

**LESSON CUE CARDS FOR**

**Grade**

**6**



PHYSICAL EDUCATION



**KaziKidz**

Teaching Material for Schoolchildren

*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)*

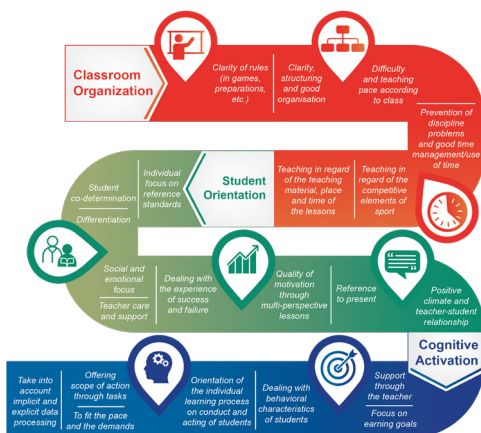
*Materials developer for the training and teaching GET and  
FET Life Orientation and Physical Education in the GET  
and FET Bands (2002-2008, Department of Education)*



## 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 6

- 20 Soccer and/or netball balls
- 1 Whistle
- Stones - enough for the activity (2 x big bags variety of stones)
- 20 Water bottles (filled with sand/stone/water)
- Soccer field
- 2 goal posts on each side
- Or use cones and mark out soccer playing area
- 30 Cones
- 14 different colour pen markers to mark 30 cones
- Colour band (bibs/blindfolds) - 40 (4 sets of different colours)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music ([www.kazibantu.org](http://www.kazibantu.org))
- Drums
- 40 mats, 1 per learner
- And/or 1 open playground field with grass
- 1 netball field
- 2 net posts on each side
- Or use cones and mark out netball playing area and 2 hoops
- 12 Hula hoops
- 8 Beanbags
- 5 Tennis balls
- Chalk (Sufficient to mark out playing area)

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# Soccer

Grade 6 | Lesson 1

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, stones and about 28 cones

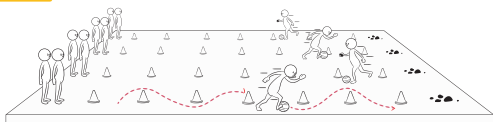
## Treasure island

Introduction  
Time: ~ 10 min

Divide class into 4 teams, with each team having 7 cones set 1 m apart in front of them. At the end of the slalom, there is a spot with 'diamonds'. Dribble through cones, collect 'diamond' (stones) and dribble back. The team with most diamonds wins.

### Goal

To learn to dribble and stay focused.



Divide the learners into 2 groups. 1 group does 'the tunnel shot' while the other group plays 'precision wins'. Teacher should first explain 'precision wins' then let learners play. The teacher then works with the other team. After 10 min, change the team activities.

## The tunnel shot

Lesson  
Time: ~ 10 min

Learners get into a pair, each pair with a ball and 1 m apart. 1 child shoots through the other learners legs. After some tries, they need to change roles.

### Goal

To learn to shoot ball accurately towards a target.



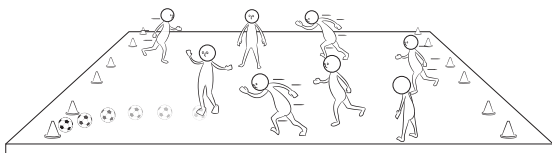
# Precision wins

Lesson  
Time: ~ 10 min

Form 2 groups and play soccer against each other. At each end of the activity area there are 3 little goals 1 m from each other. To score a point, teams should shoot precisely in 1 of the 3 goals on opposite side of the field.

**Goal**

To learn to shoot accurately in a real game situation.



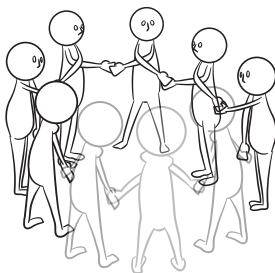
# Mystic knot

Cool down  
Time: ~ 10 min

Teams of 10 start holding hands by some crossing their arms. 'Do not give both hands to the same learner.' When everyone is holding hands, learners untangle the knot. They should not let go of partner's hand.

**Goal**

To concentrate on a task.





# Soccer

Grade 6 | Lesson 2

## Equipment

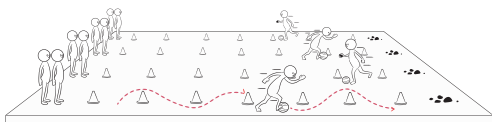
- About 20 balls (soccer and/or netball's), a whistle, stones and about 28 cones

## Treasure island

Introduction  
Time: ~ 10 min

Divide class into 4 teams, with each team having 7 cones set 1 m apart in front of them. At the end of the slalom, there is a spot with 'diamonds'. Dribble through cones and collect 'diamonds' (stones) and dribble back. The team with most diamonds wins.

**Goal** To learn to dribble and stay focused.



Divide the learners into 2 groups. 1 group does 'the tunnel shot' while the other group plays 'precision wins'. Teacher should first explain 'precision wins' and then let the learners play. The teacher then works with the group playing 'the tunnel shot'. After 10 min, change team activities.

## The tunnel shot

Lesson  
Time: ~ 20 min

Learners get into a pair, each pair with a ball 1 m apart. 1 child shoots through the other learners legs. After some tries, they need to change roles.

**Goal** To learn to shoot the ball accurately towards a target.

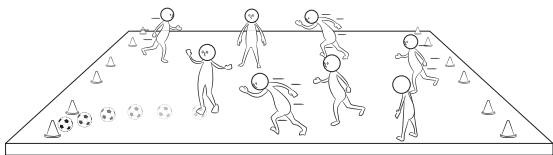


## Precision wins

Lesson  
Time: ~ 10 min

Form 2 groups and play soccer against each other. At each end of the activity area, there are 3 little goals 1 m from each other. To score a point, teams should shoot precisely in 1 of the 3 goals on opposite side of field.

**Goal** To learn to shoot accurately in a real game situation.

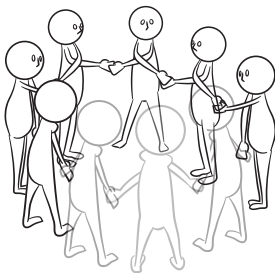


## Mystic knot

Cool down  
Time: ~ 10 min

Teams of 10 start holding hands and some crossing their arms. 'Do not give both hands to same learner.' When everyone is holding hands, learners untangle the knot, but not allowed to let go of partner's hand.

**Goal** To concentrate on a task.





# Soccer

Grade 6 | Lesson 3

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 8 water bottles (with sand or stones or water) and about 28 cones with different colours

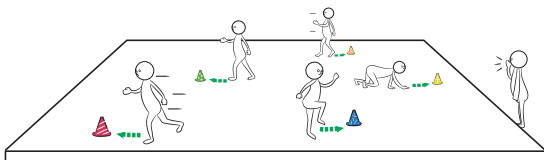
## Colour country

Introduction  
Time: ~ 10 min

Spread cones with different colours in a marked area with 5 - 6 m in between. Learners move from 1 cone to the other when teacher shouts a colour. Learners move quickly as possible to correct the colour cone either by walking, running, crawling, etc.

### Goal

To listen to instructions and find a solution as quick as possible.



Divide the learners into 2 groups. One group does 'bottle soccer' while the other group plays 'hit the tower'. Teacher should first explain 'bottle soccer' and then let learners play. The teacher then works with the group playing 'hit the tower'. After 10 min, change the team activities.

## Hit the tower

Lesson  
Time: ~ 10 min

Form 2 groups and each pair has 1 ball. Learners stand a few meters apart. 1 learner tries to hit the other below the knees and after a few tries, they change roles.

### Goal

To learn to kick accurately towards a target.



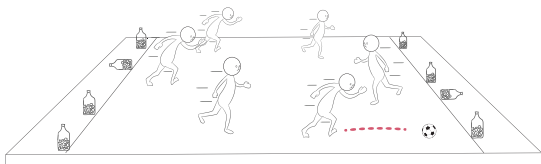


# Bottle soccer

Lesson  
Time: ~ 10 min

Make 2 teams, each receive 4 bottles filled with sand or stones. Bottles are placed on the baseline. The learners play a normal soccer match, but should hit the bottles to score a point.

**Goal** To learn to shoot accurately in a real game situation.



# Passing the ball

Cool down  
Time: ~ 10 min

Make 2 groups each given a ball. They stand a few meters apart. 'Kick the ball to each other starting with the dominant foot, then non-dominant foot.'

Afterwards, they can juggle the ball with their feet or take the ball in their hands and try to kick so other learner catches it.

**Goal** To assist learners to improve the passing.





# Soccer

Grade 6 | Lesson 4

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 8 water bottles (with sand or stones or water) and about 28 cones with different colours

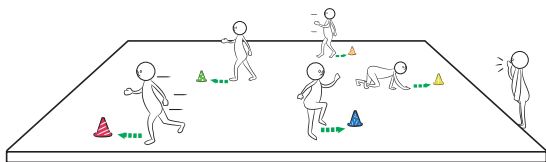
## Colour country

Introduction  
Time: ~ 10 min

Spread cones with different colours in a marked area with 5 - 6 m in between. Learners move from 1 cone to the other when teacher shouts a colour. Learners move quickly as possible to the correct colour cone either by walking, running, crawling, etc.

### Goal

To listen to instructions and find a solution as quick as possible.



Divide the learners into 2 groups. 1 group does 'bottle soccer' while the other group plays 'hit the tower'. Teacher should first explain 'bottle soccer' and then let learners play. The teacher then works with the group playing 'hit the tower'. After 10 min, change the team activities.

## Hit the tower

Lesson  
Time: ~ 10 min

Form 2 groups and each pair has 1 ball. Learners stand a few meters apart. 1 learner tries to hit the other below the knees and after a few tries, they change roles.

### Goal

To learn to kick accurately towards a target.

