

**LESSON CUE CARDS FOR**

# **Grade 5**



 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)*

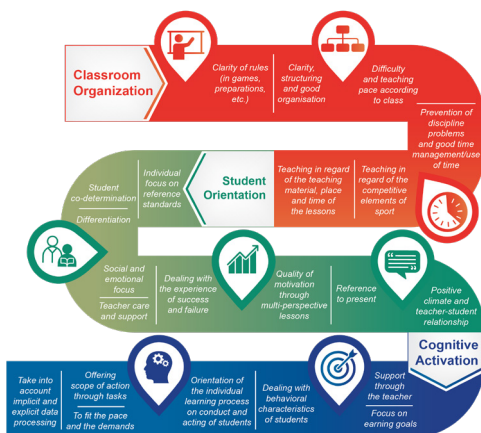
*Materials developer for the training and teaching GET and  
FET Life Orientation and Physical Education in the GET  
and FET Bands (2002-2008, Department of Education)*



## 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 5

- 20 Soccer and/or netball balls
- 1 Whistle
- 20 Long skipping ropes
- 20 Tennis balls
- Stones - enough for the activity (2 x big bags variety of stones)
- 1 soccer field
- 2 goal posts on each side
- Or use cones and mark out soccer playing area
- 30 Cone s
- 6 Pieces of wood
- Colour bands (bibs or blindfolds) - 40 (2 sets different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music ([www.kazibantu.org](http://www.kazibantu.org))
- Drums
- 40 mats, 1 per learner
- And/or 1 open playground field with grass
- 1 netball field
- 2 net posts on each side
- Or use cones and mark out netball playing area and 2 hoops Netball field with net posts
- 20 Hula hoops
- 20 Beanbags
- 20 Tennis balls
- Chalk (Sufficient to mark out playing area)

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# Soccer

Grade 5 | Lesson 1

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 20 cones and a piece of wood

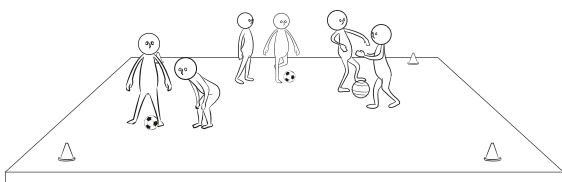
## Soccer ball robber

Introduction  
Time: ~ 10 min

Divide learners into pairs with 1 ball per pair. 1 learner has the ball and the other tries to steal ball from him/her.



To control the ball and defend.



## Main part overview

Divide learners into 2 groups. 1 half goes through the 'dribble obstacle course' with the teacher. The other half plays 'behind enemy lines'. The teacher first explains the game 'behind enemy lines' then allows the group to play that game, whilst he/she works with the group. Change groups after 10 - 15 min.

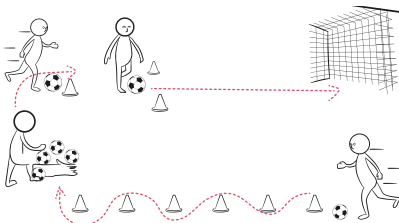
## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.



To pass through opposition and defend.

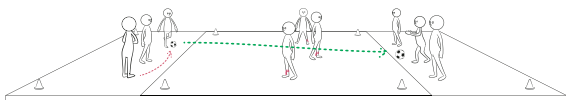


# Behind enemy lines

Lesson  
Time: ~ 10 min

Divide the class into 2 teams. Learners in end zones are the allied team and learners in centre are the enemy team. The ball is a package that should be delivered behind enemy lines. Allied teams should pass ball across the field without interception by the enemy team. If so, teams should switch places with the enemy team.

**Goal** To pass through opposition.

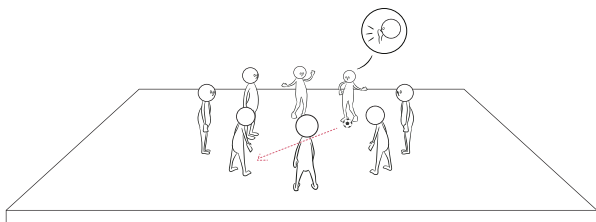


# Popcorn ball

Cool down  
Time: ~ 10 min

Learners should form a circle facing inward. 1 learner has 1 ball. The learner kicks the ball to another learner, but first calls out that learner's name before kicking the ball.

**Goal** To concentrate on different names.





# Soccer

Grade 5 | Lesson 2

## Equipment

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

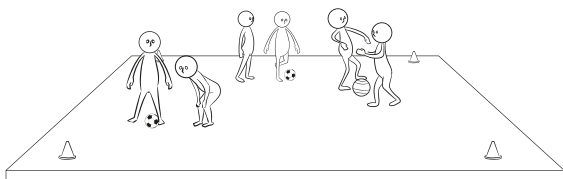
## Soccer ball robber

Introduction  
Time: ~ 10 min

Divide learners into pairs with 1 ball per pair. 1 learner has the ball and the other tries to steal ball from him/her.

### Goal

To control the ball and defend.



## Main part overview

Divide learners into 2 groups. 1 half goes through the 'dribble obstacle course' with the teacher. The other half plays 'behind enemy lines'. The teacher first explains the game 'behind enemy lines' then allows the group to play that game, whilst he/she works with the group. Change groups after 10 - 15 min.

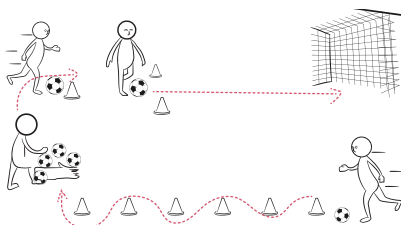
## Dribble obstacle course

Lesson  
Time: ~ 20 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.

### Goal

To pass through opposition and defend.

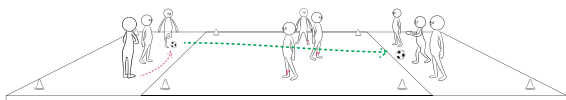


# Behind enemy lines

Lesson  
Time: ~ 10 min

Divide the class into 2 teams. Learners in end zones are the allied team and learners in centre are the enemy team. The ball is a package that should be delivered behind enemy lines. Allied teams should pass ball across the field without interception by the enemy team. If so, teams should switch places with the enemy team.

**Goal** To pass through opposition.

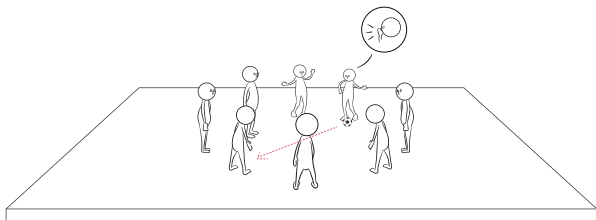


# Popcorn ball

Cool down  
Time: ~ 10 min

Learners should form a circle facing inward. 1 learner has 1 ball. The learner kicks the ball to another learner, but first calls out that learner's name before kicking the ball.

**Goal** To concentrate on different names.





# Soccer

Grade 5 | Lesson 3

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 40 colour bands (2 sets of different colours), 20 cones and a piece of wood

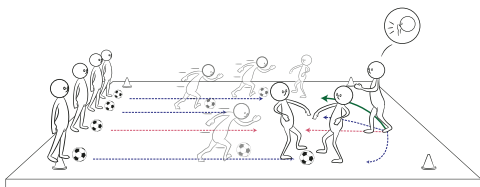
## The soccer ball virus

Introduction  
Time: ~ 10 min

1 learner (catcher) is positioned on 1 side of the field, the other learners are on the other side, each with a soccer ball. The catcher asks: 'who is scared of the virus?'. The other children reply 'not us' and runs to the opposite side. The catcher should try to steal the ball from the learners. If the learners lose the ball, he/she joins the virus team.

### Goal

Learn to move with the ball.



## Main part overview

Divide learners into 2 groups. 1 half goes through the 'dribble obstacle course' with the teacher. The other half plays 'behind enemy lines'. The teacher first explains the game 'behind enemy lines' then allows the group to play that game, whilst he/she works with the group. Change groups after 10 - 15 min.

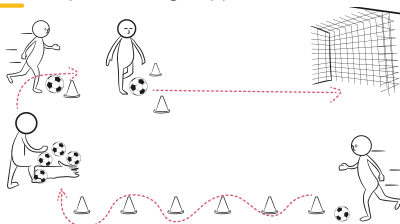
## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.

### Goal

To pass through opposition and defend.



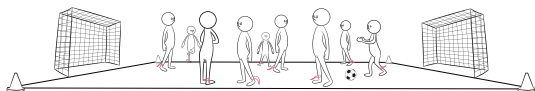


# Reverse soccer

Lesson  
Time: ~ 10 min

Divide learners into 2 groups. Each learner receives a colour band for their weaker foot. Learners may only use the weaker foot during the soccer game.

**Goal** To improve lateral movements.

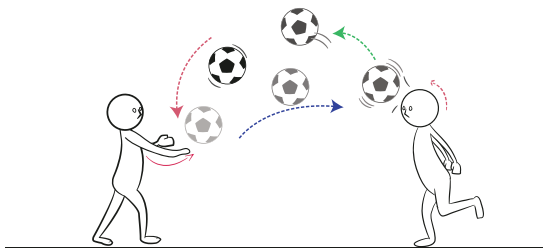


# Smart head

Cool down  
Time: ~ 10 min

Divide learners into 2 groups, with 10 learners in each group. 2 teams play against each other. Learners pass the ball by hand but should header the ball back to teammates to score points. Possession of the ball changes if the ball drops or if the other team intercepts a pass.

**Goal** To improve ability of heading.





# Soccer

Grade 5 | Lesson 4

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 40 colour bands (2 sets of different colours), 20 cones and a piece of wood

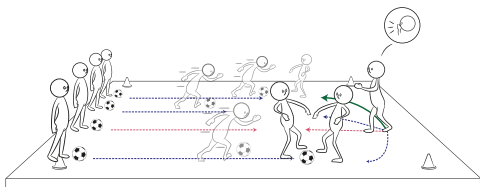
## The soccer ball virus

Introduction  
Time: ~ 10 min

1 learner (catcher) is positioned on 1 side of the field, the other learners are on the other side, each with a soccer ball. The catcher asks: 'who is scared of the virus?'. The other children reply 'not us' and runs to the opposite side. The catcher should try to steal the ball from the learners. If the learners lose the ball, he/she joins the virus team.

### Goal

Learn to move with the ball.



