

LESSON CUE CARDS FOR

Grade 4



 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

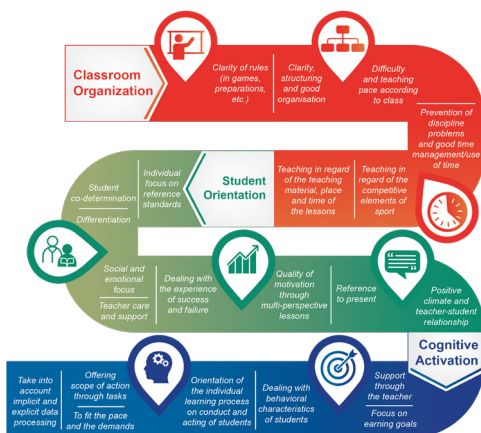
*Human Movement Science Specialist (M.Ed. – UPE)
National Convenor and Trainer for Life Orientation
and Physical Education during roll-out of the National
Curriculum Statement in the GET and FET Bands (2002-
2008, Department of Education)*

*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 4

- 20 Soccer and/or netball
- 20 Ball from recycled material
- 1 Whistle
- 1 soccer field
- 2 goal posts on each side
- Or use cones and mark out soccer playing area
- 30 Cones
- Colour bands (bibs/blindfolds) - 20 (2 sets of different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music (www.kazibantu.org)
- Drums
- 40 mats, 1 per learner
- And/or 1 open playground field with grass
- 1 netball field
- 2 net posts on each side
- Or use cones and mark out netball playing area and 2 hoops
- 10 Hula hoops
- 20 Beanbags
- 15 Water bottles (filled with sand/stone/water)
- 15 Pieces of wood
- 20 Tennis balls
- Chalk (Sufficient to mark out playing area)
- Paper - 40 A4 sheets, 1 per learner
- 20 Pens (1 per learner sharing)
- 10 Short skipping ropes

CONTENTS

Grade 4 Physical Education contents

Soccer

Lesson 1: Passing and controlling	1
Lesson 2: Passing and controlling	2
Lesson 3: Passing and controlling	3
Lesson 4: Passing and controlling	4
Lesson 5: Passing and controlling	5
Lesson 6: Passing and controlling	6
Lesson 7: Passing and controlling	7
Lesson 8: Free fun lesson	8

Netball

Lesson 1: Passing and catching	9
Lesson 2: Passing and catching.....	10
Lesson 3: Passing and catching.....	11
Lesson 4: Passing and catching.....	12
Lesson 5: Passing and catching.....	13
Lesson 6: Passing and catching.....	14
Lesson 7: Passing and catching.....	15
Lesson 8: Free fun lesson.....	16

Rhythmic movement

Lesson 1: Movement of animals.....	17
Lesson 2: Body and facial expression.....	18
Lesson 3: Rhythm and body percussion	19
Lesson 4: Pace and movement repertoire	20
Lesson 5: Formations.....	21
Lesson 6: Movement repertoire & body percussion.....	22
Lesson 7: Shapes and levels	23
Lesson 8: Movements & force.....	24

Track and field: Running disciplines

Lesson 1: Sprint	25
Lesson 2: Sprint & endurance.....	26
Lesson 3: Endurance	27
Lesson 4: Running disciplines.....	28
Lesson 5: Sprint/hurdles & endurance	29
Lesson 6: Examination.....	30
Lesson 7: Examination.....	31
Lesson 8: Free fun lesson.....	32



Soccer

Grade 4 | Lesson 1

Equipment

- About 20 balls (soccer and/or netball's), ball from recycled material, whistle, 10 cones and 20 tennis balls

Tunnel-ball relay

Introduction
Time: ~ 10 min

Learners sit in 2 rows, the first learner in each line has a ball. At the teacher's signal, learners should jump up and pass the ball under their legs. Once the ball is passed the learners should lay side-by-side. When the ball has reached the last player, he/she should stop the ball and run over their team to the front. The game continues until the first leader is in the front.

Goal

To learn reaction time whilst moving in different ways.



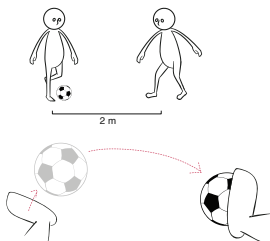
Pass and control

Lesson
Time: ~ 10 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to 1 another and control the ball.

Goal

To learn how to pass and control the ball.

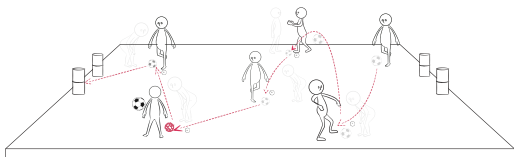


Pass and score

Lesson
Time: ~ 10 min

Divide the learners into 2 teams with goal posts on either side of the field. There is no goalkeeper and each team should have 10 players max. 5 passes should be made without an interception in order to score. Other learners await their turn and can be swapped in as the game goes on.

Goal To learn how to pass and control the ball.



Cool down your body

Cool down
Time: ~ 10 min

Show learners an example of a ball made from recycled material. Explain to the learners that they should make their own ball and bring it to school the following week.

Divide learners into pairs. 1 learner should lie on down on their belly. For 2 min, another partner softly rolls the tennis ball over their partner's back laying on the floor. Repeat for the other partner.

Goal To create balls using recycled materials. To relax during a back massage.





Soccer

Grade 4 | Lesson 2

Equipment

- About 20 balls (soccer and/or netball's), 40 bean bags and/or stones, 10 cones and whistle

Tunnel-ball relay

Introduction
Time: ~ 10 min

Learners sit in 2 rows, the first learner in each line has a ball. At the teacher's signal, learners should jump up and pass the ball under their legs. Once the ball is passed the learners should lay side-by-side. When the ball has reached the last player, he/she should stop the ball and run over their team to the front. The game continues until the first leader is in the front.

Goal

Improve reaction time.



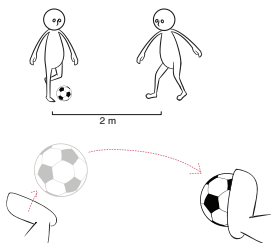
Pass and control

Lesson
Time: ~ 20 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to 1 another and control the ball.

Goal

To learn how to pass and control the ball.

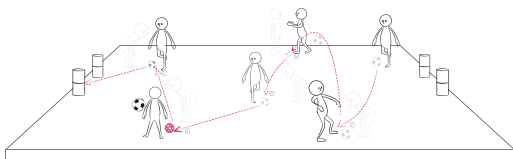


Pass and score

Lesson
Time: ~ 10 min

Divide the learners into 2 teams with goal posts on either side of the field. There is no goalkeeper and each team should have 10 players max. 5 passes should be made without an interception in order to score. Other learners await their turn and can be swapped in as the game goes on.

Goal To learn how to pass and control the ball.



Frozen beanbag

Cool down
Time: ~ 10 min

Each learner gets a beanbag (stones can be used as an alternative). The learners walk around in a marked area with the beanbag on their head and if it falls off, they should wait in that position until another learner comes to help by picking the beanbag up and put it back on the learner's head.

Goal To improve concentration and to cool down in the process.



Soccer

Grade 4 | Lesson 3

Equipment

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

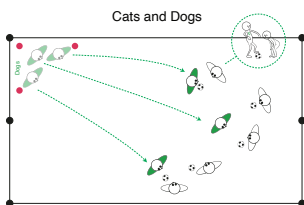
Cats and dogs

Introduction
Time: ~ 10 min

Choose 2 or 3 learners to be the 'dogs', the rest of the learners have 1 or more balls. Learners can stand anywhere in a designated area and should pass the ball without being tackled by the dogs. If they are tackled or the ball is kicked out, the learner should do 10 jumping jacks to return to the game.

Goal

Learn to run with the ball and keep possession of it.



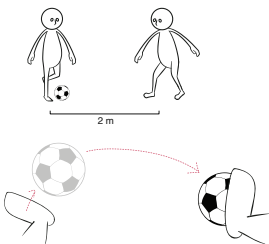
Pass and control

Lesson
Time: ~ 10 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to one another and control the ball.

Goal

To learn to pass and control the ball and locate teammates.



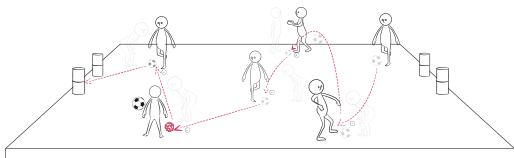
Pass and score

Lesson
Time: ~ 10 min

Divide the learners into 2 teams with goal posts on either side of the field. There is no goalkeeper and each team should have 10 players max. 5 passes should be made without an interception in order to score. Other learners await their turn and can be swapped in as the game goes on.

Goal

To learn to pass and control the ball and locate teammates.



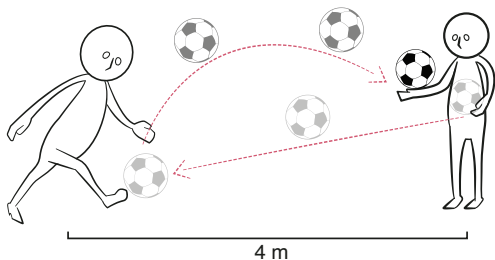
Kick and catch

Cool down
Time: ~ 10 min

Learners should split into pairs and stand 3 - 4 m apart. 1 learner throws the ball and the other learner kicks the ball back into the hands of the other learner. Each learner kicks the ball 10 times so the other learner can learn how to catch the ball.

Goal

To improve high ball passes.





Soccer

Grade 4 | Lesson 4

Equipment

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

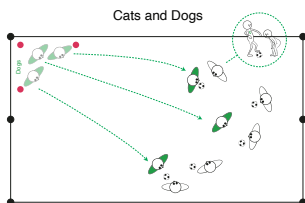
Cats and dogs

Introduction
Time: ~ 10 min

Choose 2 or 3 learners to be the 'dogs', the rest of the learners have 1 or more balls. Learners can stand anywhere in a designated area and should pass the ball without being tackled by the dogs. If they are tackled or the ball is kicked out, the learner should do 10 jumping jacks to return to the game.