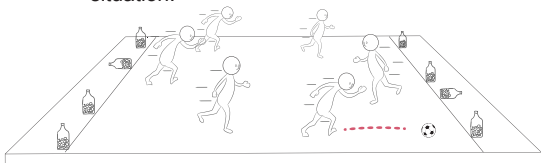


# Bottle soccer

Lesson  
Time: ~ 10 min

Make 2 teams, each receive 4 bottles filled with sand or stones. Bottles are placed on the baseline. The learners play a normal soccer match, but should hit the bottles to score a point.

**Goal** To learn to shoot accurately in a real game situation.



# Passing the ball

Cool down  
Time: ~ 10 min

Make 2 groups each given a ball. They stand a few meters apart. 'Kick the ball to each other starting with the dominant foot, then non-dominant foot.'

Afterwards, they can juggle the ball with their feet or take the ball in their hands and try to kick so other learner catches it.

**Goal** To assist learners to improve the passing.





# Soccer

Grade 6 | Lesson 5

## Equipment

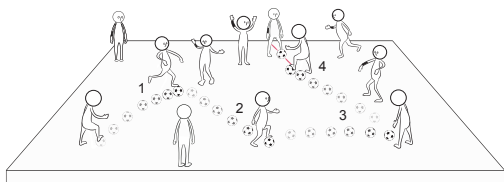
- About 20 balls (soccer and/or netball's), a whistle, 10 water bottles (with sand or stones or water), stones and about 4 sets of different colour bands

## The golden pass

Introduction  
Time: ~ 10 min

Form teams with players of 5 - 10 each team with their own colour bands. 2 teams play against each other. Teams make 4 passes to each other and finally kick through legs of another player, who tries to position himself with his legs apart.

**Goal** To be able to move into a free space and react quickly.



Divide the class into 2 groups. 1 group does 'hit the tower' with the teacher and another group does 'scoring mania'. First, explain the exercise 'hit the tower' and let the learners play while the teacher works with the second group. Play the games for 10 - 15 min then change groups.

## Hit the tower

Lesson  
Time: ~ 10 min

Form 2 groups and each pair has 1 ball. The learners stand a few meters apart. 1 child tries to hit the other below the knees and after a few tries, they change roles.

**Goal** To learn to kick accurately towards a target.

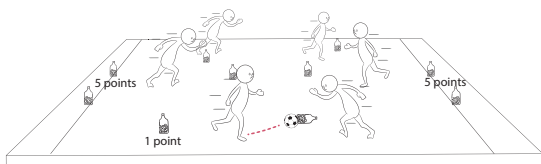


# Scoring mania

Lesson  
Time: ~ 10 min

Form 2 teams, each team with 5 bottles. 2 bottles are placed on the baseline of a marked out field. Other bottles are spread throughout the field, 3 in each half. Play normal soccer and when players kick the ball against a bottle, they score 1 point. If they hit a ball on the baseline, they score 5 points.

**Goal** To learn to switch from an attacking position to a defending position.

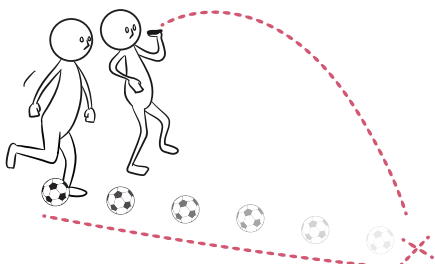


# Soccer golf

Cool down  
Time: ~ 10 min

Make 2 groups and each collect a stone. Each child has a ball. 1 learner throws the stone in a safe direction and the other child should try to get the ball as close to the stone as possible. Learner whose ball is the closest to their stone gets a point. Which child scores 10 points the quickest?

**Goal** To learn to estimate how much strength is needed when throwing the ball accurately to reach the stone.





# Soccer

Grade 6 | Lesson 6

## Equipment

- About 20 balls (soccer and/or netball's), a whistle, 10 water bottles (with sand or stones or water), stones and about 4 sets of different colour bands

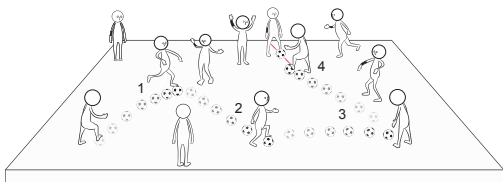
## The golden pass

Introduction  
Time: ~ 10 min

Form teams with players of 5 - 10 each team with their own colour bands. 2 teams play against each other. Teams make 4 passes to each other and finally kick through legs of another player, who tries to position himself with his legs apart.

### Goal

To understand how to move into a free space and react quickly.



Divide the class into 2 groups. 1 group does 'hit the tower' with the teacher and another group does 'scoring mania'. First, explain the exercise 'hit the tower' and let the learners play while the teacher works with the second group. Play the games for 10 - 15 min, then change the groups.

## Hit the tower

Lesson  
Time: ~ 10 min

Form 2 groups and each pair has 1 ball. Learners stand a few meters apart. 1 learner tries to hit the other below the knees and after a few tries, they change roles.

### Goal

To learn to kick accurately towards a target.

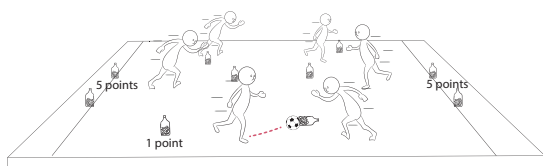


# Scoring mania

Lesson  
Time: ~ 10 min

Form 2 teams, each team with 5 bottles. 2 bottles are placed on the baseline of a marked out field. Other bottles are spread throughout the field, 3 in each half. Play normal soccer and when players kick ball against a bottle, they score 1 point. If they hit a ball on the baseline, they score 5 points.

**Goal** To learn to switch from an attacking position to a defending position.

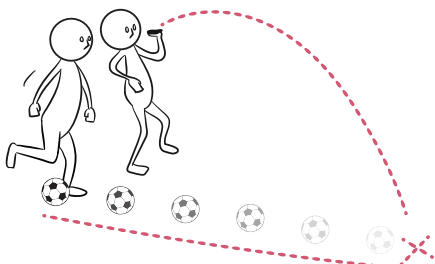


# Soccer golf

Cool down  
Time: ~ 10 min

Make 2 groups and each collect a stone. Each child has a ball. 1 learner throws the stone in a safe direction and the other child should try to get the ball as close to the stone as possible. Learner whose ball is the closest to their stone gets a point. Which child scores 10 points the quickest?

**Goal** To learn to estimate how much strength is needed when throwing the ball accurately to reach the stone.





# Soccer

Grade 6 | Lesson 7

## Equipment

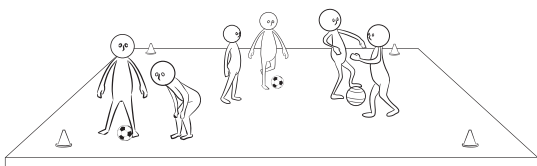
- About 20 balls (soccer and/or netball's), a whistle, 10 water bottles (with sand or stones or water), measuring tape, 8 cones and 20 colour bands

## The soccer ball robber

Introduction  
Time: ~ 10 min

Form groups of 2, each with a ball. 1 learner has the ball and the other tries to steal it. The children should only use their feet to gain possession of the ball.

**Goal** To control the ball and defend against another learner.



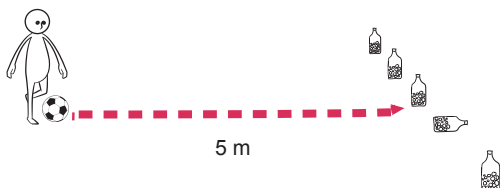
Divide the class into 2 groups. 1 group should do the assessment with the teacher. The other group is playing soccer. After 10 - 15 min change the groups.

## Assessment: Precision shooting

Lesson  
Time: ~ 10 min

There are 5 bottles and the learners have 7 shots from about 5 meters. Every fallen bottle gives 1 point. The children have 2 trials.

**Goal** To strike as many water bottles as possible.



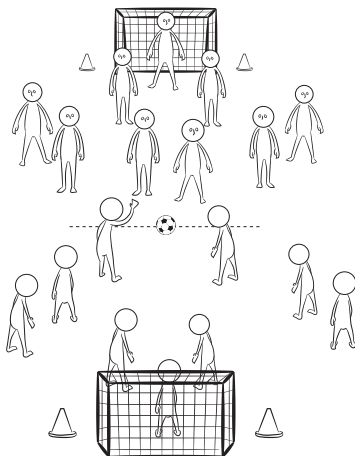


# Soccer

Lesson  
Time: ~ 10 min

The learners form 2 teams. Each team has 9 players on the field plus 1 goalkeeper. The children play a 'normal' soccer game without any special rules. The extra players should change by themselves during the game.

**Goal** To make decisions without teacher being involved.

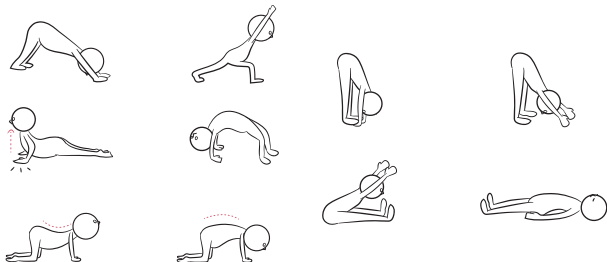


## Stretches in a circle

Cool down  
Time: ~ 10 min

Stretching in a circle: 8 figure, straddle, long seat and arm stretch. Reflection: Ask learners what they enjoyed, what they learnt while stretching and cooling down.