## Main part overview

Divide learners into 2 groups. 1 half goes through the 'dribble obstacle course' with the teacher. The other half plays 'behind enemy lines'. The teacher first explains the game 'behind enemy lines' then allows the group to play that game, whilst he/she works with the group. Change groups after 10 - 15 min.

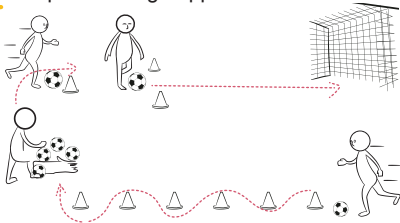
## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.

### Goal

To pass through opposition and defend.

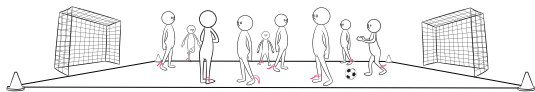


# Reverse soccer

Lesson  
Time: ~ 10 min

Divide learners into 2 groups. Each learner receives a colour band for their weaker foot. Learners may only use the weaker foot during the soccer game.

**Goal** To improve lateral movements.

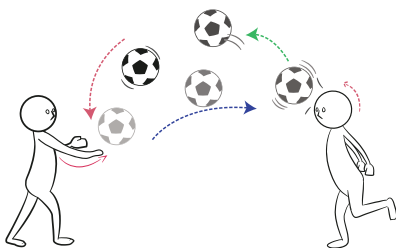


# Smart head

Cool down  
Time: ~ 10 min

Divide learners into 2 groups, with 10 learners in each group. 2 teams play against each other. Learners pass the ball by hand but should header the ball back to teammates to score points. Possession of the ball changes if the ball drops or if the other team intercepts a pass.

**Goal** To improve ability of heading.





# Soccer

Grade 5 | Lesson 5

## Equipment

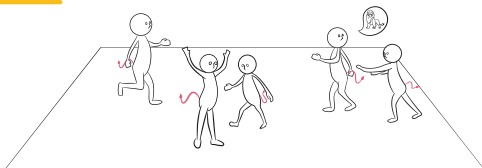
- About 20 balls (soccer and/or netball's), a whistle, 40 colour bands (2 sets of different colours), 20 cones and a piece of wood

## Lion tales

Introduction  
Time: ~ 10 min

Each learner should visibly tuck a colour band at the back of their shorts. Learners run around trying to steal 'tails' of other 'lions'. If learner steals another's tail, they tuck it into their own shorts. Play for 5 min, learner with most tails wins. Play again, but with the learners having to control a ball.

**Goal** To improve change of direction and ball control.



## Main part overview

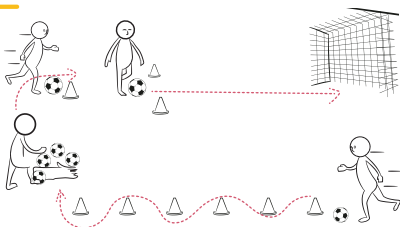
Divide learners into 2 groups. 1 half goes through the 'speedy Gonzales' with the teacher. The other half plays 'speedy Gonzales'. The teacher first explains the game 'speedy Gonzales' then allows the group to play that game, whilst he/she works with the group. Change groups after 10 - 15 min.

## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.

**Goal** To pass through opposition and defend.

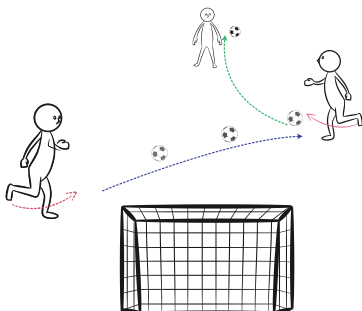


# Speedy gonzales

Lesson  
Time: ~ 10 min

Divide learners into 2 teams. They play soccer with 2 goals, but goals only count if it was a direct shot (no stop and control).

**Goal** To improve pass accuracy.

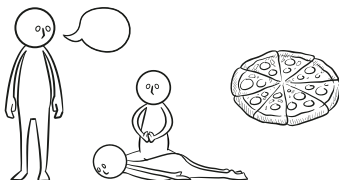


# Pizzaiolo massage

Cool down  
Time: ~ 10 min

Divide learners into pairs. 1 learner lies on their belly and the other is the pizzaiolo. Under the teacher's instruction, pizzaiolo will massage other learners back simulating to make a pizza.

**Goal** To relax and reduce heart rate.



Clean

Knead

Ingredients

Oven

Slice

Eat



# Soccer

Grade 5 | Lesson 6

## Equipment

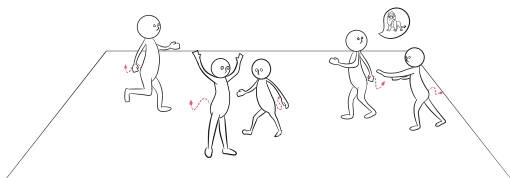
- About 20 balls (soccer and/or netball's), a whistle, 40 colour bands (2 sets of different colours), 20 cones and a piece of wood

## Lion king

Introduction  
Time: ~ 10 min

Each learner should visibly tuck a colour band at the back of their shorts. Learners run around trying to steal 'tails' of other 'lions'. If learner steals another's tail, they tuck it into own shorts. Play for 5 min, learner with most tails wins. Play again, but with the learners having to control a ball.

**Goal** To improve change of direction and ball control.



## Main part overview

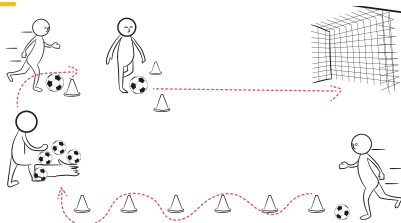
Teacher divide learners into 2 groups. 1 half does 'dribble obstacle course' activity with the teacher. The other half plays 'speedy Gonzales'. The teacher first explains the game 'speedy Gonzales' then allows the group to play that game, whilst he/she works with the group. Change groups after 10-15 min.

## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.

**Goal** To pass through opposition and defend.

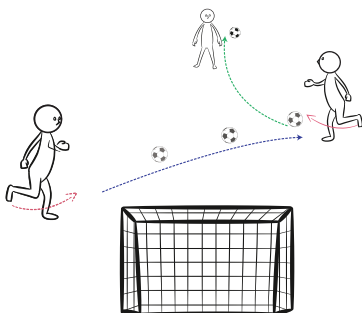


# Speedy gonzales

Lesson  
Time: ~ 10 min

Divide learners into 2 teams. They play soccer with 2 goals, but goals only count if it was a direct shot (no stop and control).

**Goal** To improve pass accuracy.

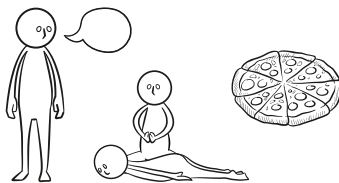


# Pizzaiolo massage

Cool down  
Time: ~ 10 min

Divide learners into pairs. 1 learner lies on their belly and the other is the pizzaiolo. Under the teacher's instruction, pizzaiolo will massage other learners back simulating to make a pizza.

**Goal** To relax and reduce heart rate.



Clean

Knead

Ingredients

Oven

Slice

Eat



# Soccer

Grade 5 | Lesson 7

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, stones, 40 colour bands (2 sets of different colours), 28 cones and a piece of wood

## Treasure island

Introduction  
Time: ~ 10 min

Divide learners into 4 teams, with each having a course of 7 cones in front of them. Learners should dribble the ball through a course, collect 'diamonds' (any object) at the end of the course and dribble the ball back. Teams with the most 'diamonds' win.



To improve concentration.



## Main part overview

Teacher divide learners into 2 groups. 1 half does 'dribble obstacle course' activity with the teacher. The other half plays 'speedy Gonzales'. The teacher first explains the game 'speedy Gonzales' then allows the group to play that game, whilst he/she works with the group. Change groups after 10-15 min.

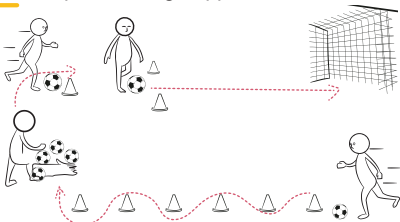
## Dribble obstacle course

Lesson  
Time: ~ 10 min

Learner completes an obstacle course containing a pattern of 6 cones. He/she then lifts the ball over obstacles with feet and scores a goal. Switch learners and repeat.



To pass through opposition and defend.



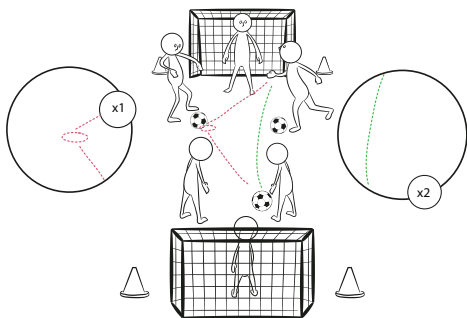


## Quick decision soccer

Lesson  
Time: ~ 10 min

Divide learners into 2 teams and play with 2 goal posts. Only 10 learners per team. Swap learners during the game. Play according to standard rules, but 2 different ways of scoring. If a learner scores directly after receiving the ball = 2 points. If a learner stops the ball first = 1 point.

**Goal** To improve quick decision making.

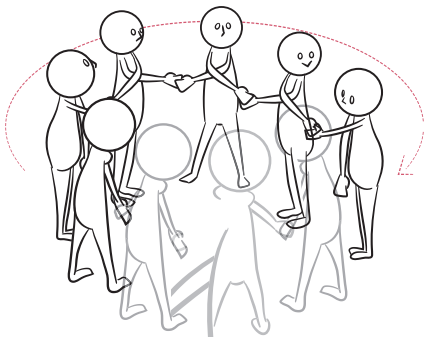


## Mystic knot

Cool down  
Time: ~ 10 min

Divide learners in teams of 10. The children should take hands randomly with other learners, but not taking both hands of the same learner. Everyone should then try to untangle a knot without letting their partners' hand go.