Goal Learn to run with the ball and keep possession of it.



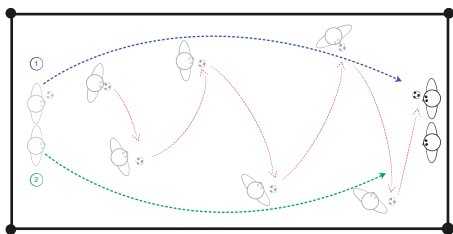
Pass and control

Lesson
Time: ~ 10 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to each other and control the ball.



Goal To improve ball skills.

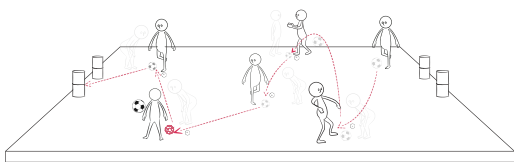


Pass and score

Lesson
Time: ~ 10 min

Divide the learners into 2 teams with goal posts on either side of the field. There is no goalkeeper and each team should have 10 players max. 5 passes should be made without an interception in order to score. Other learners await their turn and can be swapped in as the game goes on.

Goal To improve ball skills.

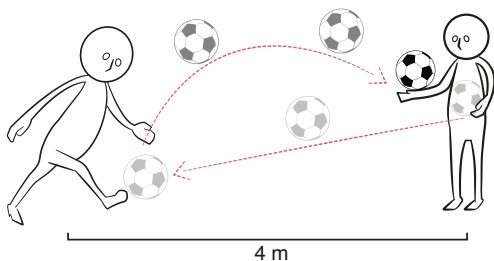


Kick and catch

Cool down
Time: ~ 10 min

Learners should split into pairs and stand 3 - 4 m apart. 1 learner throws the ball and the other learner kicks the ball back into the hands of the other learner. Each learner kicks the ball 10 times so the other learner can learn how to catch the ball.

Goal To improve high ball passes.





Soccer

Grade 4 | Lesson 5

Equipment

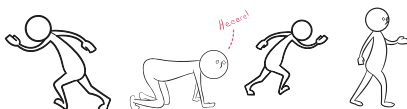
- About 20 balls (soccer and/or netball's), balls, 10 cones, 20 colour bands and whistle

Lion king

Introduction
Time: ~ 10 min

Assign 5 to 7 learners as 'lions', the rest of the learners are 'tourists'. The tourists should pretend to take pictures of the lions. When the teacher shouts, 'hungry lions where are you?' the lions shout, 'here!' and should try to catch the tourists. The tourists that are caught joins the lions, the tourists can also run to the 'lodge' (a designated area) to be safe.

Goal Develop reaction time skills.

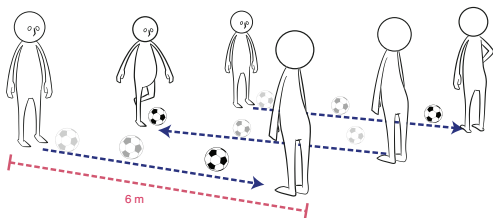


Pass and control

Lesson
Time: ~ 10 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to each other and control the ball.

Goal To improve ball skills.

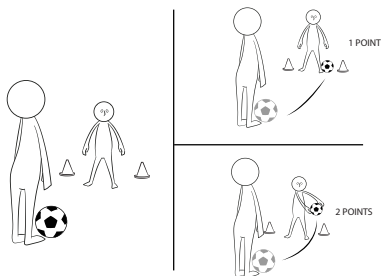


High, higher, highest score

Lesson
Time: ~ 10 min

Divide learners into 2 teams and mark 2 goal posts with cones on either side. Teams play a game of soccer. In the opponent's goal: a precise pass which the goalie can stop and control = 1 point, if the opponent passes a high ball and the goalie catches it = 2 points.

Goal Learn to pass precisely, low and high.

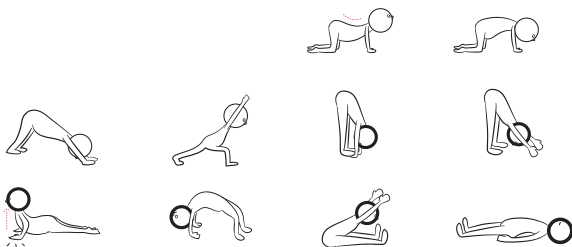


Stretches in a circle

Cool down
Time: ~ 10 min

Teacher will lead the stretches and instruct the learners in how to perform the stretches below.

Goal Increase flexibility.





Soccer

Grade 4 | Lesson 6

Equipment

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

Lion king

Introduction
Time: ~ 10 min

Assign 5 to 7 learners as 'lions', the rest of the learners are 'tourists'. The tourists should pretend to take pictures of the lions. When the teacher shouts, 'hungry lions where are you?' the lions shout, 'here!' and should try to catch the tourists. The tourists that are caught joins the lions, the tourists can also run to the 'lodge' (a designated area) to be safe.

Goal Develop reaction time skills.

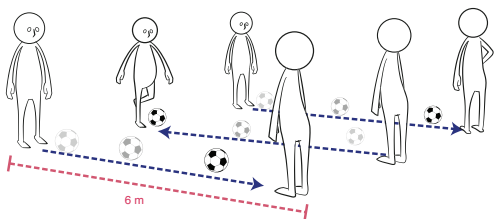


Pass and control

Lesson
Time: ~ 10 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to each other and control the ball.

Goal To improve ball skills.

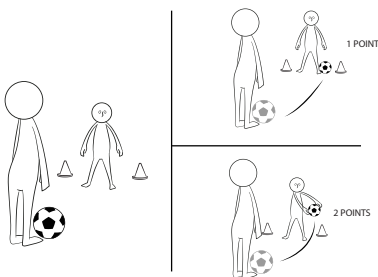


High, higher, highest score

Lesson
Time: ~ 10 min

Divide learners into 2 teams and mark 2 goal posts with cones on either side. Teams play a game of soccer. In the opponent's goal: a precise pass which the goalie can stop and control = 1 point, if the opponent passes a high ball and the goalie catches it = 2 points.

Goal Learn to pass precisely, low and high.

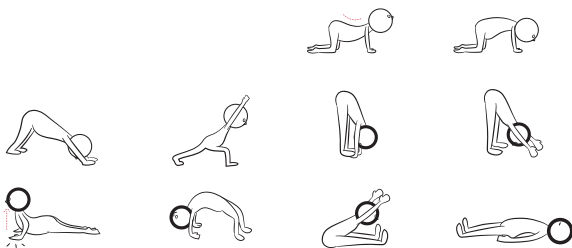


Stretches in a circle

Cool down
Time: ~ 10 min

Teacher will lead the stretches and instruct the learners how to perform the stretches below.

Goal Increase flexibility.





Soccer

Grade 4 | Lesson 7

Equipment

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

Tunnel-ball relay

Introduction
Time: ~ 10 min

Learners sit in 2 rows, the first learner in each line has a ball. At the teacher's signal, learners should jump up and pass the ball under their legs. Once the ball is passed the learners should lay side-by-side. When the ball has reached the last player, he/she should stop the ball and run over their team to the front. The game continues until the first leader is in the front.

Goal

Improve reaction time.



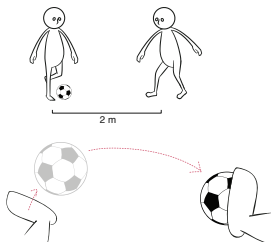
Pass and control

Lesson
Time: ~ 20 min

Divide learners into pairs and give each pair a ball. Pairs should face each other and stand 2 m apart. Learners should pass the ball to 1 another and control the ball.

Goal

To learn how to pass and control the ball.

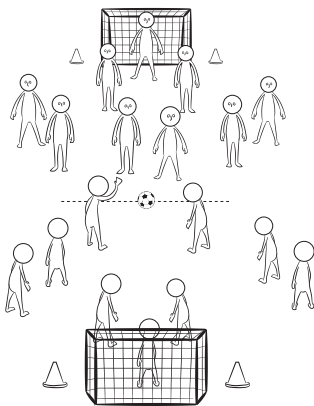


Soccer

Lesson
Time: ~ 10 min

Mark a field and divide learners into 2 teams. Each team has 2 goals with 1 goalkeeper. The learners who are waiting to play can swap themselves in as the game continues.

Goal To learn to pass and control the ball and locate teammates.

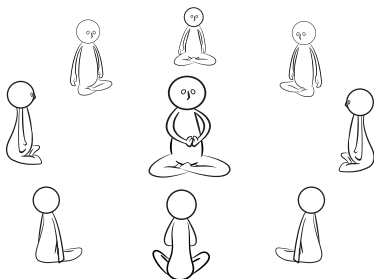


1, 2, 3 freeze

Cool down
Time: ~ 10 min

Instruct learners to sit in a circle and face inwards with the teacher sitting in the middle. If there is a large group form more circles with a leader in the middle. When the person in the middle shouts '1,2,3 freeze!' the learners should freeze and whoever moves is out until a few learners remain. The learners should make different faces each round.

Goal To cool down while doing a fun activity.





Soccer

Grade 4 | Lesson 8

Equipment

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

The wave

Introduction
Time: ~ 10 min

Divide learners into circles facing inwards, each circle with 1 leader. The leader starts a wave by doing tasks, and the others follow. Repeat tasks and try to get faster after each round.

Task 1: turn to the left side,

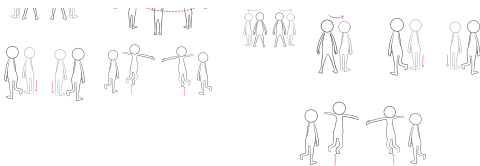
Task 2: pass the ball with left foot,

Task 3: pass ball with both hands,

Task 4: throw ball with right hand,

Task 5: throw ball with left hand.