**Goal** To encourage more flexibility and to avoid health issues like muscle tightness.





# Soccer

Grade 6 | Lesson 8

## Equipment

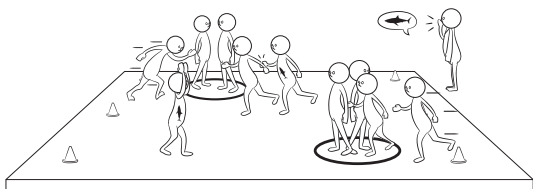
- A whistle, 12 hula hoops and 10 cones

## Shark attack

Introduction  
Time: ~ 10 min

Mark out an area. 1 learner is a 'shark' and the rest are swimmers. Spread hula hoops - these are 'islands'. Swimmers and sharks 'swim' and 'surf' around until teacher shouts 'shark attack!'. Swimmers should get to an island to avoid being eaten. Only 4 children are allowed per island. If caught, they become a shark. The islands become less while the game continues until all learners are sharks.

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



## Turn me

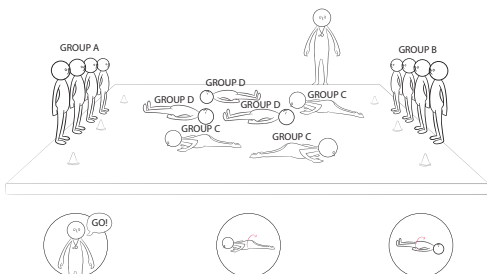
Lesson  
Time: ~ 20 min

Mark out an area. Divide the class into groups of 4 (A, B, C and D). 2 groups at end of the marked field and other 2 groups in the middle (Group C on stomachs and group D on their backs). When teacher says 'GO!', Group A tries to turn group C onto their backs and group B tries to turn Group D onto their stomachs. After a while, teacher checks to see how many have been turned over by the different groups. Change roles afterwards.

**Goal** To build trust in each other. Cooperate and body tension.

# Turn me

Continued

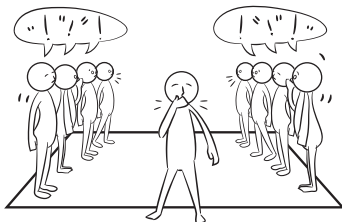
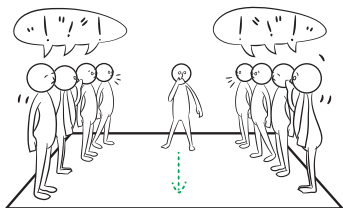


## Laughing valley

Cool down  
Time: ~ 10 min

The learners form 2 rows facing inwards. 1 child should walk through the 'valley' and the learners on either side try to make the person in the middle laugh.

**Goal** To walk through the valley without laughing.





# Netball

Grade 6 | Lesson 1

## Equipment

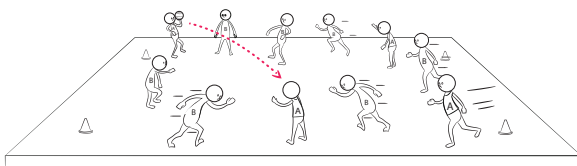
- About 20 balls (soccer and/or netball's), a whistle, measuring tape, 8 cones, 20 colour bands and a mat or grass surface

## Tag the enemy

Introduction  
Time: ~ 5 min

Mark area with 4 cones. Designate 4 catchers and give them a ball. Catchers should tag the other learners running around. If a child is tagged, they should join the catchers.

**Goal** To learn to collaborate and to find solutions to get to the goal.

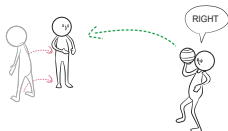


## Quick reactions

Introduction  
Time: ~ 5 min

Divide the learners in groups of 2. Each group should have 1 ball. 1 is a passer and the other child stands about 3 m away facing away from the other learner. The thrower will say 'left' or 'right' and the child facing the other way should turn around and catch the ball.

**Goal** To learn to react quickly and catch the ball.



## Corner ball

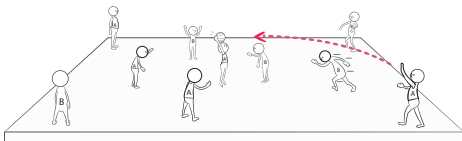
Lesson  
Time: ~ 10 min

Mark out area 15 m by 15 m. Make groups of 5 - 10, standing diagonally opposite corners. Play begins in 1 corner player passing to another. The attacking team aims to move the ball from 1 corner to the other. If the defending team intercepts pass, it rolls the ball to the corner and immediately becomes the attacking team. After interception or scoring, the opposite team transitions defence. Regularly rotate players. A score is awarded when the team successfully passes the ball from 1 side to the other.

# Corner ball

Continued

**Goal** To develop agility, footwork, ball handling, attacking skills and defence skills.



## Superman/superwoman workout

Lesson  
Time: ~ 10 min

**Wall sitting (2 min):** Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .

**Plank (2 min):** The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, learners should stop the exercise.

**Reverse plank (2 min):** The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.

**Hip lift (2 min):** The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.

**Goal** To train muscle endurance and learn to 'feel' the body.

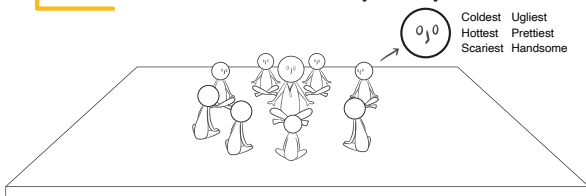


## 1, 2, 3 freeze

Cool down  
Time: ~ 10 min

The learners sit in a circle and the teacher in the middle. On the teacher's command '1, 2, 3 freeze!' the children freeze. If they move, they are eliminated. Continue until only a few children are left. If they are too many learners, make more circles and designate a leader. Instruct them to make different faces every time they freeze.

**Goal** To cool down with a funny activity.





# Netball

Grade 6 | Lesson 2

## Equipment

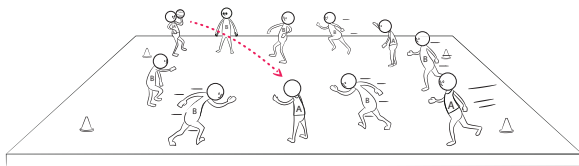
- About 20 balls (soccer and/or netball's), a whistle, measuring tape, 8 cones, 20 colour bands and a mat or grass surface

## Tag the enemy

Introduction  
Time: ~ 5 min

Mark area with 4 cones. Designate 4 catchers and give them a ball. Catchers should tag the other learners running around. If a child is tagged, they should join the catchers.

**Goal** To learn to collaborate and to find solutions to get to the goal.

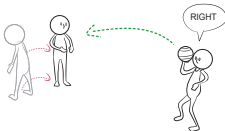


## Quick reactions

Introduction  
Time: ~ 5 min

Divide the learners in groups of 2. Each group should have 1 ball. 1 is a passer and the other child stands about 3 m away facing away from the other learner. The thrower will say 'left' or 'right' and the child facing the other way should turn around and catch the ball.

To learn to react quickly and catch the ball.



## Corner ball

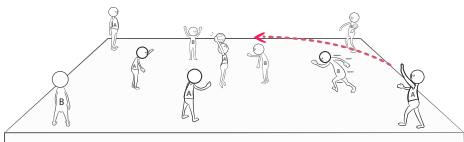
Lesson  
Time: ~ 10 min

Mark out area 15 m by 15 m. Make groups of 5 - 10, standing diagonally opposite corners. Play begins in 1 corner player passing to another. The attacking team aims to move the ball from 1 corner to the other. If the defending team intercepts pass, it rolls the ball to the corner and immediately becomes the attacking team. After interception or scoring, the opposite team transitions defence. Regularly rotate players. A score is awarded when the team successfully passes the ball from 1 side to the other.

# Corner ball

Continued

**Goal** To develop agility, footwork, ball handling, attacking skills and defence skills.



## Superman/superwoman workout

Lesson  
Time: ~ 10 min

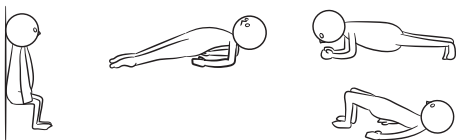
Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of 90°.

Plank (2 min): The elbows are angled 90°. The body forms a line like a board. If the hips move up or down, learners should stop the exercise.

Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a 90° angle. As soon as the hips move down you should stop the exercise.

Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.

**Goal** To train muscle endurance and learn to 'feel' the body.

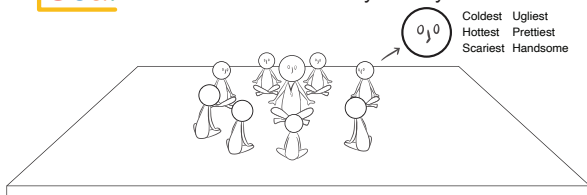


## 1, 2, 3 freeze

Cool down  
Time: ~ 10 min

The learners sit in a circle and the teacher in the middle. On the teacher's command '1, 2, 3 freeze!' the children freeze. If they move, they are eliminated. Continue until only a few children are left. If they are too many learners, make more circles and designate a leader. Instruct them to make different faces every time they freeze.

**Goal** To cool down with a funny activity.





# Netball

Grade 6 | Lesson 3

## Equipment

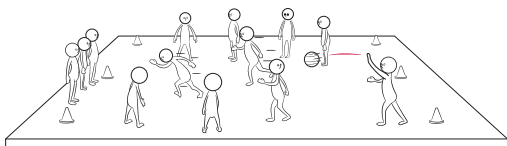
- About 10 balls (soccer and/or netball's), a whistle, 8 cones, 20 water bottles (with sand, stone or water), 20 colour bands and a mat or grass surface

## Dodge ball

Introduction  
Time: ~ 10 min

Play game with a netball. Eliminate opponents by throwing the ball at them. The players are not allowed to walk more than 3 steps. If they are struck, he/she joins the group of eliminated. When an opponent is hit, the first player in the line re-joins the team.