**Goal** To improve concentration levels.





# Soccer

Grade 5 | Lesson 8

## Equipment

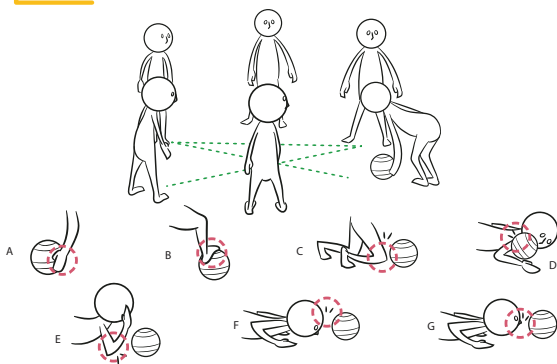
- About 15 balls (soccer and/or netball's), a whistle, 5 hula hoops, 10 long skipping ropes and 20 tennis balls

## Feel the ball

Introduction  
Time: ~ 10 min

Ask learners to stand in a circle formation in groups of 6. Learners should roll a ball along the ground using their hand, foot, knee, shoulder, elbow, head, and nose to the other learners in the group.

**Goal** To improve ball control.

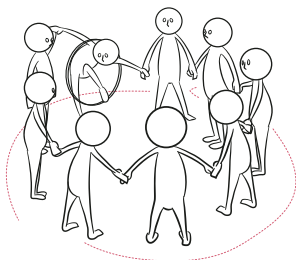


## Go through the hoop

Lesson  
Time: ~ 10 min

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

**Goal** To improve grip strength.

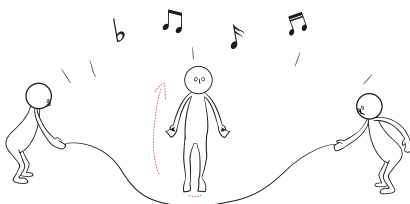


## Rope skipping together

Lesson  
Time: ~ 10 min

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

**Goal** To jump to a rhythm.

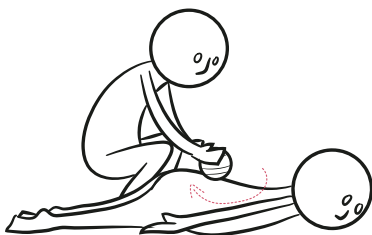


## Massage

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.





# Netball

Grade 5 | Lesson 1

## Equipment

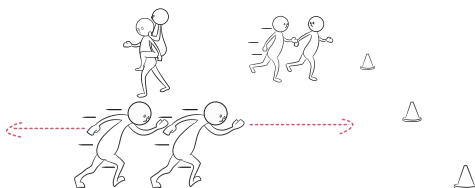
- About 4 balls (soccer and/or netball's), a whistle, chalk and 10 cones

## Crows and cranes

Introduction  
Time: ~ 10 min

Learners stand back to back in rows, 1 row being 'cranes', the other row being 'crows'. Teacher shouts 'cranes', then they run to a certain line, while the crows run after them. When a crane is touched by a crow, he/she should carry the player on their back and return to their original position. When the teacher shouts 'crows', the cranes should chase and touch crows.

**Goal** To improve reaction time.



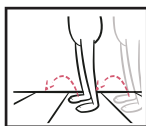
## Fast ladder

Lesson  
Time: ~ 10 min

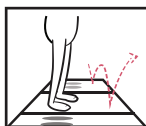
Learners in teams of 5. Each team draws a ladder with 7 blocks on the floor. 1 team at times does the following activity:

- skip,
- side skip,
- double-leg,
- side hop,
- zigzag,
- hopscotch.

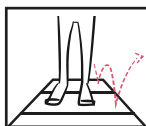
**Goal** To develop faster footwork.



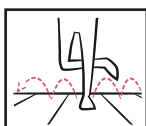
Skip



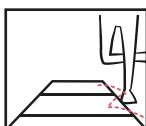
Side Skip



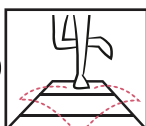
Double leg



Side Hop



Zigzag



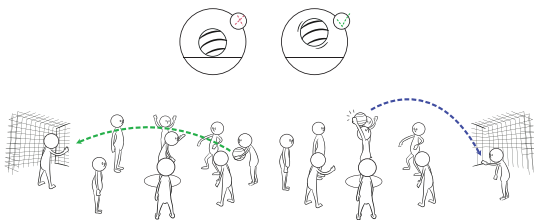
Hopscotch

# 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.

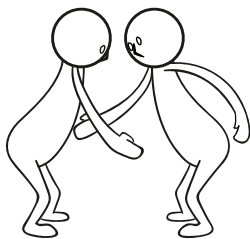


# Knee boxing

Cool down  
Time: ~ 10 min

Divide learners into pairs. Each player should attempt to hit their opponent's knee as many times with an open hand.

**Goal** To observe opponent movements.





# Netball

Grade 5 | Lesson 2

## Equipment

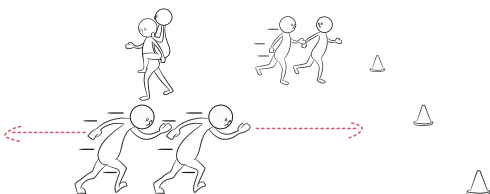
- About 4 balls (soccer and/or netball's), a whistle, chalk and 10 cones

## Crows and cranes

Introduction  
Time: ~ 10 min

Learners stand back to back in rows, 1 row being 'cranes', the other row being 'crows'. Teacher shouts 'cranes', then they run to a certain line, while the crows run after them. When a crane is touched by a crow, he/she should carry the player on their back and return to their original position. When the teacher shouts 'crows', the cranes should chase and touch crows.

**Goal** To improve reaction time.



## Fast ladder

Introduction  
Time: ~ 10 min

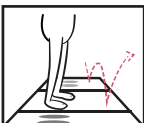
Learners in teams of 5. Each team draws a ladder with 7 blocks on the floor. 1 team at a times does following activity:

- skip,
- side skip,
- double leg,
- side hop,
- zigzag,
- hopscotch.

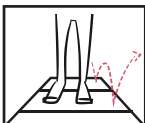
**Goal** To develop faster footwork.



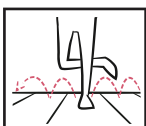
Skip



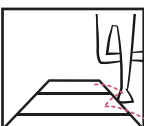
Side Skip



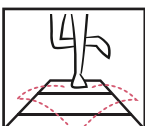
Double leg



Side Hop



Zigzag



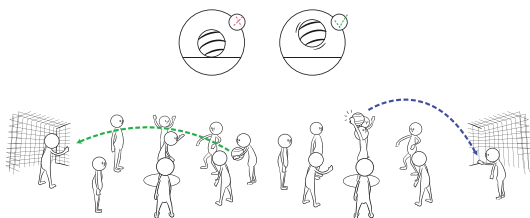
Hopscotch

# 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.

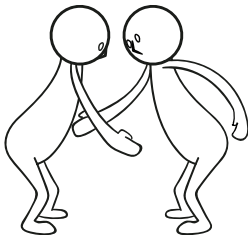


# Knee boxing

Cool down  
Time: ~ 10 min

Divide learners into pairs. Each player attempts to hit opponent's knee as many times with open hand.

**Goal** Observe opponents moves.





# Netball

Grade 5 | Lesson 3

## Equipment

- About 4 balls (soccer and/or netball's), a whistle, chalk and 28 cones

## Agility relay

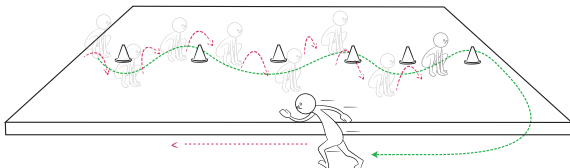
Introduction  
Time: ~ 10 min

Divide the class in teams of 5 - 7, all behind the start line. At the signal, the first learner completes the course:

- run through course,
- then hop like frog between 2 cones,
- run in a figure 8 sideways around 2 cones,
- then run backwards to starting point.

Learners should be seated once complete. The first team with all members seated wins.

**Goal** To improve agility and coordination skills.

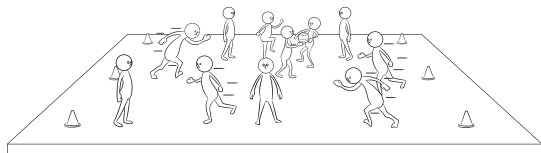


## Ball release tag

Lesson  
Time: ~ 10 min

Mark out an area and assign learners to be catchers. Catchers should try to tag other players. Once tagged, player should stand still and can only be released by catching a ball.

**Goal** Learn to look for passing opportunities.



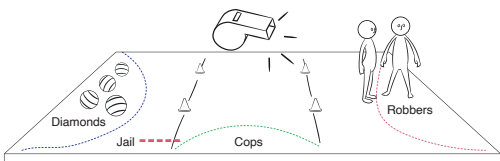


# Cops and robbers

Lesson  
Time: ~ 10 min

Mark out a playing area: den of robbers, diamond area and jail. Blow the whistle to release robbers. Blow a second time to release cops to chase them. Robbers work together to get balls home by passing them with netball rules. Cops attempt to intercept ball or cause 3-sec violations. If cops do this successfully, the diamond (netball) is put back into blue coned area and player who loses ball goes to jail. Robbers free teammates by high-fiving them. When robbers are home, cops can not touch them. Swap roles.

**Goal** To improve agility and coordination skills.

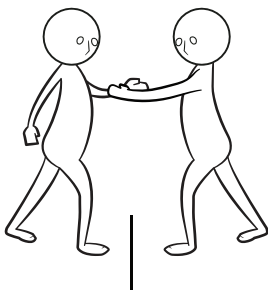


# Partner tug of war

Cool down  
Time: ~ 10 min

Group learners into pairs, facing each other with 1 foot in front of each other on either side of a straight line. They grab each other's hand with sailor's grip trying to force each other over the line.

**Goal** To improve balance and strength.





# Netball

Grade 5 | Lesson 4

## Equipment

- About 4 balls (soccer and/or netball's), a whistle, chalk and 40 cones

## Agility relay

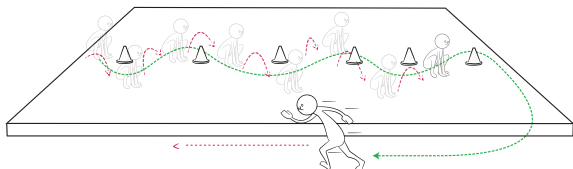
Introduction  
Time: ~ 10 min

Divide the class into teams of 5 - 7, all behind the start line. At the signal, the first learner completes the course:

- run through course,
- then hop like frog between 2 cones,
- run in a figure 8 sideways around 2 cones,
- then run backwards to starting point.

Learners should be seated once complete. The first team with all members seated wins.