Goal To perform actions bilaterally without losing balance.



Relay running

Lesson
Time: ~ 10 min

Divide class into 2 teams and then split the teams again. They move to opposite sides of the class. When teacher signals, the race begins. The first learner goes to other side doing a specific task and gives high five to first learner in the row. Each learner should go at least twice. Once everyone has had a chance then the game stops.

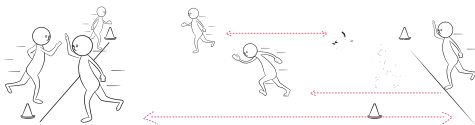
Task 1: run from 1 side to the other side.

Task 2: jump like a frog to the other side.

Task 3: run on all fours to the other side.

Task 4: run backwards to the other side.

Goal To run relays with or without equipment.

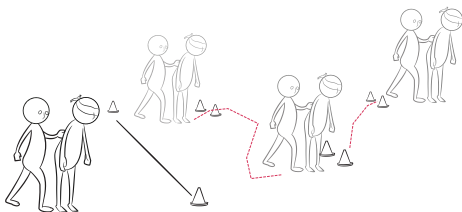


Blind person's guide level II

Lesson
Time: ~ 10 min

Learners divide into pairs. Obstacles are spread 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 guide's directions i.e. forward, left, right, etc. Change roles at the teacher's instruction.

Goal To develop spatial orientation and awareness.

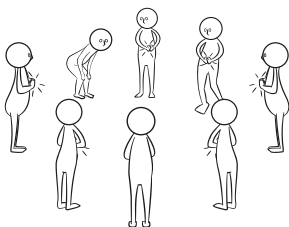


Rhythm master – circle game

Cool down
Time: ~ 10 min

Learners should sit in a circle. 1 learner is 'rhythm detective'. Rhythm detective should close their eyes and cover their ears. Quietly choose 1 learner in the circle to be 'rhythm master', he/she should choose movements that the learners should copy. 'Rhythm master' should always start by tapping his/her knees. 'Rhythm detective' will return to the circle. The 'rhythm detective' should figure out who the 'rhythm master' is.

Goal To adapt to another learner's rhythm and to develop creativity.





Netball

Grade 4 | Lesson 1

Equipment

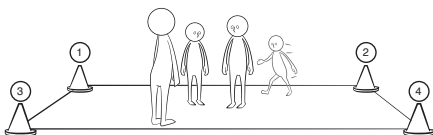
- About 10 balls (soccer and/or netball's), balls, 20 cones, 20 tennis balls, 20 colour bands, ball made of recycled material and whistle

Throw

Introduction
Time: ~ 10 min

Mark a square with 4 different colours or numbers 1 to 4. Learners run at random and when the teacher calls out a certain colour or number, learners should run to that specific mark. The first 3 learners to get there will receive a letter that spells out 'T-H-R-O-W'. Continue until 1 learner has all the letters.

Goal Move to the rhythm.

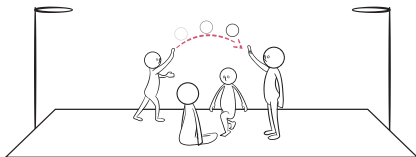


Hot potato

Lesson
Time: ~ 10 min

Mark out an area. Use a ball as the 'hot potato' and tell the learners that if they hold the ball for too long, they will burn. If they drop the ball the first time, they should go down on 1 knee, a second time means they should go down on both knees. A third time means they will have to sit and the fourth time they are out. If they catch the ball whilst in any of these positions, they can go back to standing.

Goal To improve the throw and catch technique.

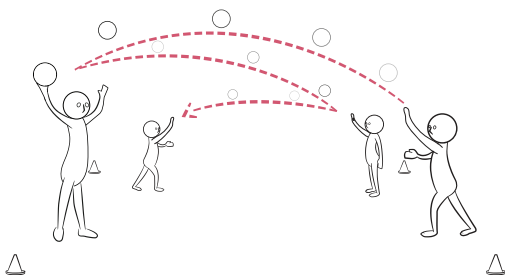


Passing heroes

Lesson
Time: ~ 10 min

Teams of 5 - 10. 2 teams on the field with 1 ball. Team 1 passes the ball to each member 5 times in a row and afterward, team 2 does the same. A completed task results in 1 point. The team with the most points wins the game.

Goal To improve the throw and catch technique.



Cool down stretch

Cool down
Time: ~ 10 min

Show learners an example of a ball made from recycled material. Explain to the learners that they should make their own ball and bring it to school the following week.

Grab a partner and 1 lie facing down. For 2 min, other partners softly roll the ball over body of the learner laying on the floor. Repeat for another partner.

Goal Increase flexibility.



Netball

Grade 4 | Lesson 2

Equipment

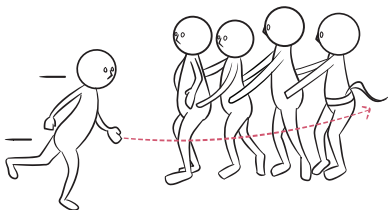
- About 20 balls (soccer and/or netball's), balls, 20 cones, 20

Fox and geese

Introduction
Time: ~ 10 min

Divide learners into groups of 4 - 6. Each group should form a line and put their hands on the waist of the learner in front of them. The first learner places their hands on their waist and the last learner has a colour band around their waist. 1 learner is the designated 'fox' and tries to get the band from the last learner when the teacher signals.

Goal Learn how to anticipate movements of others.

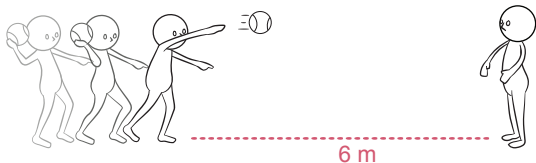


Shoulder pass

Introduction
Time: ~ 10 min

Divide learners into pairs, each pair should have a ball. Learners should stand 5 - 6 m apart and pass the ball overhand to the other learner 10 times without dropping the ball. Switch and repeat.

Goal Learn the overarm throw with both arms.



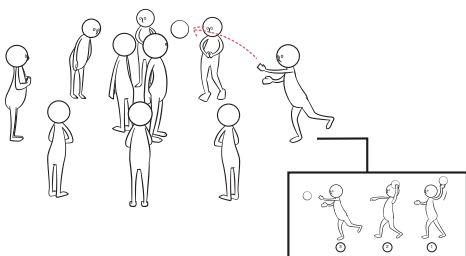
Circle dodge ball

Lesson
Time: ~ 10 min

Create 2 teams. 1 team will be in the centre of the circle formed by the other team. Learners in the outer circle should try to hit learners in middle of circle with the ball. If a learner is hit below waist, then he/she should join the learners in the outer circle. The last learner in middle is the winner.

Goal

To learn the use of the shoulder pass and to hit a defined target.



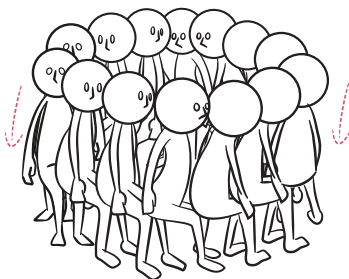
Mass lap sitting

Cool down
Time: ~ 10 min

Form groups of 10 - 15 learners. Learners should form a circle facing the right standing behind 1 another. They should stand close to each other and attempt to sit on each other's laps simultaneously. Afterward, they should try and walk and make the circle move.

Goal

To learn to co-operate and communicate with each other.





Netball

Grade 4 | Lesson 3

Equipment

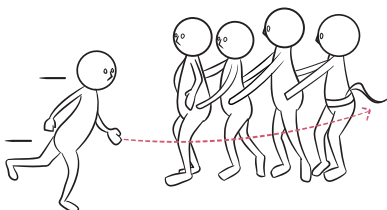
- About 20 balls (soccer and/or netball's), balls, 20 cones, 20 tennis balls, 8 colour bands and whistle

Fox and geese

Introduction
Time: ~ 10 min

Divide learners into groups of 4 - 6. Each group should form a line and put their hands on the waist of the learner in front of them. The first learner places their hands on their waist and the last learner has a colour band around their waist. 1 learner is the designated 'fox' and tries to get the band from the last learner when the teacher signals.

Goal Learn how to anticipate movements of others.

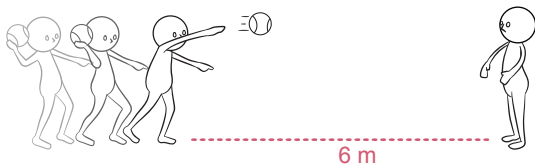


Shoulder pass

Introduction
Time: ~ 10 min

Divide learners into pairs, each pair should have a ball. Learners should stand 5 - 6 m apart and pass the ball overhand to the other learner 10 times without dropping the ball. Switch and repeat.

Goal Learn the overarm throw with both arms.

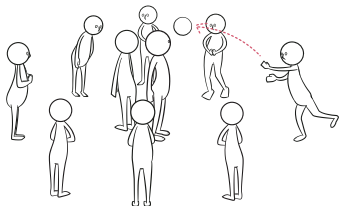


Circle dodge ball

Lesson
Time: ~ 10 min

Create 2 teams. 1 team will be in the centre of the circle formed by the other team. Learners in the outer circle should try to hit learners in middle of circle with the ball. If a learner is hit below waist, then he/she should join the learners in the outer circle. The last learner in middle is the winner.

Goal To learn the use of the shoulder pass and to hit a defined target.