**Goal** To learn to dodge and catch a ball.

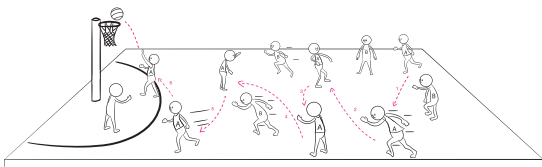


## Countdown - score

Lesson  
Time: ~ 10 min

Four different teams: 2 teams on 1 side of the field and the other 2 on the other side of the field. 1 player from each team in the semi-circle is in front of the hoop. Other children can run around the circle. They should give 5 consecutive passes before passing into the circle for their players to score. The learners count aloud from 5 to 1 and the 6th pass is for their player to score a goal. If the ball does not go in, the other team gets the ball.

**Goal** To learn to find a gap to receive a pass.





## Superman/superwoman workout:

Lesson  
Time: ~ 10 min

1. Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .
2. Plank (2 min): The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, you should stop the exercise.
3. Aeroplane (2 min): Take 2 water bottles and fill them  $2/3$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.
4. Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.
5. Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.



To train muscle endurance and learn to 'feel' the body.



## Statues

Cool down  
Time: ~ 10 min

Learners start walking around the room. As you shout out poses, they should freeze in that position for 3 sec. For example, you could shout:

1. Balance on 1 foot.
2. Crouch on hands and knees.
3. Sit on bottoms.
4. Freeze like a soldier and stand up straight.
5. Pretend to be asleep - this is a perfect pose to finish the lesson.



To calm down and execute instructions from the teacher.





# Netball

Grade 6 | Lesson 4

## Equipment

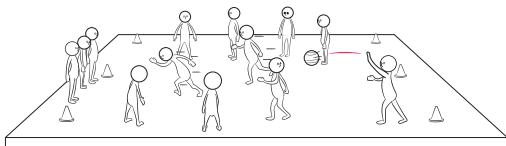
- About 10 balls (soccer and/or netball's), a whistle, 8 cones, 20 colour bands, 20 water bottles (with sand, stone or water) and a mat or grass surface

## Dodge ball

Introduction  
Time: ~ 10 min

Play game with a netball. Eliminate the opponents by throwing the ball at them. Players are not allowed to walk more than 3 steps. If they are struck, he/she joins the group of eliminated. When an opponent is hit, the first player in the line re-joins the team.

**Goal** To learn to dodge and catch a ball.

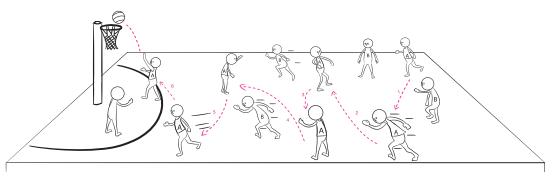


## Countdown - score

Lesson  
Time: ~ 10 min

4 different teams: Two teams on 1 side of the field and the other 2 on the other side of the field. 1 player from each team in the semi-circle is in front of the hoop. Other learners can run around the circle. They should give 5 consecutive passes before passing into the circle for their players to score. The children count aloud from 5 to 1 and the 6th pass is for their player to score a goal. If the ball does not go in, the other team gets the ball.

**Goal** To learn to find a gap to receive a pass on a small field.



## Superman/superwoman workout:

Lesson  
Time: ~ 10 min

1. Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .
2. Plank (2 min): The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, you should stop the exercise.
3. Aeroplane (2 min): Take 2 water bottles and fill them  $2/3$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.
4. Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.
5. Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.

**Goal**

To train muscle endurance and learn to 'feel' the body.



## Statues

Cool down  
Time: ~ 10 min

Learners start walking around the room. As you shout out poses, they should freeze in that position for 3 sec. For example, you could shout:

1. Balance on 1 foot.
2. Crouch on hands and knees.
3. Sit on bottoms.
4. Freeze like a soldier and stand up straight.
5. Pretend to be asleep - this is a perfect pose to finish the lesson.

**Goal**

To calm down and execute instructions from the teacher.





# Netball

Grade 6 | Lesson 5

## Equipment

- About 4 balls (soccer and/or netball's), a whistle, measuring tape, 8 cones, 20 water bottles (with sand, stone or water) and a mat or grass surface

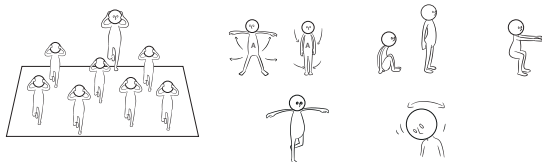
## Follow the leader

Introduction  
Time: ~ 10 min

The children line up in 2 or 3 parallel lines, approx. 1.5 m from each other. A learner is the leader and starts jogging from 1 side of the court to the other while doing warmups. The leader can stop and do an exercise for 15 sec and then continue. After they get to the end of the court, they jog back to the beginning and designate a new leader to do the exercises. Hands on heads, star jumps, sit down/stand up - first slow and then always faster, squats, turn arms, turn left leg in a 8 figure, turn right leg in a 8 figure, stand on 1 leg, turn the head to the right and to the left and turn their hips.



To copy the leader.



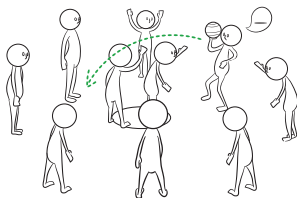
## Piggy in the middle

Lesson  
Time: ~ 10 min

The children form circles with 10 in each circle. They pass the ball around to each other by calling out the person's name first. If 1 of the 2 players in the middle intercepts the ball, the learner who tossed the ball replaces the child in the middle.



To learn to pass the ball and communicate with each other to find the most effective passing method.



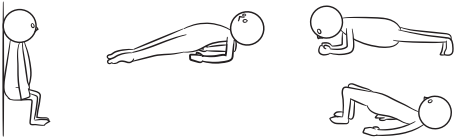
## Superman/superwoman workout:

Lesson  
Time: ~ 10 min

1. Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .
2. Plank (2 min): The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, you should stop the exercise.
3. Aeroplane (2 min): Take 2 water bottles and fill them  $2/3$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.
4. Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.
5. Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.

### Goal

To train muscle endurance and learn to 'feel' the body.



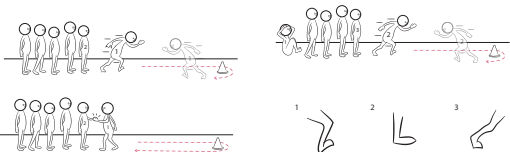
## Heel-to-toe race

Cool down  
Time: ~ 10 min

The teacher marks a 20 m distance from where the children are standing. The children form 2 lines. Each learner should run to the cone ensuring they run from heel-to-toe. They high-5 the next person. The winning team is the first to sit down after everyone did run.

### Goal

To keep your balance and be as fast as possible.





# Netball

Grade 6 | Lesson 6

## Equipment

- About 4 balls (soccer and/or netball's), a whistle, measuring tape, 8 cones, 20 water bottles (with sand, stone or water) and a mat or grass surface

## Shadows

Introduction  
Time: ~ 10 min

The learners sit in pairs. 1 child is instructed to stand and the second will follow few moments later following the other for 30 sec. They then change roles.

### Goal

To react correctly on signals and run behind another person.



Divide the class into 2 groups. One group should do the assessment with the teacher. The other group is playing 'piggy in the middle'. First, explain the assessment then let 1 group play 'piggy in the middle' while the teacher is assessing the learners. After 10 - 15 min change the groups.

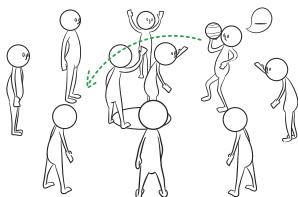
## Piggy in the middle

Lesson  
Time: ~ 10 min

The children form circles with 10 each. They pass the ball around to each other by calling out the person's first name. If the ball is intercepted by 1 of the 2 players in the middle, the learner who tossed the ball replaces the child in the middle.

### Goal

To learn to pass the ball and communicate with each other to find the most effective passing method.



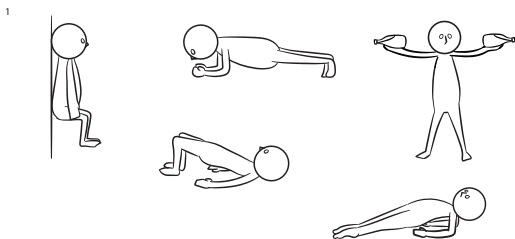
# Assessment:

Lesson  
Time: ~ 10 min

1. Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .
2. Plank (2 min): The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, you should stop the exercise.
3. Aeroplane (2 min): Take 2 water bottles and fill them  $2/3$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.
4. Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.
5. Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.

**Goal**

To train for muscle endurance and learn to 'feel' the body.



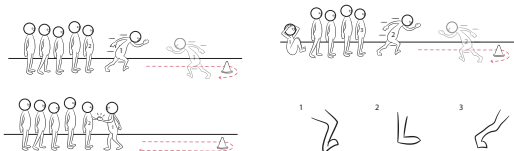
## Heel-to-toe race

Cool down  
Time: ~ 10 min

The teacher marks a 20 m distance from where the children are standing. The learners form 2 lines. Each child should run to the cone ensuring they run from heel-to-toe. They high-5 the next person. The winning team is the first to sit down after everyone did run.

**Goal**

To keep your balance and be as fast as possible.





# Netball

Grade 6 | Lesson 7

## Equipment

- Balls and cones

## Shadows

Introduction  
Time: ~ 10 min

The learners sit in pairs. 1 child is instructed to stand and the second will follow few moments later following the other for 30 sec. They then change roles.

### Goal

To react correctly on signals and run behind another person.



Divide the class into 2 groups. 1 group should do the assessment with the teacher. The other group is playing 'piggy in the middle'. First, explain the assessment then let 1 group play 'piggy in the middle' while the teacher is assessing the learners. After 10 - 15 min change the groups.