**Goal** To improve agility and coordination skills.

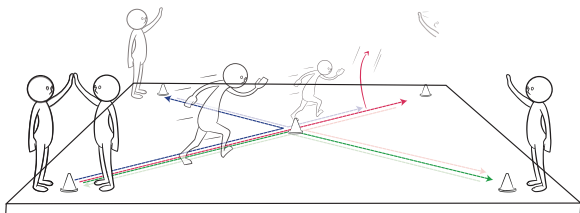


## Agility assessment drill

Lesson  
Time: ~ 10 min

Divide learners into teams of 5. 4 learners form a square of 10 m with cones and 1 cone in the middle. 1 learner stands in the middle and gives high fives to learners in the corners, always returning to the middle cone. The learner moves twice laterally, once forward, once backward.

**Goal** To improve balance and speed.

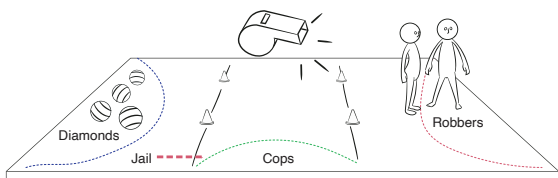


# Cops and robbers

Lesson  
Time: ~ 10 min

Mark out a playing area: a den of robbers, diamond area and jail. Blow the whistle to release robbers. Blow a second time to release cops to chase them. Robbers work together to get balls home by passing them with netball rules. Cops attempt to intercept ball or cause 3-sec violations. If cops do this successfully, the diamond (netball) is put back into blue coned area and player who loses ball goes to jail. Robbers free teammates by high-fiving them. When robbers are home, cops can not touch them. Swap roles.

**Goal** To improve agility and coordination skills.

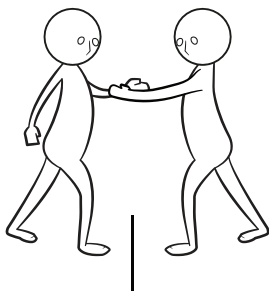


# Partner tug of war

Cool down  
Time: ~ 10 min

Group learners into pairs, facing each other with 1 foot in front of each other on either side of a straight line. They grab each other's hand with sailor's grip trying to force each other over the line.

**Goal** To improve balance and strength.





# Netball

Grade 5 | Lesson 5

## Equipment

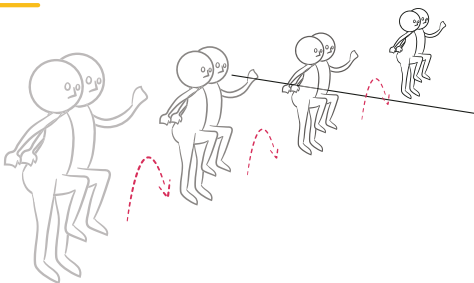
- About 20 balls (soccer and/or netball's), a whistle, 20 colour bands and 40 cones

## Two-legged race

Introduction  
Time: ~ 10 min

Divide learners into pairs, standing in a row. Each learner holds the waist of their partner. At the signal, each pair raises 1 knee and hops to the line. At the cone, they change sides and use other leg to hop back. The team that finishes first wins.

**Goal** To improve balance and speed.

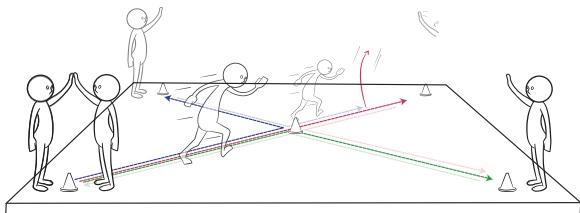


## Agility assessment drill

Lesson  
Time: ~ 10 min

Divide learners into teams of 5. 4 learners form a square of 10 m with cones and 1 cone in the middle. 1 learner stands in the middle and gives high fives to learners in the corners, always returning to the middle cone. The learner moves twice laterally, once forward, once backward.

**Goal** To improve balance and movement coordination.

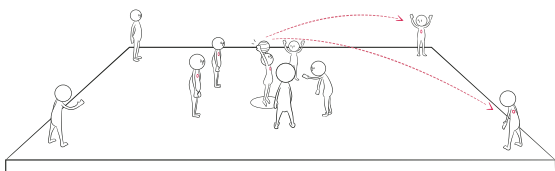


# Corner ball

Lesson  
Time: ~ 10 min

Mark an area (15 m by 15 m, with 4 learners at corners and 2 teams of 5 - 10 players in middle). Corner player passes the ball to their teammate. The attacking team's aim is to move the ball from 1 corner player to the opposite corner player. If the defending team intercepts a pass, the ball is rolled to the nearest corner player and immediately becomes the attacking team. After an interception or a goal, the attacking team transitions to defence. A team scores when the ball is passed successfully from 1 side to another.

**Goal** To develop agility, footwork and ball handling.



# Back to back passing

Cool down  
Time: ~ 10 min

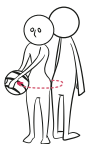
Learners stand back to back and pass the ball in the following different ways:

- over and under,
- twists,
- rolls.

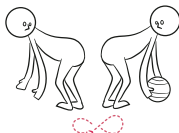
**Goal** To improve flexibility.



Under



Twist



Rolls



# Netball

Grade 5 | Lesson 6

## Equipment

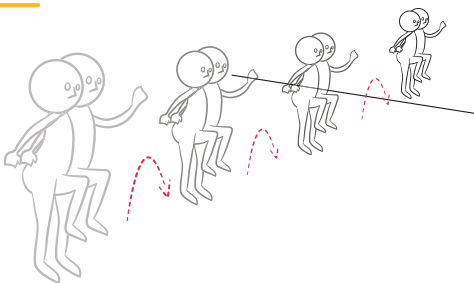
- About 20 balls (soccer and/or netball's), a whistle, 20 colour bands and 40 cones

## Two-legged race

Introduction  
Time: ~ 10 min

Divide learners into pairs, standing in a row. Each learner holds the waist of their partner. At the signal, each pair raises 1 knee and hops to the line. At the cone, they change sides and use other leg to hop back. The team that finishes first wins.

**Goal** To improve balance and speed.

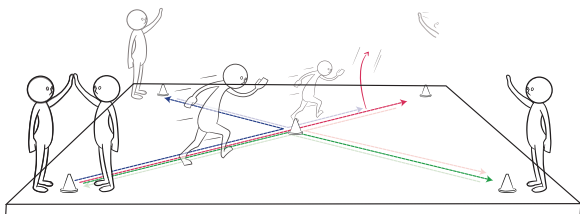


## Agility assessment drill

Lesson  
Time: ~ 10 min

Divide learners into teams of 5. 4 learners form a square of 10 m with cones and 1 cone in the middle. 1 learner stands in the middle and gives high fives to learners in the corners, always returning to the middle cone. The learner moves twice laterally, once forward, once backward.

**Goal** To improve balance and movement coordination.



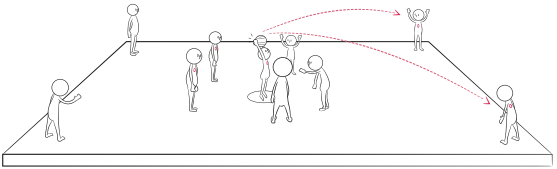
# Corner ball

Lesson  
Time: ~ 10 min

Mark an area (15 m by 15 m, with 4 learners at corners and 2 teams of 5 - 10 players in middle). Corner player passes the ball to their teammate. The attacking team's aim is to move the ball from 1 corner player to the opposite corner player. If the defending team intercepts a pass, the ball is rolled to the nearest corner player and immediately becomes the attacking team. After an interception or a goal, the attacking team transitions to defence. A team scores when the ball is passed successfully from 1 side to another.

**Goal**

To develop agility, footwork and ball handling.



# Back to back passing

Cool down  
Time: ~ 10 min

Learners stand back to back and pass the ball in the following different ways:

- over and under,
- twists,
- rolls.

**Goal**

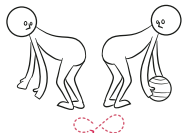
To improve flexibility.



Under



Twist



Rolls



# Netball

Grade 5 | Lesson 7

## Equipment

- About 5 balls (soccer and/or netball's), a whistle, 20 colour bands and 40 cones

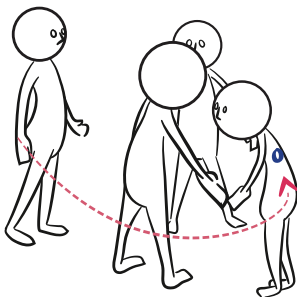
## 1 against 3

Introduction  
Time: ~ 10 min

Learners divide into groups of 4. 3 learners take hands and form a circle, 4th player remains on the outside of the circle. At the start signal, he/she should try to catch player on the far side of the circle, while the others prevent him/her from doing so.

### Goal

Improve balance and speed.



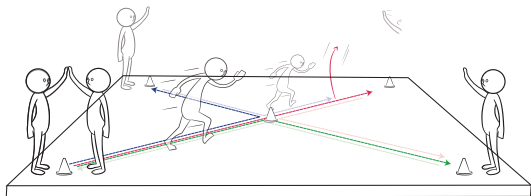
## Agility assessment drill

Lesson  
Time: ~ 10 min

Divide learners into teams of 5. 4 learners form a square of 10 m with cones and 1 cone in the middle. 1 learner stands in the middle and gives high fives to learners in the corners, always returning to the middle cone. The learner moves twice laterally, once forward, once backwards.

### Goal

To improve balance and movement coordination.



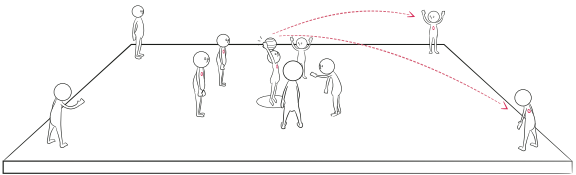


# Corner ball

Lesson  
Time: ~ 10 min

Mark an area (15 m by 15 m, with 4 learners at corners and 2 teams of 5 - 10 players in middle). Corner player passes the ball to their teammate. The attacking team's aim is to move the ball from 1 corner player to the opposite corner player. If the defending team intercepts a pass, the ball is rolled to the nearest corner player and immediately becomes the attacking team. After an interception or a goal, the attacking team transitions to defence. A team scores when the ball is passed successfully from 1 side to another.