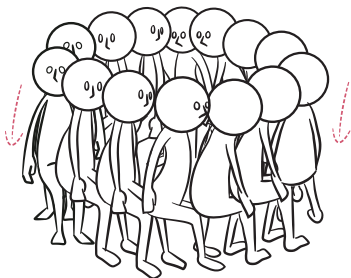


Mass lap sitting

Cool down
Time: ~ 10 min

Form groups of 10 - 15 learners. Learners should form a circle facing the right standing behind 1 another. They should stand close to each other and attempt to sit on each other's laps simultaneously. Afterward, they should try and walk and make the circle move.

Goal To learn to co-operate and communicate with each other.





Netball

Grade 4 | Lesson 4

Equipment

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

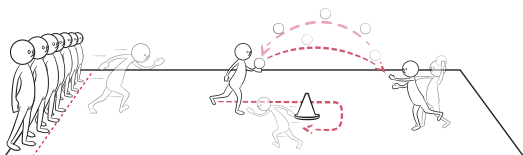
Passing champ relay

Introduction
Time: ~ 10 min

Divide learners into groups of 7 and instruct them to stand behind a line. 1 learner will run to the cone that is 10 m away and will receive a passed ball then they will pass it back to the learner throwing the ball. Each learner will get a chance to receive the ball. The first group to finish wins the relay.

Goal

Learn to throw the ball using the shoulder pass.



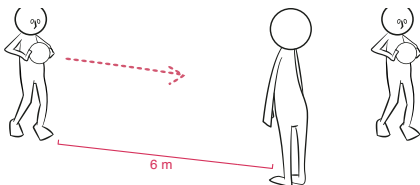
Chest pass

Lesson
Time: ~ 10 min

Learners are split into pairs and stand 5 - 6 m apart. They should pass the ball from 1 learner to the other using the netball chest pass. Learners can vary the distance between them as they continue to pass the ball to each other.

Goal

Learn to throw the ball and pass with the chest pass.

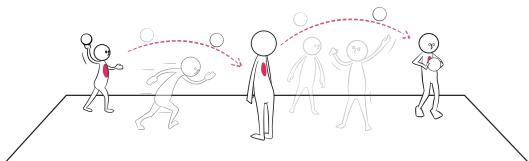


Speed ball

Lesson
Time: ~ 10 min

Form 2 groups of 10 learners per field. 1 team throws the ball to each other while the other team tries to intercept. The ball cannot touch the ground, if it does, the ball should be kicked around, made airborne and then thrown around again. A goal is scored if a learner is in the goal area.

Goal To learn to pass the ball in a real game situation.

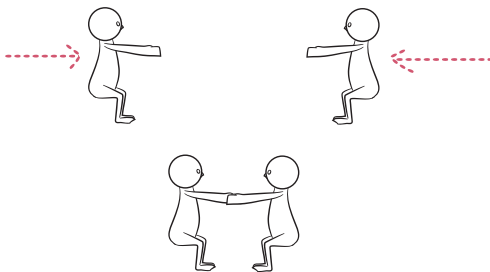


Duck fighting

Cool down
Time: ~ 10 min

Divide learners into pairs, they should stand facing each other. Learners should squat while trying to push each other over with their arms and hopping around in a circle.

Goal To improve balance and to strengthen core muscles.





Netball

Grade 4 | Lesson 5

Equipment

- About 15 balls (soccer and/or netball's), balls, 20 colour bands, 8 cones and whistle

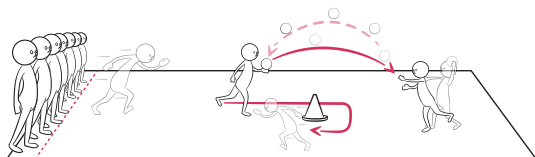
Passing champ relay

Introduction
Time: ~ 10 min

Divide learners into groups of 7 and instruct them to stand behind a line. 1 learner will run to the cone that is 10 m away and will receive a passed ball then they will pass it back to the learner throwing the ball. Each learner will get a chance to receive the ball. The first group to finish wins the relay.



Learn to throw the ball using the shoulder pass.



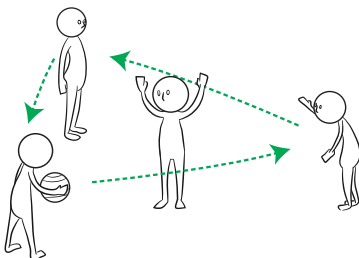
Passing triangle

Lesson
Time: ~ 10 min

Divide learners into groups of 4 with 1 ball per group. 2 learners stand facing each other while the third stands at a distance forming a triangle that is suitable to the learner's ability. The last learner acts as an opponent and stands between the learners. 1 learner passes the ball to another learner using the correct shoulder and chest pass technique.



To learn to pass a ball precisely, when there is an opponent.

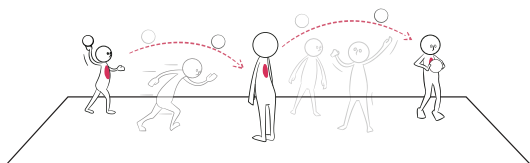


Speed ball

Lesson
Time: ~ 10 min

Form 2 groups of 10 learners per field. 1 team throws the ball to each other while the other team tries to intercept. The ball cannot touch the ground, if it does, the ball should be kicked around, made airborne and then thrown around again. A goal is scored if a learner is in the goal area.

Goal To learn to pass a ball in a real game situation.

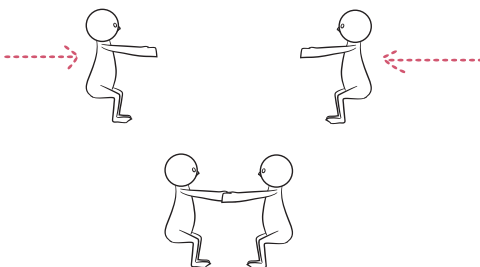


Duck fighting

Cool down
Time: ~ 10 min

Divide learners into pairs, they should stand facing each other. Learners should squat while trying to push each other over with their arms and hopping around in a circle.

Goal To improve balance.





Netball

Grade 4 | Lesson 6

Equipment

- About 20 balls (soccer and/or netball's), 20 colour bands, balls, 8 cones, 15 tennis balls and whistle

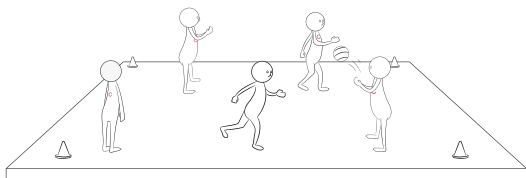
Tag the enemy

Introduction
Time: ~ 10 min

Mark out an area with 4 cones. 4 learners are designated as catchers and given a ball. Catchers pass the ball to each other and try to tag the other learners running around. If they are tagged, they join the catchers.

Goal

To learn to co-operate and find ways to reach the goal.



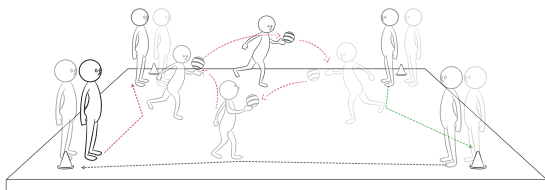
Chest pass

Lesson
Time: ~ 10 min

Learners are split into pairs and stand 5 - 6 m apart. They should pass the ball from 1 learner to the other using the netball chest pass. Learners can vary the distance between them as they continue to pass the ball to each other.

Goal

Learn to throw the ball and pass with the chest pass.



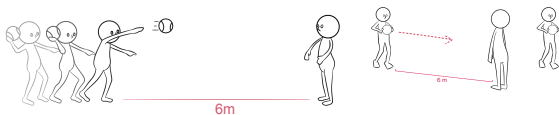
Assessment: pass and catch

Lesson
Time: ~ 10 min

2 learners face each other at a distance suitable for learner's ability, and a third learner forms a triangle with the 2 other learners. 1 learner passes the ball to the next learner using correct shoulder pass and chest pass technique.

Goal

To learn to pass a ball precisely.



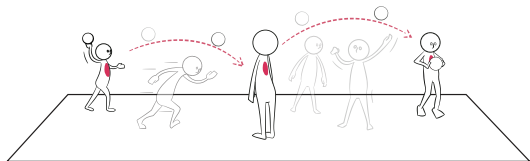
Speed ball

Cool down
Time: ~ 10 min

Form 2 groups of 10 learners per field. 1 team throws the ball to each other while the other team tries to intercept. The ball cannot touch the ground, if it does, the ball should be kicked around, made airborne and then thrown around again. A goal is scored if a learner is in the goal area.

Goal

To learn to pass in a real game situation.





Netball

Grade 4 | Lesson 7

Equipment

- Balls and colour bands

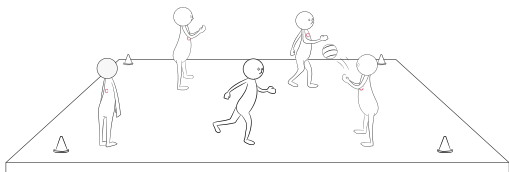
Tag the enemy

Introduction
Time: ~ 10 min

Mark out an area with 4 cones. 4 learners are designated as catchers and given a ball. Catchers pass the ball to each other and try to tag the other learners running around. If they are tagged, they join the catchers.

Goal

To learn to co-operate and find ways to reach the goal.



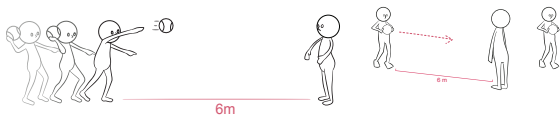
Assessment: pass and catch

Lesson
Time: ~ 10 min

2 learners face each other at a distance suitable for learner's ability, and a third learner forms a triangle with the 2 other learners. 1 learner passes the ball to the next learner using correct shoulder pass and chest pass technique.

Goal

To learn to pass a ball precisely.