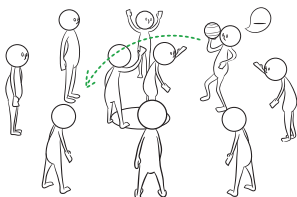
## Piggy in the middle

Lesson  
Time: ~ 10 min

The children form circles with 10 each. They pass the ball around to each other by calling out the person's first name. If the ball is intercepted by 1 of the 2 players in the middle, the learner who tossed the ball replaces the child in the middle.

### Goal

To learn to pass the ball and communicate with each other to find the most effective passing method.





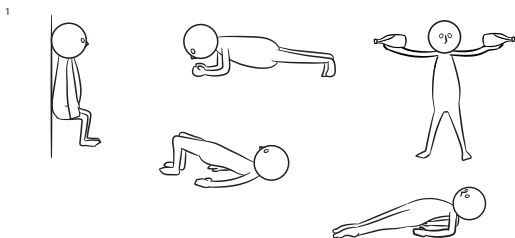
# Assessment:

Lesson  
Time: ~ 10 min

1. Wall sitting (2 min): Sit with your back against a wall. The feet are parallel and the knees bent at an angle of  $90^\circ$ .
2. Plank (2 min): The elbows are angled  $90^\circ$ . The body forms a line like a board. If the hips move up or down, you should stop the exercise.
3. Aeroplane (2 min): Take 2 water bottles and fill them  $2/3$  with water (or sand). Hold your water dumbbells horizontally with the arms extended. As soon as the arms are no longer horizontal, the exercise is finished.
4. Hip lift (2 min): The knees form a right angle. Only the shoulders and feet remain on the ground. As soon as the hips move down and you are unable to maintain the position, you have finished the exercise.
5. Reverse plank (2 min): The body forms a line from the head to the feet. The elbows are at a  $90^\circ$  angle. As soon as the hips move down you should stop the exercise.

**Goal**

To train for muscle endurance and learn to 'feel' the body.



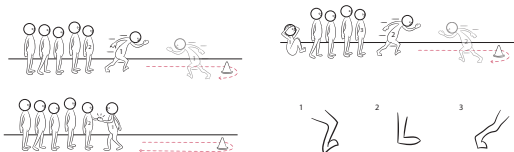
## Heel-to-toe race

Cool down  
Time: ~ 10 min

The teacher marks a 20 m distance from where the children are standing. The learners form 2 lines. Each child should run to the cone ensuring they run from heel-to-toe. They high-5 the next person. The winning team is the first to sit down after everyone did run.

**Goal**

To keep your balance and be as fast as possible.





# Netball

Grade 6 | Lesson 8

## Equipment

- About 8 beanbags, 8 cones and a whistle

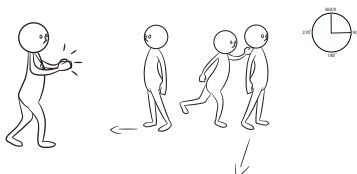
## The mechanic and the robots

Introduction  
Time: ~ 10 min

Groups of 3. 1 is the mechanic and the other 2 are the robots. 2 robots stand back to back. Teacher claps a rhythm and the robots move in a forward direction. When the mechanic touches the robot's shoulder, they turn 90 degrees. The aim is to get the robots back facing each other again.

### Goal

To keep the beat of the teacher's clapping. Reaction drills.



## Relay running

Lesson  
Time: ~ 10 min

Teams of 8 - 10 players. Divide each team into 2 groups. Groups stand at either end of the field facing each other. When the teacher says 'Go!', the learner in the front of group A runs towards group B and give first child a high five and stand at the back. Then group B runs towards group A until all the children did run and completed each of the tasks.

Task 1: Normal sprint.

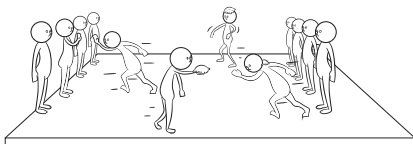
Task 2: Place a beanbag on your head and run as fast as possible to the other side.

Task 3: Place a beanbag on your neck and run as fast as possible to the other side.

Task 4: Place a beanbag on the back of your hand and run as fast as possible to the other side.

### Goal

To balance a beanbag on different parts of the body while running.



# Relay running

Continued



## Knee tag

Lesson  
Time: ~ 10 min

Ask the children to make groups of 2. The learners face each other and assume staggered stances. At the whistle, the children attempt to touch their opponents' knees and at the same time avoid being touched. Every time a learner touches the opponents' knees, he/she scores a point. The children should perform the game for approx. 15 - 30 sec and then take a short break. The game can be repeated multiple times. After a while, change partners.

**Goal** To learn to read and properly respond to opponents' movements and speed.

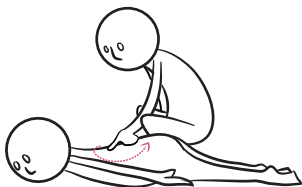


## Drawing message

Cool down  
Time: ~ 10 min

The children are in pairs. 1 learner lays down and the other draws on their back. The child laying down should guess what was drawn on his back. After 4 - 5 drawings, children swap roles.

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





# Rhythmic movement

Grade 6 | Lesson 1

## Accompaniment

- Musical instruments like drums, music player and music

## Run to the beat

Introduction  
Time: ~ 5 min

Play music/drums. Instruct the children to run across the entire movement area. Give learners new instruction every 30 sec, e.g. run backwards, run sideways, skip sideways, etc.

### Goal

To run to the beat of the music/drums.

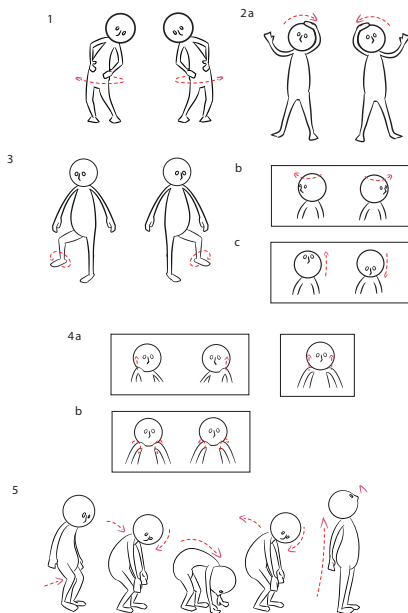
## Mobilisation and isolation

Lesson  
Time: ~ 10 min

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

### Goal

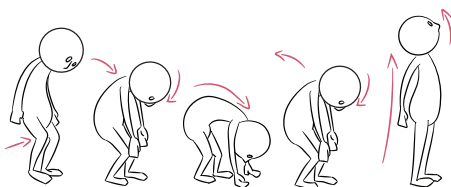
To do mobilisation and isolation movements.



## Mobilisation and isolation

Continued

5



## Favourite moves circle

Lesson  
Time: ~ 5 min

The children get into a circle and play some music. Each learner gets a chance to present his/her favourite dance movement to the class. Class should then copy the learner's movement until they can execute the movement comfortably. The child to the right should demonstrate his/her own favourite movement. No movement that was already shown can be repeated.

**Goal** To present the favourite dance movement to the class.

## Creative group activity: Favourite moves partner combination

Lesson  
Time: ~ 10 min

The children should find a partner and each learner should teach the other partner their 3 favourite movements. The children should combine the 6 movements to develop a dance. There should be a flow from 1 movement to the next.

**Goal** To combine movements to develop a dance.

## Cool down

Cool down  
Time: ~ 10 min

Instruct the learners to perform their new dance for the class, 3 groups (couples) at a time.

**Goal** To perform their new dance for the class.



# Rhythmic movement

Grade 6 | Lesson 2

## Accompaniment

- Musical instruments like drums, music player and music

## Favourite moves dance sequence

Introduction  
Time: ~ 10 min

The children stand in a circle. Play some music/drums. Choose a child to show their favourite movement. The rest of the children should copy the movement until they can execute it comfortably. Instruct the next learner to present his/her favourite movement. The rest of the children should now copy learner 1 and learner 2's movements in a continuous manner.

**Goal**

To copy and represent movements from others.

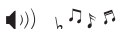
## Mirror, mirror

Lesson  
Time: ~ 5 min

The children should be in pairs and face each other. Play/sing music or start drumming. 1 learner is the 'person', the other child is the 'mirror'. The mirror should copy and follow all the movements done by the person in front of them. After 1 min, the learners should swap roles and repeat the process. Each child should get at least 2 chances to experience both roles.

**Goal**

To copy and follow all the movements done by the person in front of them.



1



2



1



2



1



2

## Creative group activity: Movement sentence sequence

Lesson  
Time: ~ 15 min

Divide the class into groups of 5. Each group should create a dance using the following words: Roll, twist, spin, jump, wiggle, collapse and end. The words need to be in this order. Give the learners 10 min to practice their dance.

**Goal** To practice a dance.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present their dance to the class.

**Goal** To present a dance to the class.



# Rhythmic movement

Grade 6 | Lesson 3

Accompaniment

- Music player

## Intro ritual

Introduction  
Time: ~ 5 min

The children stand in a circle and greet the learner next to them with a movement of their own choice.

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

## Cardio

Introduction  
Time: ~ 5 min

Drum or play any song while the children dance around the area. Instruct the learners to change movement after every 20 sec, e.g. move like a robot, move like a snake, move like the wind, move like a monster, etc.

**Goal** To move and react spontaneously.

## Following movements

Lesson  
Time: ~ 10 min

The learners should find a partner and face each other. There should be a leader and a mirror. The leader follows instructions, the mirror should copy the movements; slow movements, fast movements, big slow movements, be a lightning bolt, low movements, be the wind, high movements, be the rain. Change leaders and repeat the instructions.

**Goal** To follow movements.





## Creative movement activity

Lesson  
Time: ~ 15 min

Divide the children into groups of 5. The learners should design a dance about a storm. There should be at least 6 different movements, with a flow from 1 movement to another. Give the children 10 - 15 min to practice. Instruct each learner to present the dance to the class.