**Goal** To develop agility, footwork and ball handling.



## 1, 2, 3 freeze

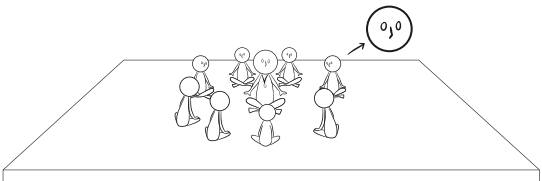
Cool down  
Time: ~ 10 min

All learners sit in a large circle, facing inward and the teacher sits in the middle. The teacher says '1, 2, 3 freeze' and all the children should freeze. If they move, they are eliminated. Have the learners freeze with different facial expressions each round.

**Goal** Cool down activity.

Coldest  
Hottest  
Scariest

Ugliest  
Prettiest  
Handsome





# Netball

Grade 5 | Lesson 8

## Equipment

- About 5 balls (soccer and/or netball's), a whistle, 20 colour bands, 40 cones and chalk

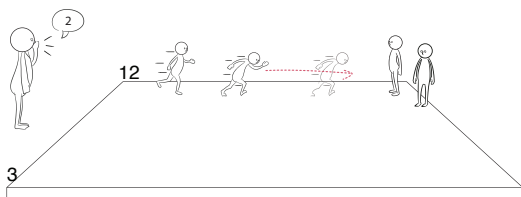
## Throw

Introduction  
Time: ~ 10 min

Mark a square with 4 markers, using colour bands or name bases 1 - 4. Learners should jog within the boundary until the teacher calls out colour/base number, where learners should run to. The first 3 learners get a letter of the alphabet. The game continues until 1 learner has all letters that spell 'throw'.



To improve reaction time.



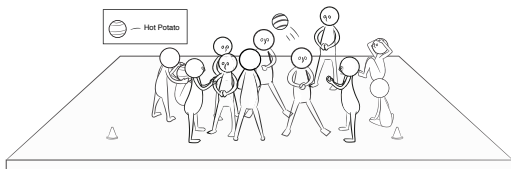
## Hot potato

Lesson  
Time: ~ 20 min

LEVEL 1: Mark out play area where learners can move around freely. Learners pretend that the ball being passed is a hot potato and should pass the ball quickly otherwise they will get burned. If a learner drops the ball, they get on 1 knee and can only be redeemed by catching a ball the next time. If a learner drops the ball again, they should be on both knees, then sit down and the last time the learner is out. LEVEL 2: The learner is out when he/she can not catch the ball. Last learner standing wins the game.



Practise throwing and catching balls.

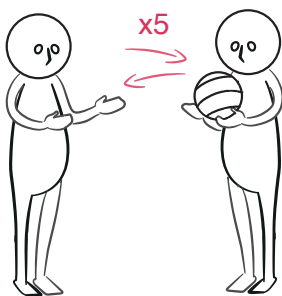


# Passing heroes

Lesson  
Time: ~ 10 min

LEVEL 1: Form teams of 5-10 learners with 2 teams playing against each other. Each team tries to pass the ball 5 times in a row from 1 member to another. If the team accomplishes task, the team gets 1 point and gives ball to the other team. Team with most points at the end wins. LEVEL 2: Learners should make 10 passes to get 1 point.

**Goal** Practise throwing and catching balls

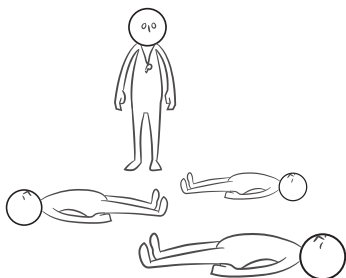


## Relaxation

Cool down  
Time: ~ 10 min

Learners lie on the floor on their backs, arms at their side with palms up and legs apart. Teacher gives instruction to tense specific body parts for 3 sec and then relax. Continue until all body parts have been targeted.

**Goal** Cool down





# Netball

Grade 5 | Lesson 9

## Equipment

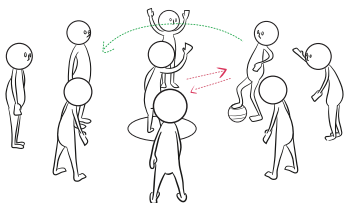
- Cones, balls and music box.

## The one in the middle

Introduction  
Time: ~ 5 min

Divide the class into groups of 8 - 10 learners. Instruct a learner to stand in the middle of the circle. Learners should pass the ball to each other. If the learner in the middle intercepts the ball, he/she should join the circle and another learner should stand in the middle.

**Goal** To develop ball skills.

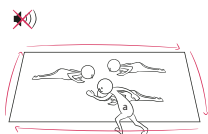
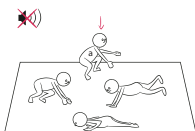
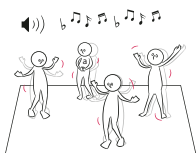


## Get down

Lesson  
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.

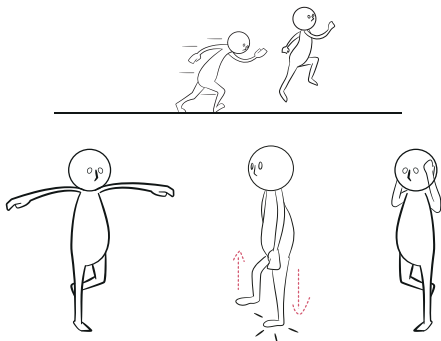


# Ostrich tag

Lesson  
Time: ~ 5 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** Practise activities using non-dominant side of the body.

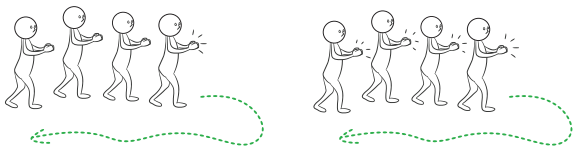


# Clap out the rhythm

Lesson  
Time: ~ 10 min

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

**Goal** Cool down.





# Rhythmic movement

Grade 5 | Lesson 1: Play music and sing

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

## 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



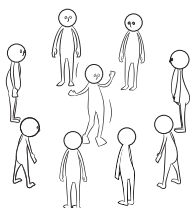
2

## 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.



## Go puzzle dance

Lesson  
Time: ~ 10 min

Divide learners into groups of 5. Play slow music/drumming/singing. Each group should design a dance to the beat of the song. Give each group 15 min to practise.

**Goal** Learn to develop a rhythm.

## Cool down

Cool down  
Time: ~ 10 min

Give learners 10 min to present their dance to the class.

**Goal** To present movements of their own.



# Rhythmic movement

Grade 5 | Lesson 2: Play music and sing.

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

## 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 the 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.

## Freeze number 1, 2 and 3

Lesson  
Time: ~ 5 min

Learners move around freely while music plays. When the music stops then the children should freeze (position 1). Repeat until they find their position 3. When the music stops, you will call out which position they need to freeze into.

**Goal** To move and react spontaneously.

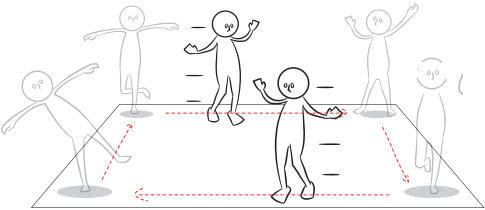


## Partner freeze combination in a square

Lesson  
Time: ~ 10 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.



## 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 5 | Lesson 3: Drums or fast song, drum at a running pace.

## Equipment

- Maybe some cones to mark an area, a whistle, music player, drums and music

## 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.

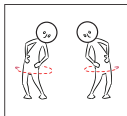
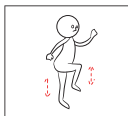
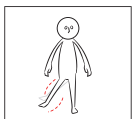
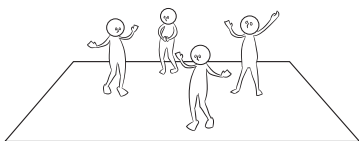
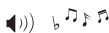
## Stop and go

Introduction  
Time: ~ 5 min

Play a fast song with learners moving around freely. Each time the music stops, instruct learners to do a specific activity as fast as they can.

**Goal**

To move and react spontaneously.

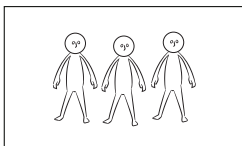


# Action word scenes

Lesson  
Time: ~ 25 min

Learners make groups of 3 and design a picture for each action word. E.g. 'cooking', 1 learner will be a pot, 1 will be stirring and the other can be the stove. Learners repeat movement or position for 20 sec. Repeat the process with other action-words to create different scenes. Learners should then use action words from their favourite scenes to create a dance (2 moves from each learner). Give learners time to practise, each group presents dance to class.

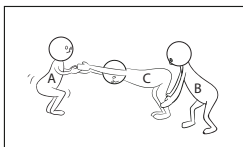
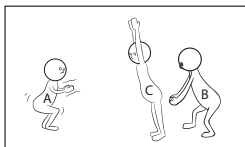
**Goal** To create a movement sequence.



A: WIGGLING FISH

B: FISHERMAN

C: FISHING ROD



## Outro

Cool down  
Time: ~ 5 min

Play or hum soft music in the background while the teacher gives learners stretching instructions.

**Goal** To relax and cool down the body.



# Rhythmic movement

Grade 5 | Lesson 4: Play music and sing at any pace/rhythm.

## Equipment

- Maybe some cones to mark an area, a whistle, music player, drums and music

## Follow the leader

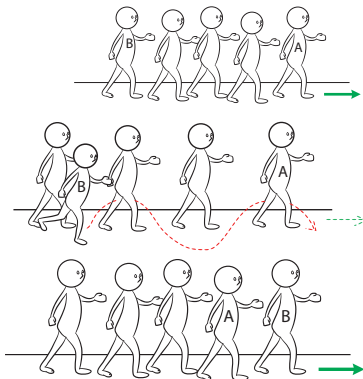
Introduction  
Time: ~ 5 min

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.

A: LEADER

B: PERSON AT THE BACK



## Travelling dance circle

Lesson  
Time: ~ 10 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 has had a chance to enter the circle.

**Goal** To move and react spontaneously.

## 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.

## 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 create an animal movement sequence.

## 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 5 | Lesson 5 : Play music and sing at any pace/rhythm.

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

## Intro ritual

Introduction  
Time: ~ 5 min

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

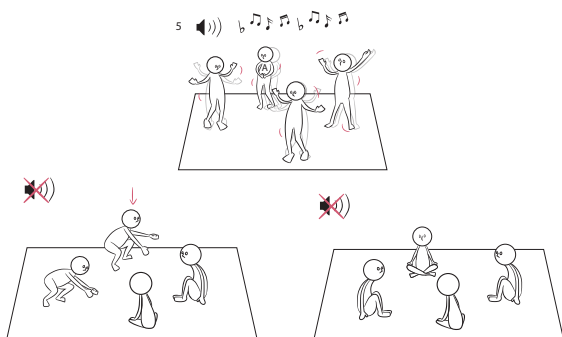
**Goal** To demonstrate their own movement of choice.