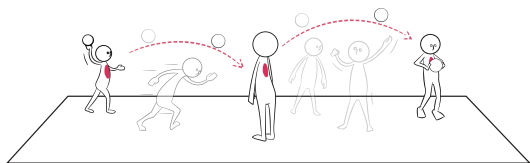


Speed ball

Lesson
Time: ~ 10 min

Form 2 groups of 10 learners per field. 1 team throws the ball to each other while the other team tries to intercept. The ball cannot touch the ground, if it does, the ball should be kicked around, made airborne and then thrown around again. A goal is scored if a learner is in the goal area.

Goal To learn to pass in a real game situation.



Rooster fighting

Cool down
Time: ~ 10 min

Divide learners into pairs. Learners should hop around on 1 leg while trying to push each other off balance with their shoulders. Learners should hold their ankle with 1 hand while the other hand is tucked behind them.

Goal To learn to pass in a real game situation.





Netball

Grade 4 | Lesson 8

Equipment

- Beanbags, about 20 cones and whistle

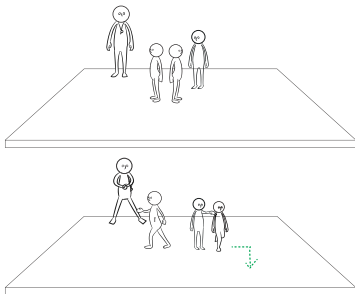
The mechanic and the robots

Introduction
Time: ~ 10 min

Divide learners into groups of 3; 1 learner is the mechanic, the other 2 are the robots. The game starts with the robots standing back to back. Robots move forward when the teacher starts clapping a rhythm. If a mechanic touches the robot's shoulder, they have to turn at a 90° angle. The mechanic should bring the 2 robots back together again.

Goal

To improve reaction time.



Relay running

Lesson
Time: ~ 20 min

Divide class into 2 teams and then split the teams again. They move to opposite sides of the class. When teacher signals, the race begins. The first learner goes to the other side doing a specific task and gives high five to first learner in the row. Each learner should go at least twice. Once everyone has gone, the game stops.

Task 1: run from 1 side to the other side.

Task 2: jump like a frog to the other side.

Task 3: run on all fours to the other side.

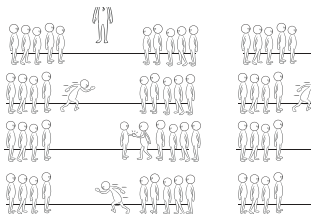
Task 4: run backwards to the other side.

Goal

To run relays with or without equipment.

Relay running

Continued

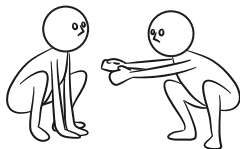


Knee tag

Lesson
Time: ~ 10 min

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

Goal Read the opponent's movements and speed.



Drawing message

Cool down
Time: ~ 10 min

Learners should pair up. Learner 1 lies face down, while learner 2 (using his/her finger) should draw something on learner 1's back. Learner 1 on the floor should guess what was drawn. Learners can change roles after 4 - 5 drawings.

Goal To relax and cool down the body.





Rhythmic movement

Grade 4 | Lesson 1: Animal Movements

Equipment

- Music player, music and whistle and about 20 cones

Name game

Introduction
Time: ~ 5 min

Learners should clap their hands in a regular pattern. Each learner should say his/her name in time to the beat. The whole class repeats each name while clapping to the beat.

Goal Learn to develop a rhythm.

Musical statues and animals

Lesson
Time: ~ 10 min

When the music plays, learners should move freely to music, using the entire area. When music stops, the teacher should instruct learners to do a specific movement alternating from freezing to any animal movement. Repeat movements 5 times.

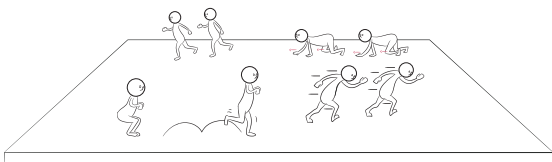
Goal To develop spatial orientation and awareness.

Follow the animal

Lesson
Time: ~ 5 min

Divide learners into pairs; 1 being the leader, and the other is a follower. The follower should copy the movements of the leader. The teacher should call out animal movements that should be changed every 30 sec.

Goal To imitate other learner's movements.



Creative group activity

Lesson
Time: ~ 10 min

Divide learners into groups of 5 and each group should choose an animal. Learners should make 1 big animal with all the bodies in the group and choose 4 different movements for the animal. All these movements should be combined to make a dance. Give learners 10 min to work on their own sequence.

Goal To move and react spontaneously.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present their dance to the class.

Goal To present movements of their own.



Rhythmic movement

Grade 4 | Lesson 2: Facial Expressions

Equipment

- Music player, music, drums, whistle and about 20 cones

Stop and formation

Introduction
Time: ~ 5 min

When the music plays, learners should move freely to the music. When the music stops, the teacher should instruct the learners to do a specific formation, using their whole body. Repeat formations 5 times.



To develop spatial awareness.

Mirror, mirror

Lesson
Time: ~ 10 min

Divide learners into pairs facing each other. Play/sing music or start drumming. 1 learner is the 'person', the other learner is the 'mirror'. The mirror should copy and follow all the movements of the person looking into the mirror. After 1 min, learners should swap roles and repeat the process. Each learner should get at least 2 chances in both roles.



To follow movements.



1



2



1



2



1



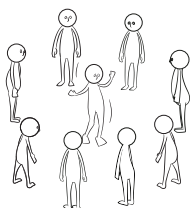
2

Dance circle

Lesson
Time: ~ 5 min

Stand in a big circle and get 1 learner to perform a dance move. The other learners should copy the move for about 16 counts. Afterward the learner in the middle should choose another to go to the middle. Repeat until at least 10 learners have had a chance.

Goal To follow movements to the rhythm.



Move to mood

Lesson
Time: ~ 10 min

Divide learners into groups of 5. Learners should create a dance where they show 2 different moods e.g. 2 sad movements and 3 happy movements. Learners should combine all these movements to make a dance. Give learners 10 min to practice.

Goal To learn movement expressions.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present their dance to the class.

Goal To present movements of their own.



Rhythmic movement

Grade 4 | Lesson 3: Rhythm and Body Percussion

Equipment

- Music player, music and whistle

Move! But how?

Introduction
Time: ~ 5 min

Learners should spread out where they will receive movement cues from the teacher. Change movements every 30 sec.

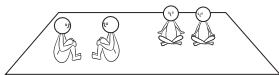
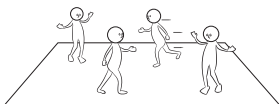
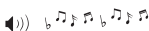
Goal To follow movement cues.

Stop and formation

Introduction
Time: ~ 5 min

When the music plays, learners should move freely to the music. When the music stops, the teacher should instruct learners to do a specific formation, using their whole body. Repeat formations 5 times.

Goal To develop spatial awareness.



Rhythm circle

Lesson
Time: ~ 10 min

Learners should stand in a circle. The teacher should stomp a rhythm using their feet and the learners should imitate. Clap hands twice on every second foot. Everyone should stomp their feet. 1 person will clap their hands twice and pass the rhythm to the next person. Learners that miss the rhythm should run around the circle then join the game again.

Goal To follow movements to the rhythm.

Body percussion circle

Lesson
Time: ~ 5 min

Make a circle and instruct learners to repeat the following after you: clapping hands, snapping fingers, slapping thighs, stomping feet, clucking like a chicken, whistling, all in a count of 1, 2, 3. Thereafter, learners should make their own mix. Each learner should get a chance to create a new rhythm pattern.

Goal To learn movement expressions.

Body percussion sequence

Lesson
Time: ~ 10 min

Learners should make groups of 5. Groups should combine 5 body percussion movements to make a dance. Give learners 10 min to practice.

Goal To develop movements to a rhythm.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present their dance to the class.

Goal To present movements of their own.



Rhythmic movement

Grade 4 | Lesson 4: Pace and Movement Repertoire

Equipment

- Music player, music and whistle

Run to music

Introduction
Time: ~ 5 min

Instruct learners to dance around. Learners should change the movements according to the speed, rhythm, and style of the song. (e.g. a slow song will have slow big movements).



To adapt movements according to the tempo.

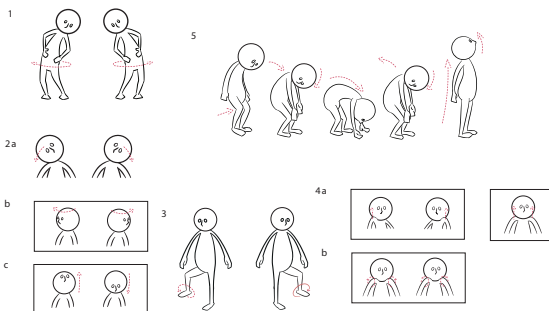
Mobilisation and isolation

Introduction
Time: ~ 5 min

Instruct learners to do mobilization and isolation movements e.g. hula hoop circles with their hips, drop right ear to right shoulder then drop left ear to left shoulder, look to the left then to the right then look up and down, ankle twists, shoulders up and down, shoulder rolls backward and forward, roll down.



To perform mobilization and isolation movements.

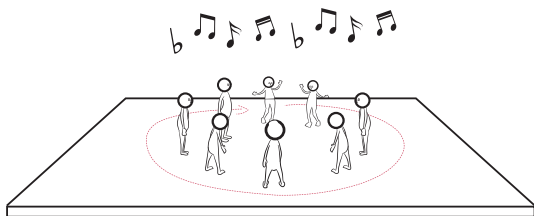


Favourite moves circle

Lesson
Time: ~ 5 min

Learners should make a circle and play some music. Each learner gets a chance to present their favourite dance moves to the class. The class should copy learner's movement. The learner to the right should demonstrate their own favourite movement. Movements should not be repeated.

Goal To demonstrate movement sequences to peers.



Creative group activity

Lesson
Time: ~ 10 min

Divide the class into groups of 5. Learners should choose 2 slow movements and 2 fast movements. Learners should combine all these movements to create a dance and then add an ending. Give learners 10 min to practice.

