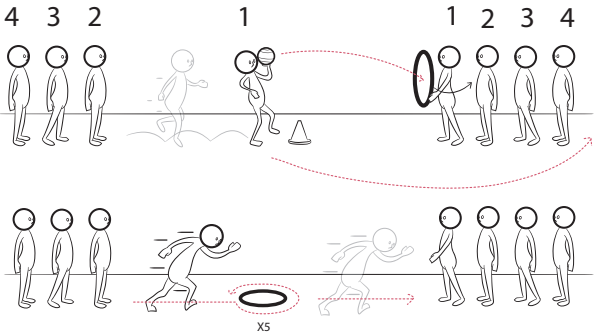
Lesson
Time: ~ 20 min

Divide learners in teams of 2 standing across each other. The first learner has a hula hoop. Round 1: The teacher gives a signal, 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

Continued

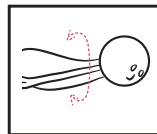
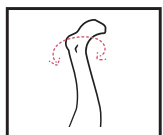
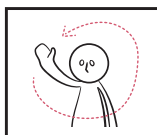
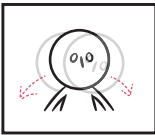
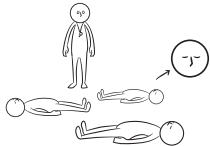


Isolations

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 3 | Lesson 27

Equipment

- About 10 balls (soccer and/or netball's), 20 colour bands, chalk, 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.

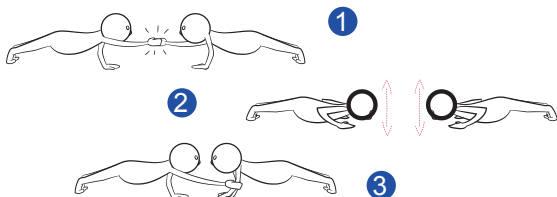


Push-up fight

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.

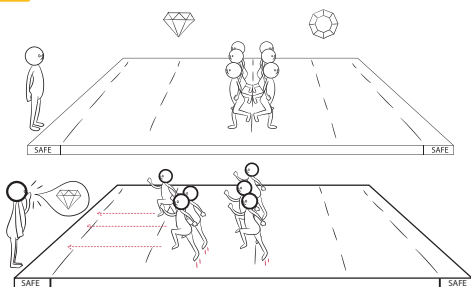


Pirate fight

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.



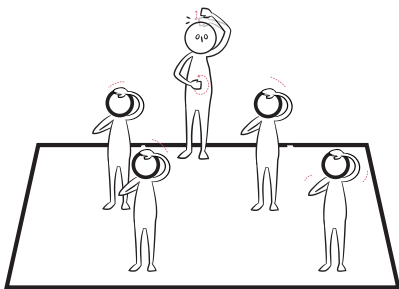
Brain fit course

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.





Laterality

Grade 3 | Lesson 28

Equipment

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

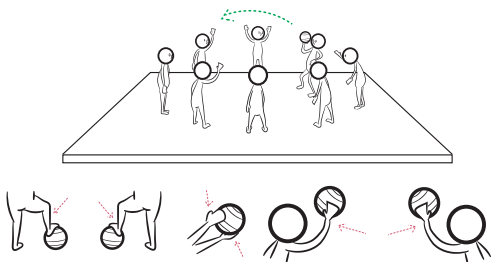
Pass the ball (Fire ball)

Introduction
Time: ~ 10 min

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.



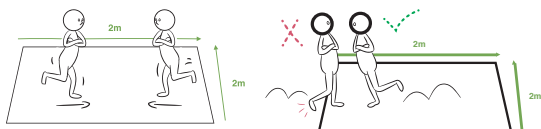
Cock fighting on non-dominant foot

Lesson
Time: ~ 10 min

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.

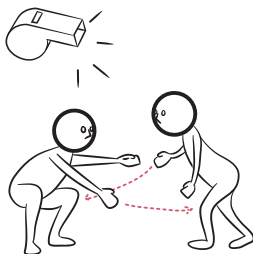


Knee tag

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.



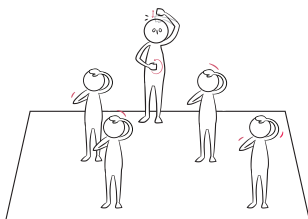
Brain fit course

Cool down
Time: ~ 10 min

Learners spread around the room 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.





Laterality

Grade 3 | Lesson 29

Equipment

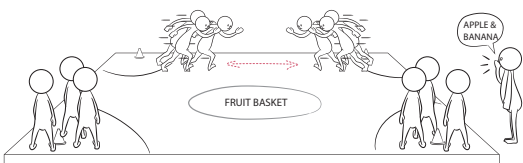
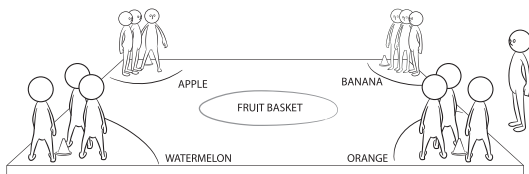
- About 5 balls (soccer and/or netball's), 20 colour bands, 10 short skipping ropes, 20 cones, 5 hula hoops or netball field with hoops and whistle

Fruit basket

Introduction
Time: ~ 10 min

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.