## Musical chairs

Introduction  
Time: ~ 5 min

When the music plays, learners do the task instructed by the teacher. When the music stops, learners sit down and find a chair.

**Goal** To follow movement cues.



## Movement surprise

Introduction  
Time: ~ 5 min

Learners are divided into groups of 5, standing in a circle. Learner A does their own movement and ends by touching the learner next to him/her. Learner B starts a movement with the body part that was touched by learner A. Go around circle 5 times.

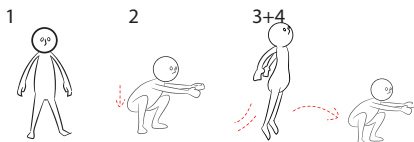
**Goal** To move and react spontaneously.

# Jumping technique

Lesson  
Time: ~ 5 min

Feet apart, bend knees gently, knees not over toes. Jump and land with bent knees, land through your feet (ball of the foot followed by the heel). Repeat steps 4 times.

**Goal** To improve the jump technique.



# Different jumps

Lesson  
Time: ~ 5 min

Get learners to practise different types of jumps.

**Goal** To improve the jump technique.



# Creative movement activity

Lesson  
Time: ~ 10 min

Divide learners in groups of 3. Choose 2 jumps per group. Practise the jumps in unison (same time) and using a canon effect (1 after the other). Learners design dances with 6 movements: 2 of those movements being jumps. Learners present dance to class.

**Goal** To create and perform a dance sequence to peers.

# Outro

Cool down  
Time: ~ 5 min

Play or hum soft music in the background while the teacher gives learners stretching instructions.

**Goal** To relax and cool down the body.



# Rhythmic movement

Grade 5 | Lesson 6: Play music of any pace.

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

## 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.



Learn to develop a rhythm.

## Freeze and copy

Introduction  
Time: ~ 5 min

Learners dance around an area when the music plays. When the music stops, learners should freeze, and teacher chooses which learners' move should be copied. Repeat.



To move and react spontaneously.

## 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



Creative movement activity: 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 and combine all these movements to make a dance. Give learners 10 min to practice.

**Goal** To create and perform a dance sequence to peers.

## Cool down

Lesson  
Time: ~ 10 min

Instruct learners to present their dance to the class.

**Goal** To present movements of their own.



# Rhythmic movement

Grade 5 | Lesson 7: Play music of any pace

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

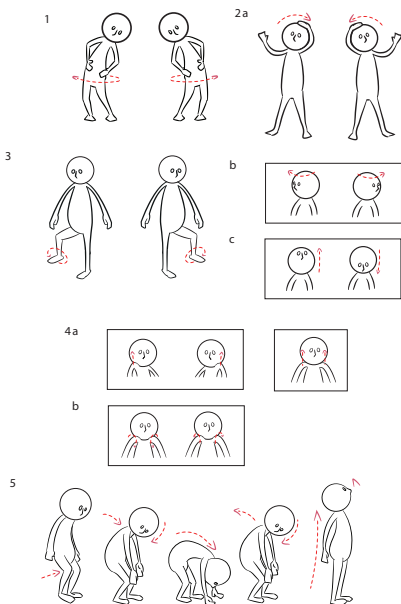
## Mobilisation and isolation

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.



## Soul train

Introduction  
Time: ~ 5 min

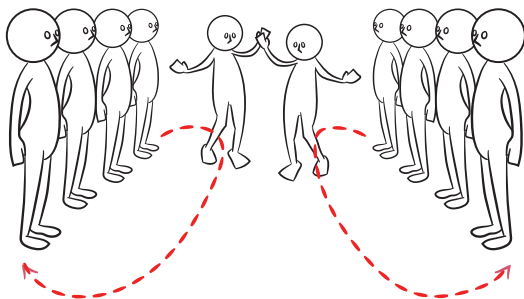
Learners stand in 2 lines facing each other. Front 2 learners dance through to the end of the line and join the line at the end. Each couple has a turn. Wait, 8 counts, before next couple starts.

### Goal

To follow movement cues.

# Soul train

Continued



## Freeze number 1, 2 and 3

Introduction  
Time: ~ 5 min

Learners move around freely while music plays. Music stop and they freeze (position 1). Repeat until they find their position 3. Thereafter when the music stops, you will call out which position they need to freeze into.

**Goal** To move and react spontaneously.

## Creative movement activity

Lesson  
Time: ~ 15 min

Divide learners in groups of 5. Learners should choose a sport and 4 different movements that portray that sport. Learners should add 4 freezes from the previous exercise. Combine all these movements to create a dance piece, with movements flowing and an end. Give learners 15 min to practice.

**Goal** To create and perform a dance sequence to peers.

## Cool down

Cool down  
Time: ~ 10 min

Instruct learners to present their dance to the class. The other learners can try to guess the sport at the end of the performance.

**Goal** To relax and cool down the body.



# Rhythmic movement

Grade 5 | Lesson 8 : Play music of any pace

## Equipment

- Maybe some cones to mark an area, a whistle, music player and music

## Freeze and copy

Introduction  
Time: ~ 10 min

Learners dance around an area when the music plays. When the music stops, learners should freeze, and the teacher chooses which learners' move should be copied. Repeat.

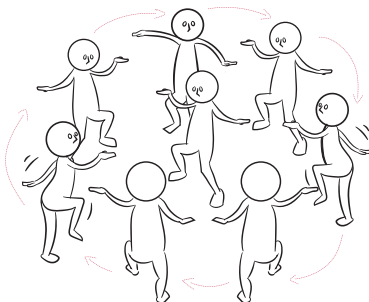
**Goal** To move and react spontaneously.

## Travelling dance circle

Lesson  
Time: ~ 10 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 has had a chance to enter the circle.

**Goal** To move and react spontaneously.



## Group puzzle dance

Lesson  
Time: ~ 10 min

Divide learners into groups of 5. Each learner should suggest 1 movement, so the dance piece will have 5 movements. Give learners 10 min to practise.

**Goal** To develop movements combinations.

## Cool down

Cool down  
Time: ~ 10 min

Instruct learners to present their dance to the class.

**Goal** To present movements of their own.



# Running disciplines

Grade 5 | Lesson 1

## Equipment

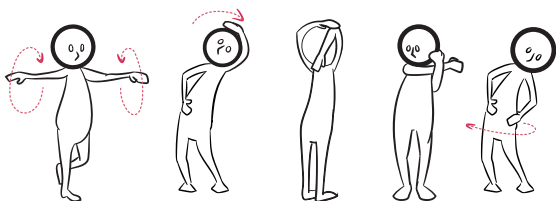
- About 15 tennis balls, 10 balls (soccer and/or netball's), 15 bean bags, 20 cones and a whistle

**Mobilisation: warm up for throwing**

Introduction  
Time: ~ 10 min

- Task 1: arms spread to the side, learner on 1 leg, circle arms backwards and forwards.
- Task 2: gently pull neck to 1 side. Change sides.
- Task 3: raise and bend the arm at the elbow, pull it back. Change sides.
- Task 4: straighten the right arm and pull to the left, press arm to chest with the left forearm. Swap sides.
- Task 5: circle hips to both sides.

**Goal** Warm up activity.



Task 1

Task 2

Task 3

Task 4

Task 5

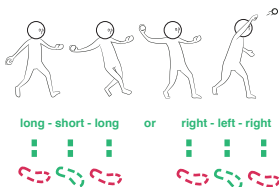
## Throwing technique

Lesson  
Time: ~ 10 min

Divide learners into 3 groups, each with a tennis ball and beanbag, and doing tasks in succession.

- Task 1: good throwing technique.
- Task 2: throwing the ball from standing position.
- Task 3: run-up.
- Task 4: combine arm-work and foot-work and throw the ball as far as possible.

**Goal** Practise technique.

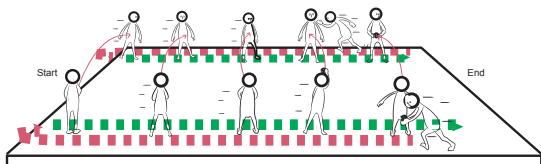


## Practise throwing skills I

Lesson  
Time: ~ 10 min

Group learners in pairs by marking 2 long lines. Learners stand in 1 of the lines to face each other. At the teachers signal, the learners jog sideways in 1 direction and pass the tennis ball/beanbag to their partner. When they arrive at the top of the line, they sprint to the beginning of the line and start again.

**Goal** Improve throwing.

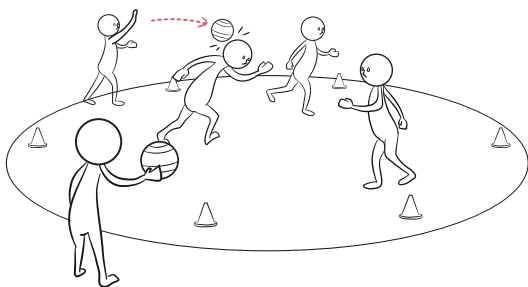


## Sitting ball

Cool down  
Time: ~ 10 min

Mark an area with cones and the learners spread out. The aim of the game is to strike a learner with a ball. If a learner has been hit by a ball, he/she should run around the playing field once and then return to the game. If a learner catches the ball or if a ball hits him/her on the head, they carry on playing.

**Goal** Practise throwing skills.





# Running disciplines

Grade 5 | Lesson 2

## Equipment

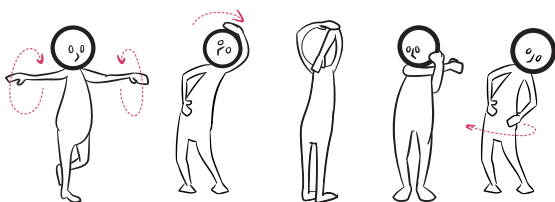
- About 15 tennis balls, 10 balls (soccer and/or netball's), 15 bean bags, 20 cones and a whistle

## Mobilisation: warm up for throwing

Introduction  
Time: ~ 10 min

- Task 1: arms spread to the side, learner on 1 leg, circle arms backwards and forwards.
- Task 2: gently pull neck to 1 side. Change sides.
- Task 3: raise and bend the arm at the elbow, pull it back. Change sides.
- Task 4: straighten the right arm and pull to the left, press arm to chest with the left forearm. Swap sides.
- Task 5: circle hips to both sides.