Goal To develop team cohesion while creating a dance sequence.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present their dance to the class.

Goal To perform a dance sequence to peers.



Rhythmic movement

Grade 4 | Lesson 5: Formations

Equipment

- Music player, music and whistle

Move! But how?

Introduction
Time: ~ 5 min

Learners should space out where they can see the movement cues from the teacher. Change movements every 30 sec.

Goal

To follow movement cues.

Stop and freeze

Lesson
Time: ~ 10 min

Learners should move freely to the music. When the music stops learners should freeze. Repeat 5 times. Learners should move freely to the music and this time when the music stops, give different instructions for the freeze.

Goal

To develop spatial awareness.

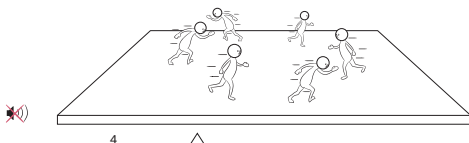
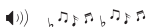
Group formations

Lesson
Time: ~ 5 min

Make groups of 10, and in these groups, learners should move around freely to the music. When the music stops, learners should do different formations instructed by the teacher e.g. build a circle in your group, build a triangle in your group, build a square in your group etc. Repeat instruction 3 times.

Goal

To learn different movement formations.



4

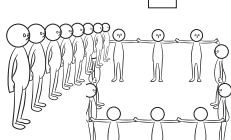


5

6



3



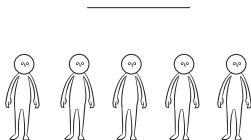
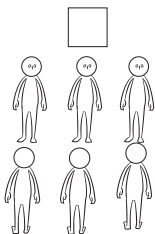
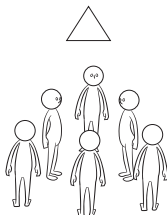
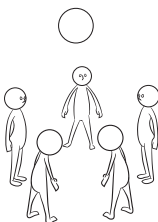
Creative group activity

Lesson
Time: ~ 10 min

Divide learners into groups of 5 and each group should choose an animal. Learners should make 1 big animal with all the bodies in the group and choose 4 different movements for the animal. All these movements should be combined to make a dance. Give learners 10 min to work on their own sequence.

Goal To move and react spontaneously.

3



Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.

Goal To present movements of their own.



Rhythmic movement

Grade 4 | Lesson 6: Movement Repertoire & Body Percussion

Equipment

- Music player, music, 20 cones and whistle

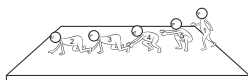
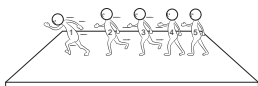
Follow the leader

Introduction
Time: ~ 5 min

Learners walk in groups of 5 with their leader in front. Leaders should walk in interesting ways and the learners should copy the movement. After 30 sec, leaders should change their movements.

Goal

To replicate movements to the patterns.



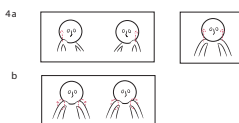
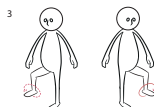
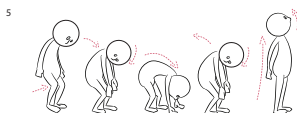
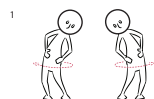
Mobilisation and isolation

Introduction
Time: ~ 5 min

Instruct learners to do mobilization and isolation movements e.g. hula hoop circles with their hips, drop right ear to right shoulder then drop left ear to left shoulder, look to the left then to the right then look up and down, ankle twists, shoulders up and down, shoulder rolls backward and forward, roll down.

Goal

To perform mobilization and isolation movements.



Body percussion circle

Lesson
Time: ~ 5 min

Make a circle and instruct learners to repeat after you: clapping hands, snapping fingers, slapping thighs, stomping feet, clucking like a chicken, whistling, all in a count of 1, 2, 3. Thereafter, learners should make their own mix. Each learner should get a chance to create a new rhythm pattern.

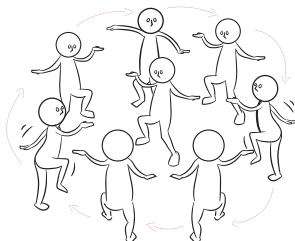
Goal To learn movement expressions.

Travelling dance circle

Lesson
Time: ~ 5 min

Learners stand in a big circle. Choose 1 learner to stand in the middle of the circle to make a movement. The other learners should copy their movements. The learner in the middle then chooses the next learner to go into the middle. Repeat the same process. Repeat game until 10 learners have had a chance to enter the circle.

Goal To move and react spontaneously.



Creative group activity

Lesson
Time: ~ 10 min

Divide learners into groups of 5 and each group should choose an animal. Learners should make 1 big animal with all the bodies in the group and choose 4 different movements for the animal. All these movements should be combined to make a dance. Give learners 10 min to work on their own sequence.

Goal To move and react spontaneously.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the class.

Goal To present movements of their own.



Rhythmic movement

Grade 4 | Lesson 7: Shapes and Levels

Equipment

- Music player, music, drums, 20 cones and whistle

Intro ritual

Introduction
Time: ~ 5 min

Learners should stand in a circle and greet the person next to them with a movement of choice.

Goal

To demonstrate their own movement of choice.

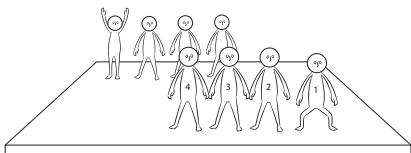
Follow the leader

Introduction
Time: ~ 5 min

Learners should walk in groups of 5 with their leader in front. Leaders should walk in interesting ways and the learners should copy the movement. After 30 sec, leaders should change their movements.

Goal

To replicate movements to the patterns.



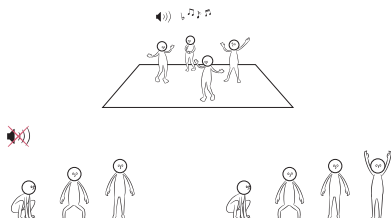
Pose game

Lesson
Time: ~ 5 min

Drum or play any song, by at various points stop and start the beat. When the beat stops, learners should make a pose, holding the pose for at least 8 counts. When the beat stops again, try using a different pose and formation instructions for the learners e.g. groups of 4 - freeze at different levels, groups of 5 - everyone doing the same position etc.

Goal

To follow formation instructions.

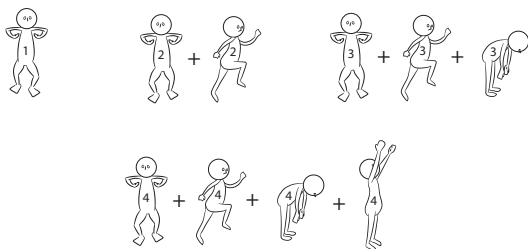


Copy and add

Lesson
Time: ~ 10 min

Divide learners into groups of 5 (learners should make a circle and number themselves from 1 to 5). Learner 1 should choose 1 body part to make a movement and show the movement. Other learners should copy the movement. Learner 2 repeats movement 1 then adds their own movement. Group movements 1 and 2. Learner 3 does both movements before doing his/her own movement. Repeat process until each learner has copied the previous movements and added their own.

Goal To replicate movements to the patterns.



Favourite moves

Lesson
Time: ~ 10 min

Choose 2 favourite movements from the previous exercise. Place learners in groups of 3. Learners should teach their 2 movements to the group. Therefore, each group should have 6 movements. Now combine these movements to create a dance. Give learners 10 min to practice, then each group should present their dance to the class.

Goal To develop movements combinations.

Outro

Cool down
Time: ~ 5 min

Learners sit on the floor with stretched out legs and closed eyes. Give learners instructions on what to do to stretch different parts of their body. Hold each stretch for 8 counts then relax. Soft music may be played in the background. At the end, instruct learners to breathe in 8 counts, holding breath from 4 counts and breathe out for 8 counts. Repeat deep breaths 3 times.

Goal To relax and cool down the body.





Rhythmic movement

Grade 4 | Lesson 8: Movements and Force

Equipment

- Music player, music, drums and whistle

Intro ritual

Introduction
Time: ~ 5 min

Learners stand in a circle and greet the person next to them with a movement of choice.

Goal

To demonstrate their own movement of choice.

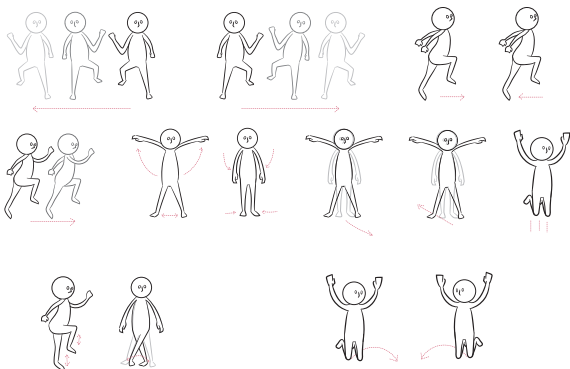
Boxing match

Introduction
Time: ~ 5 min

Learners should find a partner. Use drums or the boxing song from Moving to Music. Learners should face each other as they follow instructions, without bumping each other.

Goal

Implement instruction cues from Moving to Music.



Copy and add

Lesson
Time: ~ 25 min

Divide learners into groups of 5. They stand into a circle and should number themselves from numbers 1 to 5. Learner 1 should choose a body part to make a movement and then show the movement. The other learners should copy the movement. Learner 2 repeats movement 1 then adds own movement. Group copies movement 1 and 2. Learner 3 does both movements before doing own movement. Repeat the process until each learner has copied the previous movements and added his/her own. Once learners have finished activity, they should create a dance with their 5 movements, with an ending position with 3 different levels. Give learners 5 min to practice their dance.

Goal To replicate movements to the patterns.