**Goal** To create movements.

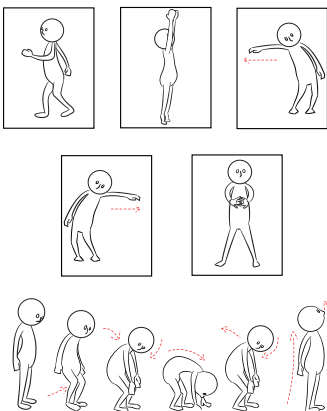
## Outro

Cool down  
Time: ~ 5 min

The teacher should read these instructions in a calm voice:

1. 'Stand in a circle and do everything in a slow, flowing movement.'
2. 'Make any slow movements.'
3. 'Stretch up tall to the sky and relax.'
4. 'Reach with your 1 arm to the side and relax.'
5. 'Reach with your other arm to the side and relax.'
6. 'Reach with both arms forward into the circle and relax.'
7. 'Roll down your spine (vertebrae by vertebrae - bend your knees).' 'Roll up your spine (vertebrae by vertebrae - bend your knees).'
8. 'Relax everything.'
9. 'Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts.'

**Goal** To relax and cool down.





# Rhythmic movement

Grade 6 | Lesson 4

## Accompaniment

- Musical instruments like drums, music player and music

## Name game

Introduction  
Time: ~ 5 min

Clap your hands and say your name to the beat of the song. The learners make a circle and choose an easy rhythm to repeat. The children should clap their hands in a regular pattern. Each learner should say his/her name in accordance to the beat. The whole class repeats each name while clapping to the beat.

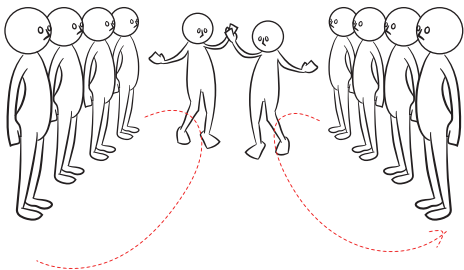
**Goal** To clap to the beat.

## Soul train

Introduction  
Time: ~ 5 min

The children stand in 2 lines facing each other. The 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 the next couple starts.

**Goal** To develop dance expressions.



## Rhythm circle

Lesson  
Time: ~ 5 min

Make a circle and stomp the rhythm with your feet (r-l-r-l) and instruct the learners to stomp the rhythm with you. Clap hands twice on every second foot. When all children get the rhythm, the game begins. 1 person will clap his/her hands twice and pass the rhythm on to the next person in the circle. Learner that misses rhythm should run around the circle and then join the game again. First round should be a practice round.

**Goal** To move according to the rhythm.

## Body percussion circle

Lesson  
Time: ~ 5 min

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

**Goal** To combine body percussion movements.

## Body percussion sequence

Lesson  
Time: ~ 10 min

Make groups of 5. The learners should use different sounds and rhythms using their body. The children should combine 5 body percussion movements to develop a dance. Give the learners 10 min to practice.

**Goal** To combine body percussion movements to develop a dance.

## Cool down

Cool down  
Time: ~ 5 min

Instruct each group to present its body percussion sequence to the class.

**Goal** To relax.



# Rhythmic movement

Grade 6 | Lesson 5

## Accompaniment

- Musical instruments like drums, music player and music

## Move! But how?

Introduction  
Time: ~ 5 min

The learners are standing spaced around the play area and they receive movement cues from the teacher. Change movements every 30 sec.

**Goal** To follow movements.

## Freeze and copy

Lesson  
Time: ~ 5 min

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

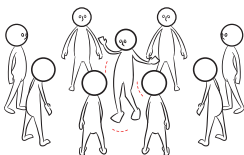
**Goal** To freeze and copy movements.

## Dance circle

Lesson  
Time: ~ 5 min

Stand in a big circle and get 1 learner to perform a dance move. The other children should copy the move for about 16 counts. Afterwards, the child in the middle should choose another learner to follow to the middle. Repeat until at least 10 children did perform.

**Goal** To copy movements.



# Group puzzle dance

Lesson  
Time: ~ 15 min

Divide the children into groups of 5. Each learner should suggest 1 movement; meaning that the dance piece will have 5 movements. Give the children 10 min to practise.

**Goal** To implement movements spontaneously.

# Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.

**Goal** To present a dance.



# Rhythmic movement

Grade 6 | Lesson 6

## Accompaniment

- Musical instruments like drums, 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 present movement of their own.

## Cardio

Introduction  
Time: ~ 5 min

Drum or play any song while the learners dance around the room. Instruct the children to change movement after every 20 sec, e.g. move like a robot, move like a snake, move like the wind, move like a monster, etc.

**Goal** To move and react spontaneously.

## Atom game

Introduction  
Time: ~ 5 min

Play music/beat drum. When the music stops, the learners should follow instructions given by the teacher. Examples of instructions are:

- 'Groups of 3: 'Freeze!' Only 1 hand and 2 feet touching the ground.'
- 'Groups of 4: Let only 3 feet, 2 hands and 1 knee touch the ground.'
- 'Groups of 3: 1 shoulder, 3 feet, and 2 hands need to touch the ground. Hold the position.'

**Goal** To freeze and follow movements.

## The elements rotate

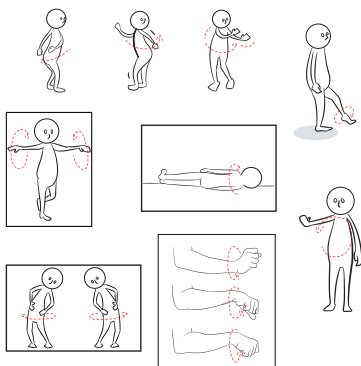
Lesson  
Time: ~ 10 min

The learners should think about different ways that they can rotate/circle their body. They should find 3 ways to turn, e.g. circle arms, twist your waist or roll to the side. Introduce the 4 different elements to the children: Earth, fire, water and wind. The learners should move appropriately to the element that is given by the teacher.

**Goal** To rotate and/or circle the body.

# The elements rotate

Continued



## Creative movement activity

Lesson  
Time: ~ 10 min

The children get into groups of 5. Each group should choose 1 element as a theme. The children should design a dance about the element, using at least 3 rotations in different forms and different levels of movement. There should be a total of 8 movements. Give the learners 10 - 15 min to practice their sequence. Instruct each group to present their dance to the class.

**Goal** To create movements about the elements.

## Outro

Cool down  
Time: ~ 5 min

The children should lie down and close eyes. At the teacher's instruction, the learners should tense up their body as much as they can, hold it for 10 sec and relax again. This is done 3 times. The children should also breathe in for 8 counts, hold breath for 4 counts and breathe out for 8 counts.

**Goal** To relax.



# Rhythmic movement

Grade 6 | Lesson 7

## Accompaniment

- Musical instruments like drums, music player and music

## Intro ritual

Introduction  
Time: ~ 5 min

The learners stand in a circle and greet the child next to them with a movement of their own choice.

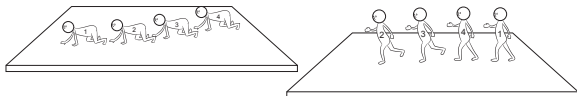
**Goal** To present movement of their own.

## Follow the leader

Introduction  
Time: ~ 5 min

Use drums and change often the speed of the beat. The learners should be in groups of 4, standing in a line next to each other. There should be a leader for each group, and this leader should move at different levels, while the rest of the group follows the movement. After 1 min, change the leader. The new leader should do different movements. Each group member should get a chance to be a leader.

**Goal** To follow movements.



## Pose game

Introduction  
Time: ~ 5 min

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

**Goal** To pose and freeze.



## Creative movement activity

Lesson  
Time: ~ 10 min

Divide the learners in groups of 5. The children should design a dance including 3 different levels, 2 rotations and 2 jumps. Give the children 15 min to practice their dance.

**Goal** To design a dance spontaneously.

## Show down

Lesson  
Time: ~ 10 min

The learners should stand in a circle and the teacher should choose the first 2 groups that will compete. The 2 groups should stand in the middle of the circle and face each other. While music plays, 1 group should perform its dance to the other group. Straight after, the second group should perform the dance. The rest of the class should then decide which group wins. The winner should stay in the circle to compete in the next round. The teacher should make sure that each group has had a chance to perform and compete.

**Goal** To perform a dance to the peers and compete against other groups.

## Outro

Cool down  
Time: ~ 5 min

The learners should sit down with their eyes closed while teacher reads the following instructions in a very calm voice:

‘Imagine:

- Your body heats up.
- Feet, legs, upper body, arms, hands become very hot.
- After a while, someone pours cool water overhead.
- This regulates your temperature from your head, to your shoulders, to your stomach down to your hips, legs, and feet.’

‘Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts.’

**Goal** To cool down and relax.



# Rhythmic movement

Grade 6 | Lesson 8

## Accompaniment

- Musical instruments like drums, music player and music

## Move to the beat

Introduction  
Time: ~ 5 min

Play music/drums while the learners run around the whole area. Give the children different movement instructions every 30 sec, e.g. run backwards, run sideways, change speed of running between forwards, backwards and sideways, change speed of running, fall on the floor between movements, combine all actions, etc.

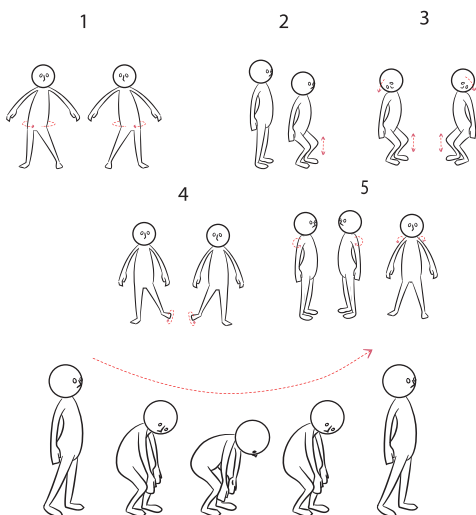
**Goal** To move to the beat.