**Goal** Warm up activity.



Task 1

Task 2

Task 3

Task 4

Task 5

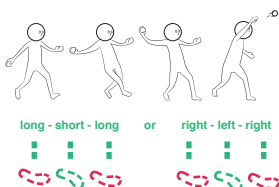
## Throwing technique

Lesson  
Time: ~ 10 min

Divide learners into 3 groups, each with a tennis ball and beanbag, and doing tasks in succession.

- Task 1: good throwing technique.
- Task 2: throwing the ball from standing position.
- Task 3: run-up.
- Task 4: combine arm-work and foot-work and throw the ball as far as possible.

**Goal** Practise technique.



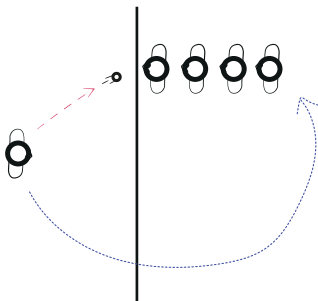


## Practise throwing skills II

Lesson  
Time: ~ 10 min

Learners stand in 1 line, 1 behind the other. The first learner makes a sprint (catcher). When the second learner (passer) shouts 'Catch', the catcher should turn around and catch the ball thrown by passer. Then the catcher runs back to the line and waits until it is his/her turn to throw the ball to the learner standing in front of him/her.

**Goal** Improve throwing.

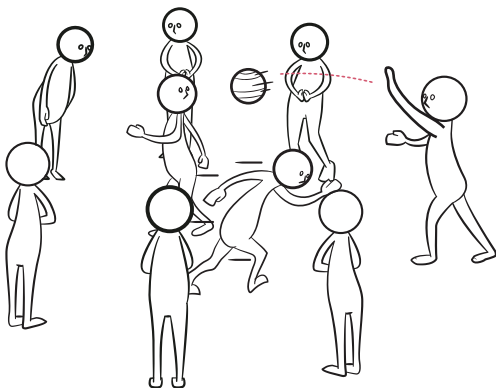


## Circle dodge ball

Cool down  
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 the middle of the 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 the middle is the winner.

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





# Running disciplines

Grade 5 | Lesson 3

## Equipment

- About 20 long skipping ropes, 20 hula hoops, 20 cones and a whistle

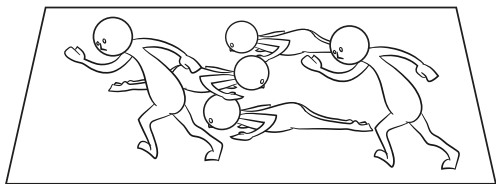
## Hot dog tag

Introduction  
Time: ~ 10 min

Mark out an area with cones and select learners to be taggers. The remainder of the learners spread around the area. When a learner gets tagged, they lie down on the ground with arms at their side and legs together (like a hotdog) and should yell 'I need buns'. They can only re-join the game when 2 other learners lie beside him/her on both sides to make a complete hotdog. Then all 3 learners return to the game. Change taggers every 1 - 2 min.



To coordinate with teammates.



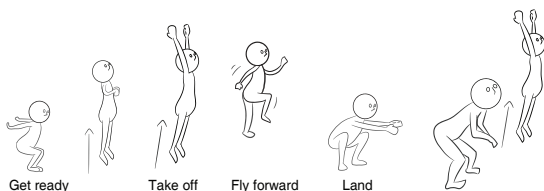
## Jumping technique

Lesson  
Time: ~ 10 min

Learners spread out on playing area and have to perform the following jumping activities: horizontal jump, vertical jump (counter movement jump) and jumping exploration: over line, over skipping rope, multiple jumps from hula hoop to hula hoop, jumping backwards to hula hoop, jump sideways to hula hoop, jump as high as possible.

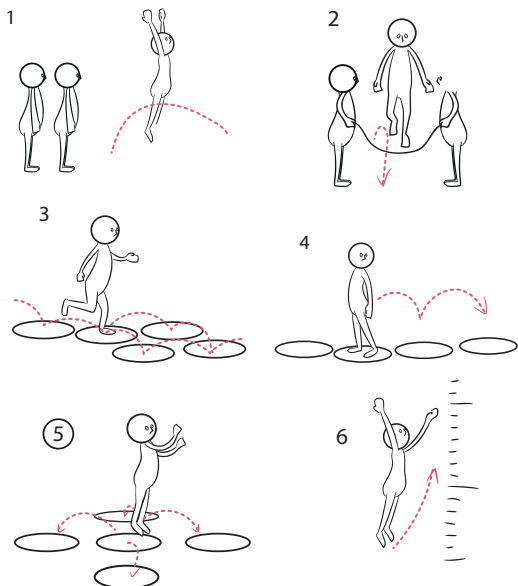


Practise different jumping styles.



# Jumping technique

Continued

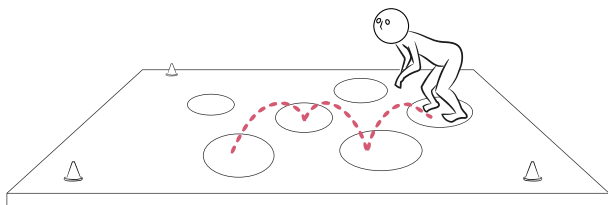


## Island jumping

Cool down  
Time: ~ 10 min

Mark out a playing area and spread hoops and cones around. Hoops should be close enough for the learners to jump to without falling in the 'water' (floor). After all, learners have completed the circuit, increase distance a little bit and incorporate different jump styles.

**Goal** Jump far.





# Running disciplines

Grade 5 | Lesson 4

## Equipment

- About 20 long skipping ropes, 20 hula hoops, 20 cones and a whistle

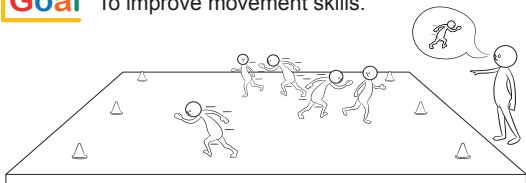
## Jump tag

Introduction  
Time: ~ 10 min

Mark out an area with cones and choose 6 catchers. Learners move according to the teacher's directions as they try to avoid being tagged. If tagged, a learner has to do 10 vertical jumps.

**Goal**

To improve movement skills.



## Jumping technique

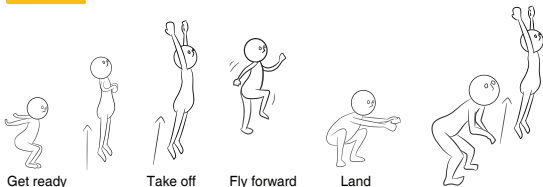
Lesson  
Time: ~ 10 min

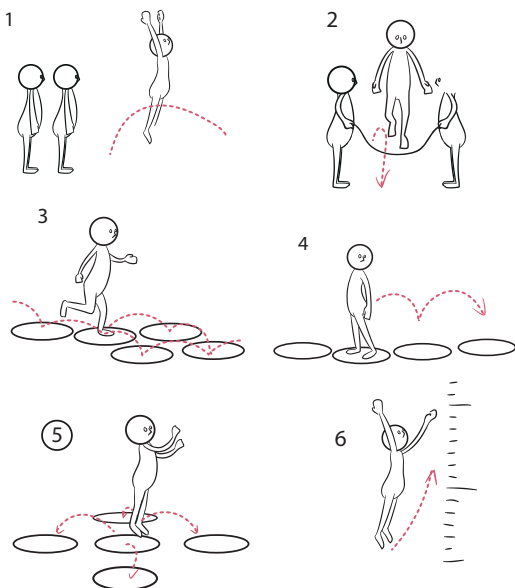
Learners spread out on playing area and have to perform the following jumping activities:

- horizontal jump,
- vertical jump (counter movement jump), and jumping exploration:
- over line,
- over skipping rope,
- multiple jumps from hula hoop to hula hoop,
- jumping backwards to hula hoop,
- jump sideways to hula hoop,
- jump as high as possible.

**Goal**

To practise different jumping styles.



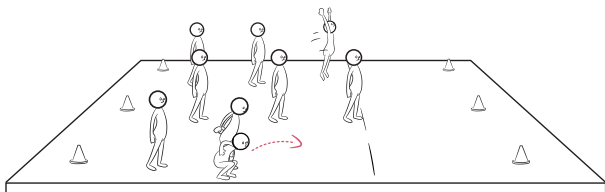


## Jumping competition in pairs

Cool down  
Time: ~ 10 min

Divide learners in groups of 3 standing along line. The first learner in group jumps horizontally as far as possible, starting and landing on 2 feet, freezing on that spot. The second learner walks to where first learner stopped and jumps as well. The third learner does the same. Each learner can jump twice. The group that has covered the most distance wins.

**Goal** To improve power.





# Running disciplines

Grade 5 | Lesson 5

## Equipment

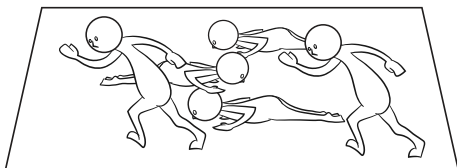
- About 6 balls (soccer and/or netball's), 20 cones and a whistle

## Hot dog tag

Introduction  
Time: ~ 10 min

Mark out an area with cones and select learners to be taggers. The remainder of the learners spread around the area. When a learner gets tagged, they lie down on the ground with arms on side and legs together (like a hot dog) and should yell 'I need buns'. They can only re-join the game when 2 other learners lie beside him/her on both sides to make a complete hotdog. Then all 3 learners return to the game. Change taggers every 1-2 min.

**Goal** Warm up.



## Hungry crocodiles

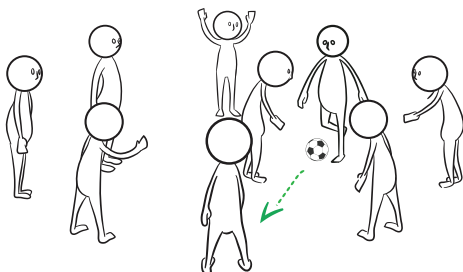
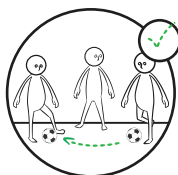
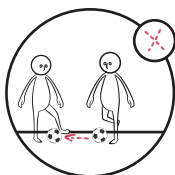
Lesson  
Time: ~ 20 min

Ten learners stand in a circle (lake), with 3 learners (crocodiles) in the centre. Learners pass a ball with feet across the lake, but not to a learner next to them. If a learner in the middle intercepts, the 1 that passed ball should go in the middle. The teacher can swap roles and add another ball.