Mini netball

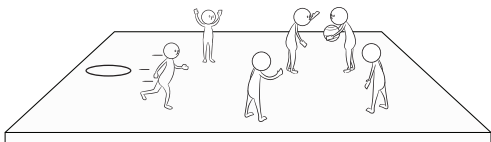
Lesson
Time: ~ 20 min

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

Continued



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

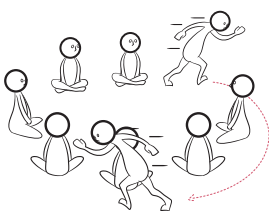
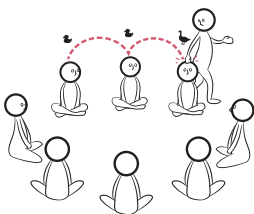
Duck, duck, goose

Cool down
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 co-ordination.





Sports and games

Grade 3 | Lesson 30

Equipment

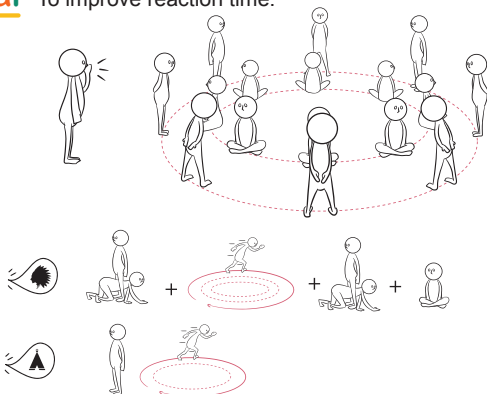
- About 10 balls (soccer and/or netball's), 20 colour bands, 20 beanbags, 20 cones and whistle

Indians and tepees

Introduction
Time: ~ 10 min

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.



Pass and score

Lesson
Time: ~ 20 min

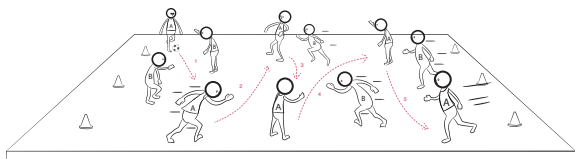
Teacher divides the learners into 2 teams with goal posts on either side of a marked-out field. There is no goal keeper, each team should have a maximum of 10 players per team. Five passes need to be made without an interception in order to score. The other learners must wait for their turn and can be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

Goal To improve attention skills.

Pass and score

Continued

TEAM A: COLOUR BANDS
TEAM B: NON BANDS



Game 1: 3 min.	A:B	C:D	E:F
Break			
Game 2: 3 min.	A:C	B:E	D:F
Break			
Game 3: 3 min.	A:D	B:F	C:E
Break			
Game 4: 3 min.	A:E	B:D	C:F
Break			
Game 5: 3 min.	A:F	B:C	D:E
Break			

Standing balances

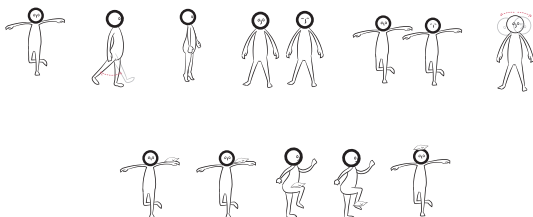
Cool down
Time: ~ 10 min

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.





Sports and games

Grade 3 | Lesson 31

Equipment

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

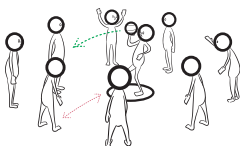
Pass and follow

Introduction
Time: ~ 10 min

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

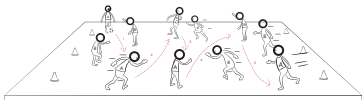
Lesson
Time: ~ 10 min

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.

TEAM A: COLOUR BANDS
TEAM B: NON BANDS



Circle chase

Lesson
Time: ~ 10 min

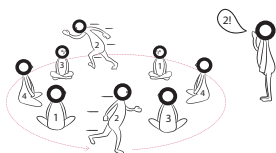
Learners should sit in a large circle facing the centre. Allocate a number 1 - 4 to each learner. When number gets called out, then all the learners with that number must run anticlockwise around the circle. The learner to get back into place first is the winner.

Goal

To improve reaction time and speed.

Circle chase

Continued

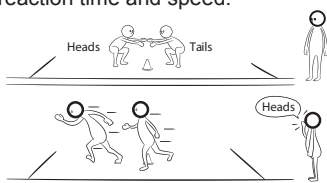


Heads or tails

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.