## Mobilisation and isolation

Introduction  
Time: ~ 5 min

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

**Goal** To do mobilisation and perform isolation movements.



## Freeze number 1, 2 and 3

Lesson  
Time: ~ 10 min

The learners move around freely while music plays. The music stops and they freeze (position 1). Repeat until they find their position 3. Thereafter when music stops, you announce which position they need to freeze into.

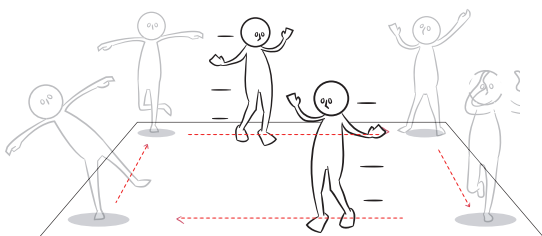
**Goal** To move freely and freeze.

## Partner freeze combination in a square

Lesson  
Time: ~ 10 min

Divide the learners into pairs. They should choose 4 freezes out of the 6. The children imagine a square and do freezes at the corners while making sure that there is a smooth movement from one freeze to the next. Give the children 10 min to practice.

**Goal** To do freezes.



## Cool down

Cool down  
Time: ~ 10 min

Instruct learners to present their dance to the class.

**Goal** To present a dance to the class.



# Acrobatics and gymnastics

Grade 6 | Lesson 1

## Equipment

- About 12 cones, mat or grass surface, apples or tennis balls, 5 colour bands and 10 hula hoops

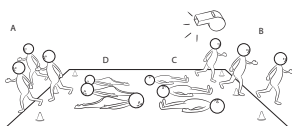
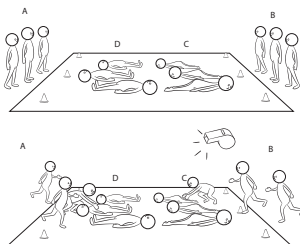
## Turn me

Introduction  
Time: ~ 5 min

Mark out an area. Divide the class into groups of 4 (A, B, C and D). 2 groups stand at end of the marked field and the other 2 groups in the middle (Group C on stomachs and group D on their backs). When the teacher says 'GO!', Group A tries to turn group C onto their backs and group B tries to turn Group D onto their stomachs. After a while, the teacher checks to see how many have been turned over by the different groups. Change roles afterwards.

### Goal

To build trust in each other, cooperate and body tension.



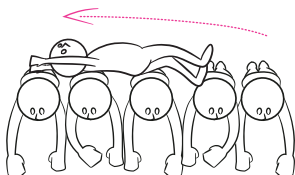
## Trunk transport

Lesson  
Time: ~ 10 min

Divide the children into groups of 12. They should lay on the ground as close as possible to each other on their stomachs. 1 learner is the trunk and lies with their back on top of the other child. When the teacher gives the signal, all children roll in 1 direction and move the learner on their backs in that direction. As soon as a child is free, they move to the front to keep the trunk moving further.

### Goal

To learn how to handle body contact and trust each other. To cooperate and body tension.



# Apple shake

Lesson  
Time: ~ 10 min

Class divided into 2. Group A represents a tree and holds 2 apples. Group B aims to shake the apples off the tree. A need to ensure that they do not let the apple fall from the tree. Reverse roles.

**Goal** To deal with body contact, keep body tension and development of body perception.

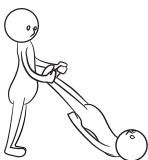


# Spaghetti test

Lesson  
Time: ~ 10 min

A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line only - the shoulders should be on the floor. Change roles. The learner should not be only on his head, but still on his shoulders.

**Goal** To deal with body contact, keep body tension and development of body perception.

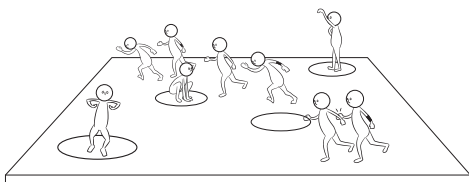


# Zookeeper tag

Cool down  
Time: ~ 5 min

Mark 5 areas and designate 5 zookeepers. Give each 1 a colour band. All other learners are wild animals. All wild animals are spread-out and the zookeepers need to tag them to go to an enclosure. They then should freeze in the shape of the animal. Another wild animal can free the frozen animals by lifting the hula hoop over their head.

**Goal** To run and dodge players.





# Acrobatics and gymnastics

Grade 6 | Lesson 2

## Equipment

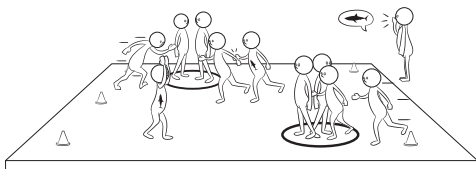
- About 12 cones, mat or grass surface, apples or tennis balls and 12 hula hoops

## Shark attack

Introduction  
Time: ~ 10 min

Mark an area. 1 learner is a 'shark' and the rest are swimmers. Spread hula hoops - these are the 'islands'. The swimmers and sharks 'swim' and 'surf' around until teacher shouts 'shark attack!'. The swimmers should get to an island to avoid being eaten. Only 4 learners are allowed per island. If caught, they become a shark. The islands become less while the game continues until all children are sharks.

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



## Apple shake

Lesson  
Time: ~ 5 min

The class divided into 2. A represents a tree and holds 2 apples. B aims to shake the apples off the tree. A need to ensure they do not let the apple fall from the tree. Reverse roles.

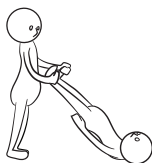
**Goal** To deal with body contact, keep body tension and development of body perception.



## Spaghetti test

Lesson  
Time: ~ 5 min

A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line only - the shoulders should be on the floor. Change roles. The learner should not be only on his head, but still on his shoulders.



**Goal** To deal with body contact, keep body tension and development of body perception.

# Table top position

Lesson  
Time: ~ 5 min

Show the learners how to make a clean and stable table top position. This position is a basic position for acrobatic tricks: Hands are under the shoulders, shoulder-width at right angles to the ground and trunk. Knee hip width vertically under the buttocks, right angle in the knee and hip joint. Straight, stable back, belly retracted and pelvis tilting high towards the navel. Head is in extension of the spine.

**Goal** To make a clean and stable table top position.



# Simple pyramid

Lesson  
Time: ~ 5 min

Child A is in a bank position, learner B is standing over the shoulders of A, legs spread. Child C stands on A's buttocks and rests with his/her hands-on B's shoulders. B walks away so C can stand alone. C can try to stand on 1 leg. B can help as a railing.

**Goal** Cooperation, get used to body contact, train balance and body tension.

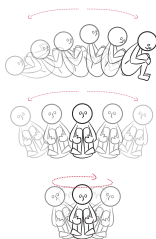


# Roll like a ball

Cool down  
Time: ~ 5 min

The learners should pretend to be a ball - rolls backwards and forwards from side to side, around in a circular motion. Wrap your arms around your knees and lift your feet off the ground.

**Goal** To spin in different ways.



# Cobra stretch

Cool down  
Time: ~ 5 min

The children should lie flat on their stomachs and then raise their upper bodies off the floor by pushing with their hands. The learners need to keep stretching until they feel their core muscles stretch. This should be done by stretching for about 10 sec followed by a rest of 10 sec.

**Goal** To stretch the core muscles.





# Acrobatics and gymnastics

Grade 6 | Lesson 3

## Equipment

- About 12 cones, mat or grass surface, apples or tennis balls and 8 hula hoops

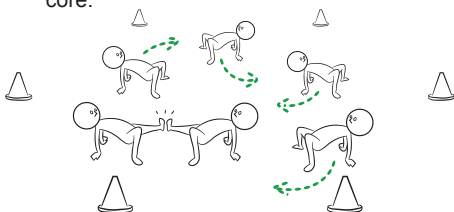
## Crabs say hello

Introduction  
Time: ~ 10 min

Mark an area. Tell the learners to go on all fours on their backs. The children should then walk around the area. When they get to another learner, they should greet them by touching their feet. They should greet at least 10 crabs.

### Goal

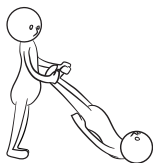
Foot-eye co-ordination and strengthen the core.



## Spaghetti test

Lesson  
Time: ~ 5 min

A is on his back and represents an uncooked spaghetti stick (whole body is tense). B controls A by lifting both feet of A. A should be in a straight line only - the shoulders should be on the floor. Change roles. The learner should not be only on his head, but still on his shoulders.



### Goal

To deal with body contact, keep body tension and development of body perception.

## Table top position

Lesson  
Time: ~ 5 min

Show the learners how to make a clean and stable table top position. This position is a basic position for acrobatic tricks: Hands are under the shoulders, shoulder-width at right angles to the ground and trunk. Knee hip width vertically under the buttocks, right angle in the knee and hip joint. Straight, stable back, belly retracted and pelvis tilting high towards the navel. Head is in extension of the spine.

### Goal

To make a clean and stable table top position.





# Simple pyramid

Lesson  
Time: ~ 5 min

Child A is in a bank position, learner B is standing over the shoulders of A, legs spread. Child C stands on A's buttocks and rests with his/her hands on B's shoulders. B walks away so C can stand alone. C can try to stand on 1 leg. B can help as a railing.



**Goal**

Cooperation, get used to body contact, train balance and body tension.

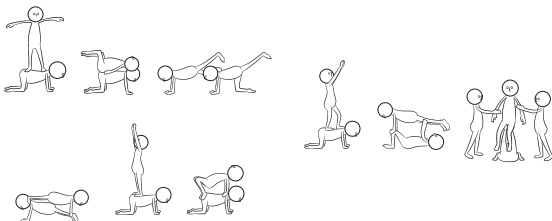
# Partner acrobatics

Lesson  
Time: ~ 5 min

The children have learned how to keep body tension and how to cooperate. Now let them try themselves. The learners get into groups of 3. Let them try out the following pyramids without more information. The teacher walks around and helps each group to be creative and form different pyramids.