**Goal** Increase strength and endurance.

# Hungry crocodiles

Continued

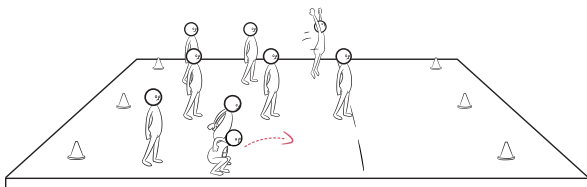


## Jumping competition in pairs

Cool down  
Time: ~ 10 min

Divide learners in groups of 3 standing along the line. The first learner in the group jumps horizontally as far as possible, starting and landing on 2 feet, freezing on that spot. The second learner walks to where first learner stopped and jumps as well. The third learner does the same. Each learner can jump twice. The group that has covered the most distance wins.

**Goal** Improve power.





# Running disciplines

Grade 5 | Lesson 6

## Equipment

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

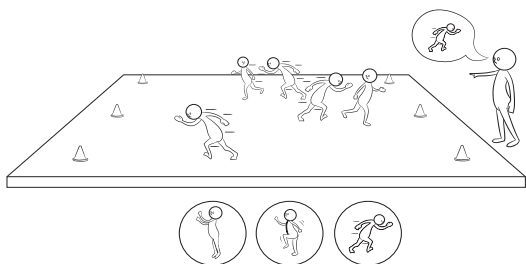
## Jump tag

Introduction  
Time: ~ 10 min

Mark out an area with cones and choose 6 catchers. Learners move according to the teacher's directions as they try to avoid being tagged. If tagged, a learner should do 10 vertical jumps.



Improve movement skills.



## Exam

Lesson  
Time: ~ 20 min

Divide learners into groups of 3. 2 learners observe and give feedback while the third learner does the examination exercise. The third learner should bounce the netball against the wall and catches it when it bounces back. At the same time the learner should do the following rhythm with their feet:

- Start position: both legs are parallel
  - Position 1: jump to a lunge position, right foot to the front.
  - Return to start position.
  - Position 2: jump to a lunge position, left foot to the front.
- The learner should do the movement 10 times on each leg, and the ball should be caught each time.

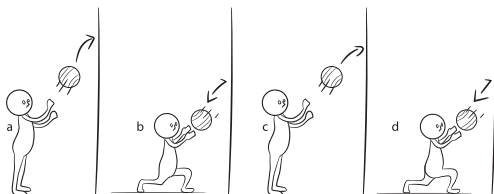


Improve athletic ability.



## Exam

Continued



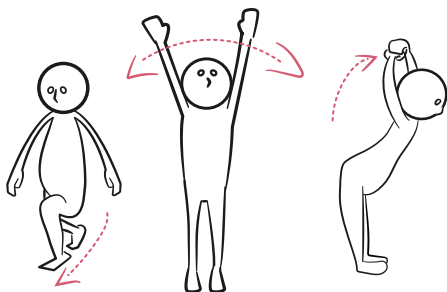
## Stretches

Cool down  
Time: ~ 10 min

The teacher will lead the stretches and instruct the learners on how to perform it correctly. The stretches are

- the runners stretch,
- standing side stretch and
- forward hang.

**Goal** To increase flexibility.





# Running disciplines

Grade 5 | Lesson 7

## Equipment

- About 6 balls (soccer and/or netball's), 20 cones and a whistle

**Mobilisation: warm up for throwing**

Introduction  
Time: ~ 10 min

Task 1: arms spread to the side, learner on 1 leg, circle arms backwards and forwards.

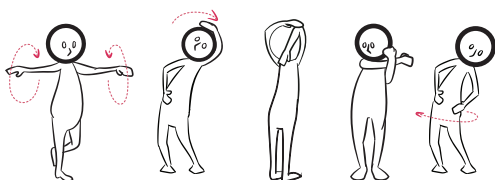
Task 2: gently pull neck to 1 side. Change sides.

Task 3: raise and bend the arm at the elbow, pull it back. Change sides.

Task 4: straighten the right arm and pull to the left, press arm to chest with the left forearm. Swap sides.

Task 5: circle hips to both sides.

**Goal** Warm up activity.



Task 1

Task 2

Task 3

Task 4

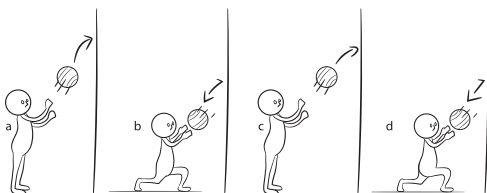
Task 5

## Hungry crocodiles

Lesson  
Time: ~ 20 min

Ten learners stand in a circle (lake), with 3 learners (crocodiles) in the centre. Learners pass a ball with feet across the lake, but not to a learner next to them. If a learner in the middle intercepts, the 1 that passed ball should go in the middle. The teacher can swap roles and add another ball.

**Goal** Increase strength and endurance.



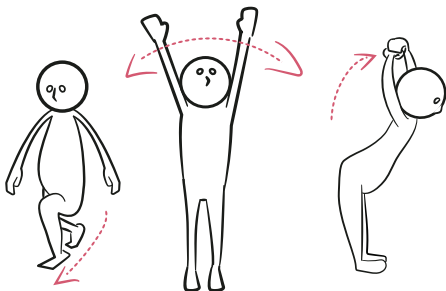
# Stretches

Cool down  
Time: ~ 10 min

The teacher will lead the stretches and instruct the learners on how to perform it correctly. The stretches are

- the runners stretch,
- standing side stretch and forward hang.

**Goal** To increase flexibility.





# Running disciplines

Grade 5 | Lesson 8

## Equipment

- About 20 cones, a whistle, 10 soft balls (soccer and/or netball's), music player and music

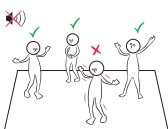
## Freezing game

Introduction  
Time: ~ 10 min

Learners move freely to music in the room. When the music stops, learners should freeze. The last learner to freeze should run and touch all other learners so that the game can resume.



**Goal** Improve reaction time.



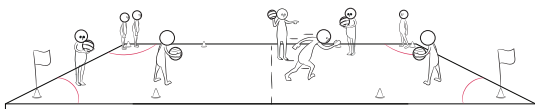
## Capture the flags

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, where they will keep their prisoners. Each team now 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 by their ball. When caught, he/she is taken to their prison, where he/she should remain until he is freed by 1 of their teammates. When someone manages to capture the other team's flag without getting hit by a ball and return with it to their own territory, his/her team wins.



**Goal** Improve agility and develop new tactics.



# Monkey, snake or lion

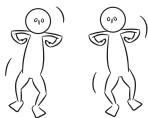
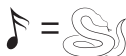
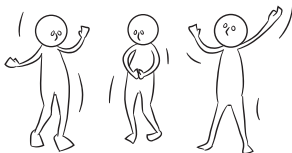
Cool down  
Time: ~ 10 min

Play 3 different songs for the learners, where each song represents an animal:

A – monkey, B – snake, C – lion. The learners will move differently to each musical piece and adjust movements accordingly.

**Goal**

Differentiate between music styles.





# Running disciplines

Grade 5 | Lesson 9

## Equipment

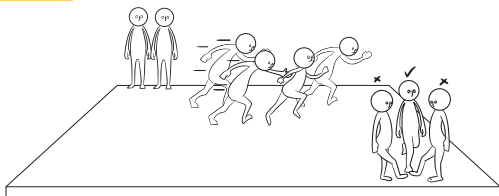
- Music box, big balls and small balls.

## The lucky one

Introduction  
Time: ~ 10 min

Choose 6 learners, group them into pairs - these learners are the catchers. If a learner is caught by the 'catchers': the 3 learners should point his/her foot to the middle and sing a chorus, 'who is the lucky one'. They should remove their foot or leave it in the middle. The learner who does the opposite action to the other 2 learners is 'the lucky one'.

**Goal** To improve reaction time.

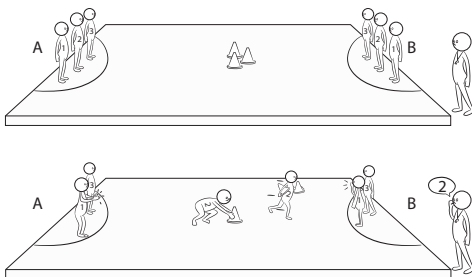


## Grab the treasure chest

Lesson  
Time: ~ 10 min

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

**Goal** To develop reaction time.

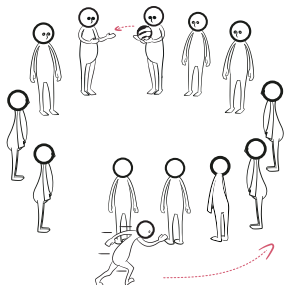


# Beat the ball level II

Lesson  
Time: ~ 10 min

Group learners into a circle with space in between. A ball will be passed to a person on the right. The first learner that passes the ball should attempt to run around the whole circle and get to the start point before the ball does. The second round, the learner will run in the opposite direction.

**Goal** Improve speed, agility and coordination.

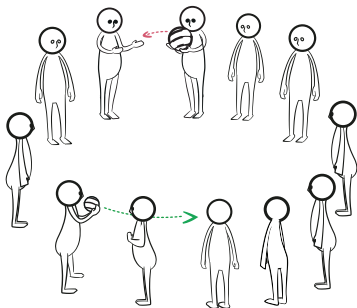


# Beat the bunny: level 1

Cool down  
Time: ~ 10 min

Form a circle of 'farmers', make another circle in the first circle the 'bunnies' should face the farmers. The bunnies' ball (tennis ball) is passed around the circle. When the ball is halfway, the farmers' ball (soccer ball) is passed around. The game ends if a farmer can tap the bunnies' ball standing in front of him/her.

**Goal** To improve basic ball skills.





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**GOOD  
LUCK!**



## GRADE 5 PHYSICAL EDUCATION

Soccer

Netball

Rhythmic movement

Track and field: Throwing



**KaziKidz**



*Teaching Material for Schoolchildren*