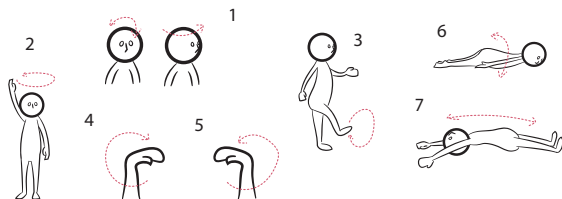


Cool down your body

Cool down
Time: ~ 5 min

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.





Sports and games

Grade 3 | Lesson 32

Equipment

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

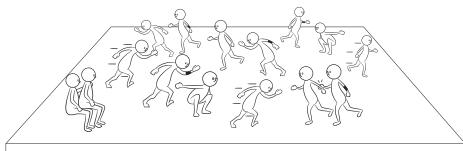
Toilet tag

Introduction
Time: ~ 10 min

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.



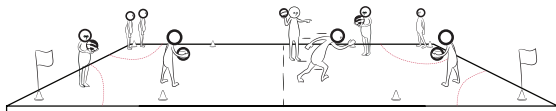
Capture the flag

Lesson
Time: ~ 10 min

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.

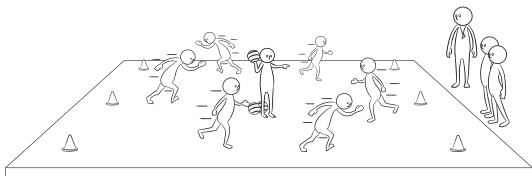


Sitting ball: American version

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.

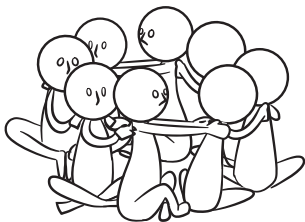


Massage in a circle

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.





The *KaziKidz* teaching material reflects the views of the authors. The Novartis Foundation cannot be held responsible for the content or any use which may be made of the information contained therein.

The copyright and all other rights to content and illustrations belong exclusively to *KaziBantu* or the specifically named rights holders. For the reproduction of any elements, the written consent of the copyright holders must be obtained in advance.

© 2019 *KaziBantu*

Address

Novartis Foundation

Novartis Campus

Forum 1-3.97

4002 Basel

Switzerland

Phone: +41 61 696 23 00

info@novartisfoundation.org

NELSON MANDELA
UNIVERSITY



**University
of Basel**

Swiss TPH

Swiss Tropical and Public Health Institute
Associated Institute of the University of Basel



UNIVERSITY OF BASEL
Department of Sport, Exercise and Health



NOVARTIS

The Novartis
Foundation

REFERENCES

- **National Curriculum Statement (NCS) (2019).** Curriculum and Assessment Policy Statement (CAPS) of South Africa, Grades R-3. Life Skills: Foundation phase. Pretoria, South Africa: Government Printing Works.
- **National Curriculum Statement (NCS) (2019).** Curriculum and Assessment Policy Statement (CAPS) of South Africa, Grades 4-6. Life Skills: Intermediate phase. Pretoria, South Africa: Government Printing Works.
- **National Curriculum Statement (NCS) (2019).** Curriculum and Assessment Policy Statement (CAPS) of South Africa, Grade 7. Life Skills: Senior phase. Pretoria, South Africa: Government Printing Works.
- **Clark JE and Metclafe JS (2002).** The mountain of motor development: A metaphor. In J.E. Clark and J.H. Humphrey (Hrsg.), Research & Reviews (S. 163-190). Reston, VA: National Association for Sport and Physical Education.
- **Draper CE, Tomaz SA, Bassett SH, Burnett C, Christie CJ, Cozett C, et al (2018).** Results from South Africa's 2018 report card on physical activity for children and youth. Journal of Physical Activity and Health. 2018;15(S2):S406-8. doi: 10.1123/jpah.2018-0517. PubMed PMID: 27848725.
- **Yap P, Müller I, Walter C, Seelig H, Gerber M, Steinmann P, et al. (2015).** Disease, activity and schoolchildren's health (DASH) in Port Elizabeth, South Africa: a study protocol. BMC Public Health. 2015;15(1):1285. doi: 10.1186/s12889-015-2636-y. PubMed PMID: 26700478; PubMed Central PMCID: PMC4690231.
- **Müller I, Smith D, Adams L, Aerts A, Damons BP, Degen J, et al. (2019).** Effects of a School-Based Health Intervention Program in Marginalized Communities of Port Elizabeth, South Africa (the KaziBantu Study): Protocol for a Randomized Controlled Trial. JMIR Res Protoc. 2019;8(7):e14097. Epub 2019/07/13. doi: 10.2196/14097. PubMed PMID: 31298224; PubMed Central PMCID: PMC6657454.

**GOOD
LUCK!**



GRADE 3 PHYSICAL EDUCATION

Locomotion

Perceptual motor

Rhythm

Co-ordination

Balance

Spatial orientation

Laterality

Sports and games



KaziKidz



Teaching Material for Schoolchildren