Outro

Cool down
Time: ~ 5 min

Learners sit on the floor with stretched out legs and closed eyes. Give learners instructions on what to do to stretch different parts of their body. Hold each stretch for 8 counts then relax. At the end, instruct learners to breathe in 8 counts, holding breath for 4 counts and breathe out for 8 counts. Repeat deep breaths 3 times.

Goal To relax and cool down the body.



Running Disciplines

Grade 4 | Lesson 1

Equipment

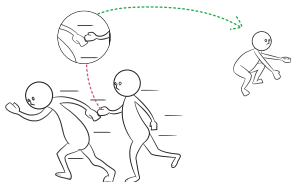
- About 12 colour bands, 20 cones, chalk and whistle

Flamingo tag

Introduction
Time: ~ 10 min

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

Goal To improve co-ordination and attention skills.



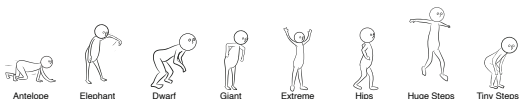
Mimes sprinter

Lesson
Time: ~ 10 min

Learners stand next to each other in a line. Mark a line 20 m away, and sprint 8 times. Learners should rest between sprints. Assist learners with techniques in sprinting:

1. Sprint like an elephant;
2. Sprint like a springbuck;
3. Sprint like a giraffe;
4. Sprint like dwarf;
5. Sprint with both hands on your hips;
6. Sprint and use your arms in an extreme way;
7. Sprint with huge steps;
8. Sprint with tiny steps.

Goal Improve athletic skills and develop sprint techniques.

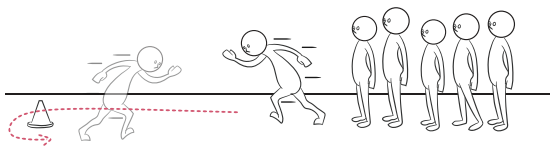


Line race

Lesson
Time: ~ 10 min

Divide learners into groups of 6. Learners should stand behind the start line next to each other. Turning point 20 m away, with 6 cones at 3 m away. At the blow of a whistle, the first learner should run to the cone and run back to 'high 5' the next learner. Continue until each learner has had a chance to run.

Goal Improves sprint, stop and go; improve agility.



Cool down

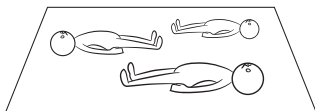
Cool down
Time: ~ 10 min

Learners should lay on the floor and hold each exercise for 30 sec as listed below.

1. Move your head from the right side to the left side and back.
2. Using your right arm, paint 5 circles in the sky.
3. Using your left arm, paint 5 circles in the sky.
4. Circle your right hand 5 times.
5. Circle your left hand 5 times.
6. Move your whole body, stretch and pull.

Learners should get up slowly after all tasks are done.

Goal Move body in different directions and use 1 body part at a time.



1



2



3



4



5



6



7





Running Disciplines

Grade 4 | Lesson 2

Equipment

- About 10 colour bands, 20 cones, chalk and whistle

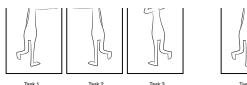
Ostrich tag

Introduction
Time: ~ 10 min

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

Goal

Practice activities using the non-dominant side of the body.



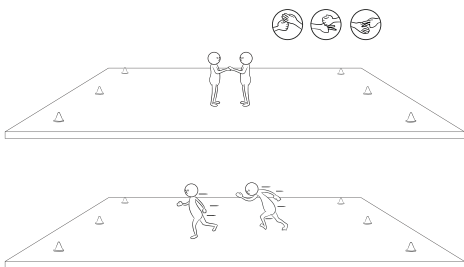
Rock paper scissors

Lesson
Time: ~ 10 min

2 learners face each other and play a game of rock, paper, and scissors. The learner that loses the game should run to the 20 m marked line as fast as possible.

Goal

Improve reaction time.

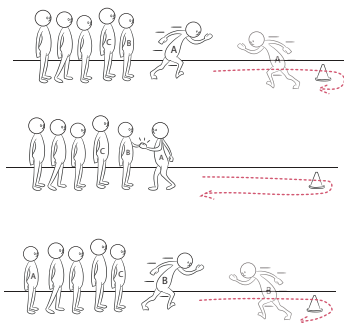


On and off

Lesson
Time: ~ 10 min

Divide learners into groups of 6. Stand in a line next to each other. 20 m turning point marked. The first learner runs and comes back, grabs the second learner by the hand and continues until all 6 learners run to the cone together and back. The first learner gets dropped and continues until all learners are at the start line.

Goal Improve reaction time.

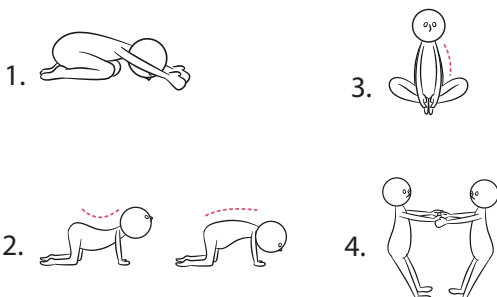


Stretches

Cool down
Time: ~ 10 min

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

Goal To improve flexibility.





Running Disciplines

Grade 4 | Lesson 3

Equipment

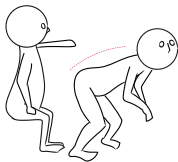
- About 10 balls (soccer and/or netball's), 20 tennis balls, 12 colour bands, 20 cones, chalk and whistle

Toilet tag

Introduction
Time: ~ 10 min

Mark a field and choose 6 learners to be catchers. The rest of the learners should run freely around a marked area. When touched by the catcher, learner squats with 1 arm outstretched pretending to be a toilet. As soon as another learner sits down and presses the arm down, the other learner is then freed. After 3 - 4 min, catchers are changed.

Goal To develop spatial orientation.

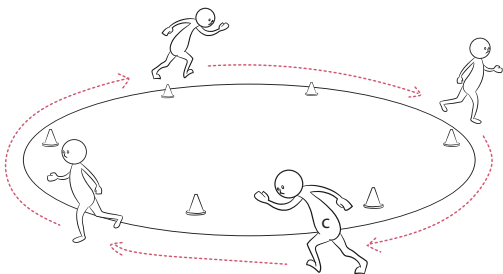


6min endurance run

Lesson
Time: ~ 10 min

The teacher marks a field (10 x 20 m) where the learners should run around. The goal of the game is to run as many times as possible around the field without walking, for 6 min.

Goal To improve endurance.

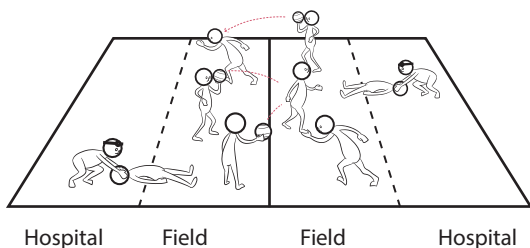


The doctor

Lesson
Time: ~ 10 min

Mark out area and divide learners into 2 groups. Each team secretly chooses a doctor and has the power to bring teammates back into the game by pulling them to the hospital (a marked area). If a learner is hit by a ball, they should sit down, and the doctor should try to rescue teammates without getting hit. If the doctor is out, the rest of the teammates cannot be saved.

Goal To avoid the ball.



Massage

Cool down
Time: ~ 10 min

Grab a partner, 1 partner should lie down on their belly. The other partner should roll a tennis ball softly over the other learner's back. Repeat for the other partner.

Goal To reduce heart rate.





Running Disciplines

Grade 4 | Lesson 4

Equipment

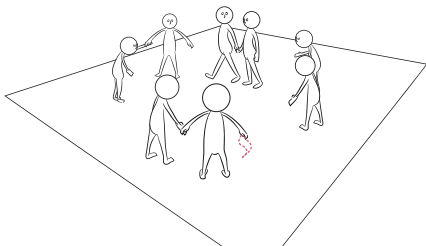
- About 20 balls (soccer and/or netball's), 20 colour bands, 20 cones and whistle

Couple tag

Introduction
Time: ~ 10 min

Mark out an area and divide learners into pairs by taking hands. 1 learner in the pair is a catcher and gets a colour band. When another pair is caught, they also get colour bands until there is 1 pair without bands. The last pair without colour bands wins.

Goal To coordinate with teammates.

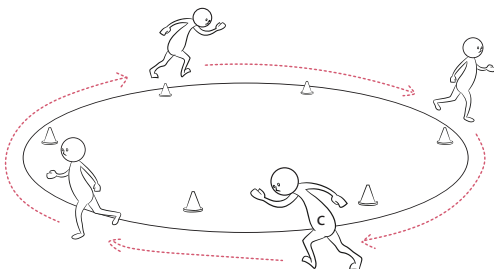


6min endurance run

Lesson
Time: ~ 10 min

Mark out a field (10 m x 20 m). The learners should run around the field for 6 min. Learners should avoid walking.

Goal Improve endurance.

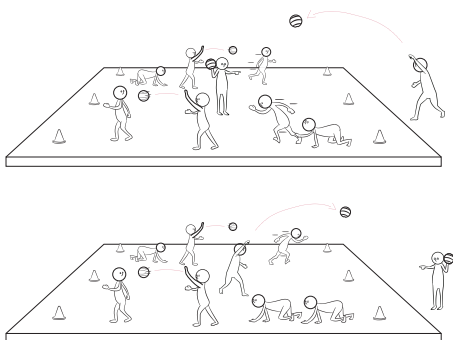


Zombie ball

Lesson
Time: ~ 10 min

Mark out an area. Learners (villagers) should spread out in the marked area. The teacher should throw 4 'magic balls' into the marked area. The villagers should try to get to a ball and throw the ball at another learner to turn him/her into a zombie. Zombies should crawl on the ground. If a zombie touches a villager, then the roles swap. The zombie becomes a villager and the other villager becomes a zombie.

Goal Improve reaction time.

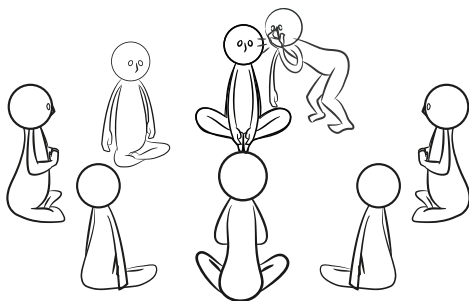


Wake up

Cool down
Time: ~ 10 min

Learners should lie down on the floor with their eyes closed. The teacher should whisper a learner's name and tap the learners until everyone gets up.

Goal Cool down.





Running Disciplines

Grade 4 | Lesson 5

Equipment

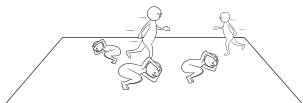
- About 12 colour bands, 30 cones and whistle

Learners obstacle tag

Introduction
Time: ~ 10 min

Mark out a field with cones and choose 6 learners to be the catchers. The rest of the learners should run around freely. When a learner is caught by a catcher, he/she should huddle on the floor. Another learner should jump over him/her to free them.

Goal Improve athletic ability.

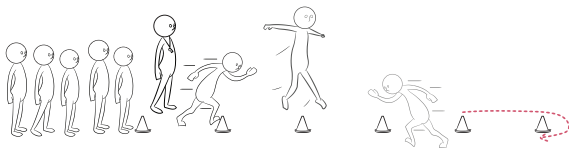


Hurdle relay

Lesson
Time: ~ 10 min

Divide learners into teams of 6 and mark out a 20 m turning point. Put 6 cones at 3 m intervals between the starting and turning points. Learners should huddle at each cone to represent hurdles. When the teacher signals then the first learner should run over each hurdle then turn at the end and then run back to their cone. Each learner should have a chance.

Goal Improve athletic ability.

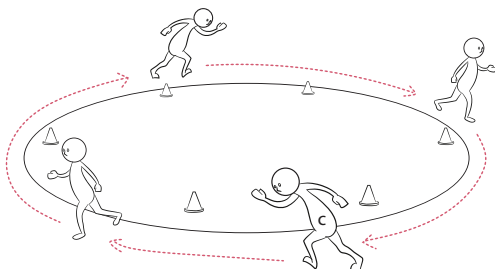


Run your age

Lesson
Time: ~ 10 min

Ask learners to run around a marked area. Learners should run the same number of rounds as their age.

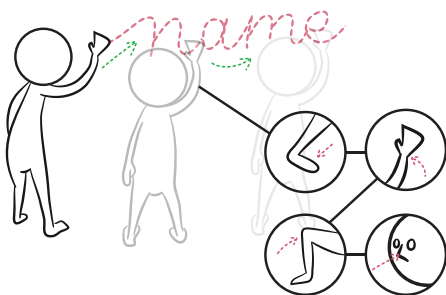
Goal To increase heart rate.



Body writing

Cool down
Time: ~ 10 min

The teacher asks the learners to write their names in the air with part of their body.





Running Disciplines

Grade 4 | Lesson 6

Equipment

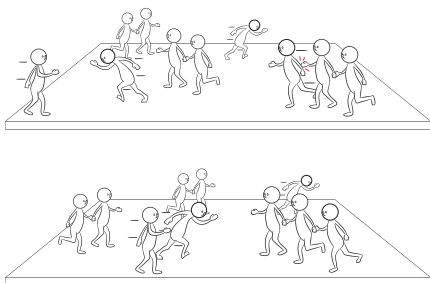
- About 12 colour bands, 20 cones, paper and pen (40) and whistle

Chain tag

Introduction
Time: ~ 10 min

Mark out a playing area and divide the learners into pairs. Allocate 3 pairs as catchers. The catchers should try to catch the other learners so that they join the chain. The learners in the front and the back can only tag the other learners.

Goal Improve athletic ability.

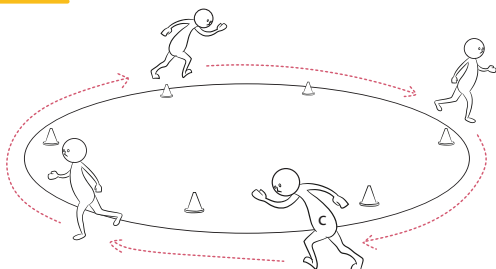


Examination: first trial

Lesson
Time: ~ 20 min

Mark out a field of about 60 m x 40 m using 4 cones. The learners should run around the field for the same number of min as their age in years. The learners should try to run the full duration without walking or stopping. Divide learners into pairs. 1 will run and the other will examine. They can take a break after 5 min.

Goal Improve athletic ability.

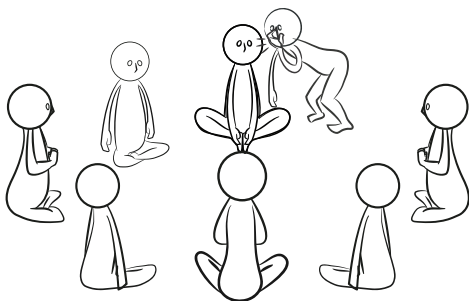


Wake up

Cool down
Time: ~ 10 min

Learners lay on the floor with their eyes closed. The teacher whispers a learner's name and they should tap the other learners until everyone gets up.

Goal Cool down.





Running Disciplines

Grade 4 | Lesson 7

Equipment

- About 12 colour bands, 20 cones, paper and pen (40) and whistle

Gate tag

Introduction
Time: ~ 10 min

Mark out an area and choose 6 catchers. Other learners run freely and when they are caught, they should stand with their legs apart and hands on their head. To be freed, another learner should crawl under their legs.

Goal Improve athletic ability.

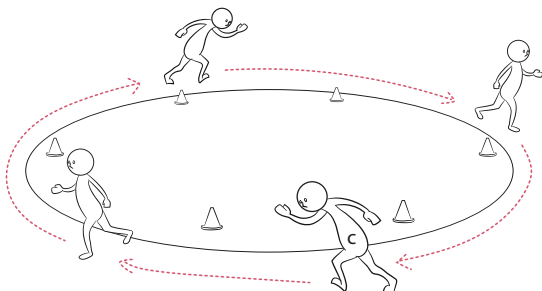


Examination

Lesson
Time: ~ 20 min

Mark out a field of about 60 m x 40 m using 4 cones. The learners should run around the field for the same number of min as their age in years. The learners should try to run the full duration without walking or stopping. Divide learners into pairs. 1 will run and the other will examine. They can take a break after 5 min.

Goal Improve athletic ability.

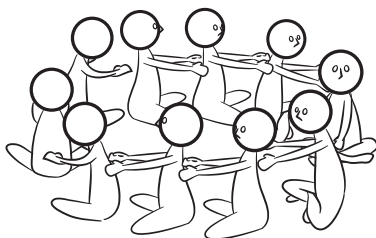


Massage in a circle

Cool down
Time: ~ 10 min

Learners should sit in a circle and massage the back of the learner sitting in front of them. After 2 min, the teacher should call for the learners to turn around then massage the back of the new learner in front of them.

Goal Reduce heart rate.





Running Disciplines

Grade 4 | Lesson 8

Equipment

- Skipping ropes and hula hoops

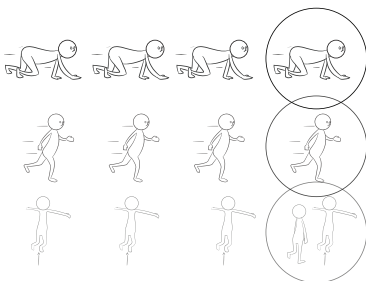
Follow the leader

Introduction
Time: ~ 10 min

Divide learners into groups of 8 or more. The learner in front will move in various ways and the other learners should imitate the movement. When the teacher blows the whistle, the leader changes and the teacher should instruct what the new movement will be.

Goal

To walk, run, skip and do other movements, using signals to change from 1 to the other.



Hopscotch, rope-skipping and a trick

Lesson
Time: ~ 20 min

Divide learners into groups A, B and C. Each group will start with a different task then rotate after 7 min until all tasks have been completed.

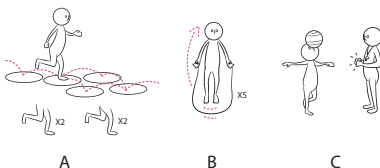
Task 1: hopscotch with hula hoops; each member crossing the hopscotch twice with dominant leg and twice with non-dominant leg.

Task 2: use skipping rope; each member should jump over the rope with an interruption at least 5 times.

Task 3: the group creates a trick to show to the teacher.

Goal

Learn to hop and find a rhythm while hopping.

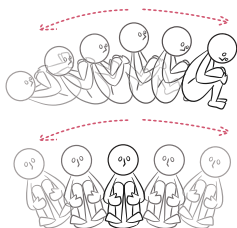


Roll like a ball

Cool down
Time: ~ 5 min

The learners pretend to be a ball – they roll backward and forward, and from side to side, in a circular motion. They wrap their arms around their knees and lift their feet off the ground.

Goal Cool down.



Cobra stretch

Cool down
Time: ~ 10 min

Learners lie flat on their stomachs and raise their upper body's off the floor by pushing with their heads. They should keep the stretch until they feel their core muscles stretching. Stretch 10 sec, then rest 10 sec.

Goal Stretch core muscles.



Explain exam

Mark out a field of about 60 m x 40 m using 4 cones. The learners should run around the field for the same number of min as their age in years. The learners should try to run the full duration without walking or stopping.



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

DSBG 
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 4 PHYSICAL EDUCATION

Soccer

Netball

Rhythmic movement

Track and field: Running disciplines



KaziKidz



Teaching Material for Schoolchildren