**Goal**

Stabilization, creativity, body tension, cooperation and trust.



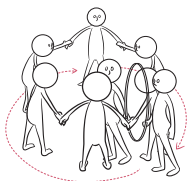
# Go through the hoop

Cool down  
Time: ~ 10 min

Learners need to get into groups of 8 - 10. They should form a circle and hold hands. Every group gets a hula hoop, which is held by 2 children. The 'hoop' now walks around the circle without letting go of their grip. This means that the other children should put their bodies through the hoop. Let the learners practise for 2 min, then have a competition between the groups.

**Goal**

To strengthen the group cooperation and competing against each other.





# Acrobatics and gymnastics

Grade 6 | Lesson 4

## Equipment

- Mat or grass surface

## I move

Introduction  
Time: ~ 10 min

Ask the learners to form a big circle. They all start to sing the I move song as following example: 'I move I move I move; I move my head, I move I move I move, I move my head' (the learners move their heads). The children should move their body according to the specific body part that is mentioned.

### Goal

To co-ordinate different body movements.  
'Only move body part that is requested.'

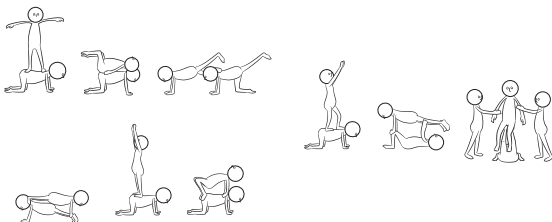
## Partner acrobatics

Lesson  
Time: ~ 5 min

The children have learned how to keep body tension and how to cooperate. Now let them try themselves. The learners get into groups of 3. Let them try out the following pyramids without more information. The teacher walks around and helps each group to be creative and form different pyramids.

### Goal

Stabilization, creativity, body tension, cooperation and trust.

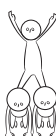


# Pyramids of 3

Lesson  
Time: ~ 10 min

Learners have learned how to keep body tension and how to cooperate. Now let them try by themselves. Make groups and let them try out the following pyramids without more information. Walk around and help the children to become creative and demonstrate different pyramids

**Goal** Stabilization, creativity, body tension, cooperation and trust.



## Massage circle

Cool down  
Time: ~ 5 min

Ask the children to sit in a circle and look at each other's backs. Ask the learners to massage the back in front of them until the teacher gives the signal to turn to the other side (after 2 min). Then massage the back in front of them.

**Goal** To relax deeply while massaging someone else's back.



## Explain exam exercise

Cool down  
Time: ~ 5 min

The learners get into groups of 6. Each group should show 5 different pyramids.

- 2 different partner acrobatics: Make groups of 2. Each child in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3: Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6: The whole group performs at the same time. The teacher gets to see 1 pyramid.

**Goal** Precision, body tension and cooperation.



# Acrobatics and gymnastics

Grade 6 | Lesson 5

## Equipment

- About 12 cones, mat or grass surface, about 10 colour bands and 12 hula hoops

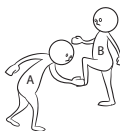
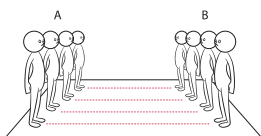
## Back to back

Introduction  
Time: ~ 10 min

Divide the class into 2 rows, facing each other standing 3 m away from each other. The children facing each other are partners. When the teacher shouts 2 specific body parts, the learners should rush towards each other and execute the task. If the teacher calls 'back to back', partners should stand back to back, lock arms, sit down and stand up together.

**Goal**

To co-ordinate parts of the body.



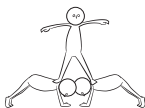
## Pyramids of 3

Lesson  
Time: ~ 10 min

The children have learned how to keep body tension and how to cooperate. Now let them try by themselves. Make groups of 3 learners and let them try out the following pyramids without more information. Walk around and help the children to become creative and demonstrate different pyramids.

**Goal**

Stabilization, creativity, body tension, cooperation and trust.

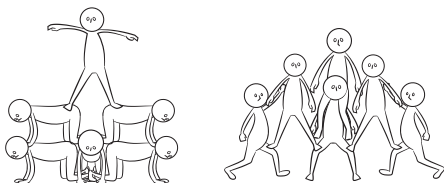


# Pyramids of 6

Lesson  
Time: ~ 10 min

Make groups of 6 children and let them try out the following pyramids without more information. Walk around and help the learners to become creative and form different pyramids.

**Goal** Stabilization, creativity, body tension, cooperation and trust.

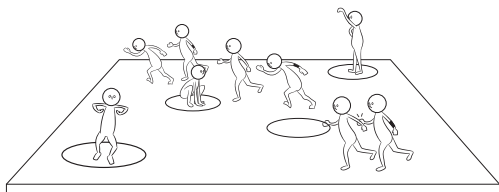


# Zookeeper tag

Cool down  
Time: ~ 10 min

Mark 5 areas and designate 5 zookeepers. Give each 1 a colour band. All other learners are wild animals. All wild animals are spread-out, and zookeepers need to tag them to go to an enclosure. They then should freeze into the shape of animal. Another wild animal can free the frozen animals by lifting the hula hoop over their head.

**Goal** To develop special orientation.





# Acrobatics and gymnastics

Grade 6 | Lesson 6

## Equipment

- About 5 tennis balls, 8 cones or soccer goals, soccer field and 2 soccer balls

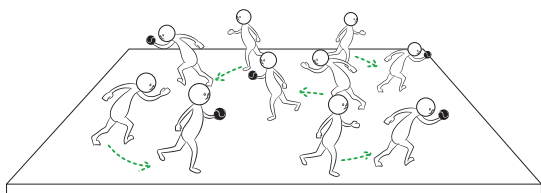
## Catch and run

Introduction  
Time: ~ 10 min

The teacher marks an activity area and chooses 5 catchers. All catchers receive a tennis ball so that the other learners can identify the catchers. If someone gets caught, they switch roles and exchange the tennis ball.

### Goal

To run in different directions without bumping into each other.



## Exam exercise (first trial):

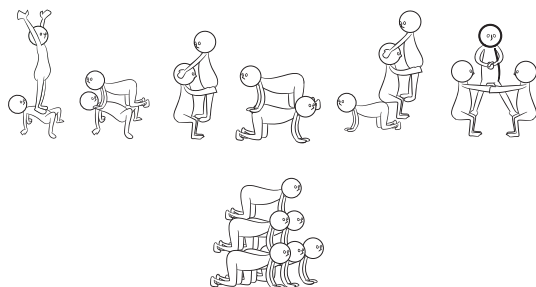
Lesson  
Time: ~ 20 min

Learners get into groups of 6. Each group should show 5 different pyramids.

- 2 different partner acrobatics: Make groups of 2. Each child in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3: Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6: The whole group performs at the same time. The teacher gets to see 1 pyramid.

### Goal

Precision, body tension and cooperation.

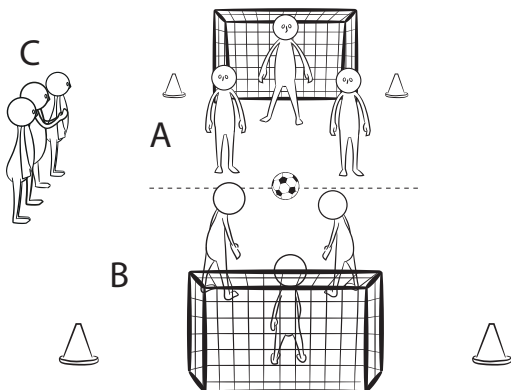


# Free soccer game

Cool down  
Time: ~ 10 min

Let the learners play a free soccer game that have finished their exam. The children should get into 3 groups. 2 groups should play against each other. After every goal scored, the losing team should leave the game and the winners play against the team, which did wait.

**Goal** Autonomy and responsibility.





# Acrobatics and gymnastics

Grade 6 | Lesson 7

## Equipment

- About 8 cones, a whistle, netball field and a netball, about 15 colour bands and measuring tape

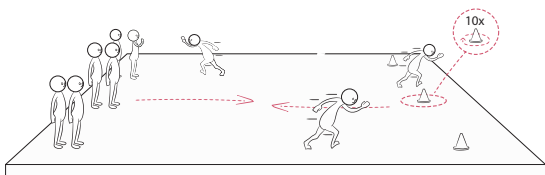
## Drunken sailor

Introduction  
Time: ~ 10 min

Make groups of 6. Standing in succession in 1 line. This is a relay race. Place a cone within 30 m. On signal, first learner runs towards the cone, when reaching the cone, they should touch it with 1 hand and turn around the cone 10 times then run back to their group as fast as possible. Each child runs twice. First team to finish wins.

**Goal**

Stay orientated, even when everything around is turning.



## Exam exercise (second trial):

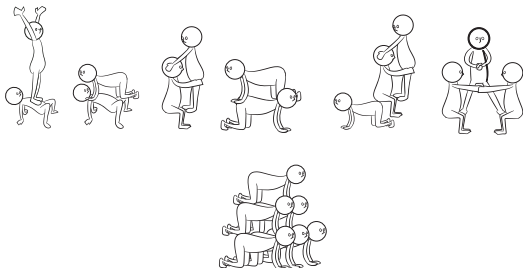
Lesson  
Time: ~ 20 min

Learners get into groups of 6. Each group should show 5 different pyramids.

- 2 different partner acrobatics: Make groups of 2. Each child in the group performs at the same time. The teacher gets to see 3 pyramids.
- 2 different pyramids of 3: Make groups of 3. Each learner in the group performs at the same time. The teacher gets to see 2 pyramids.
- 1 pyramid of 6: The whole group performs at the same time. The teacher gets to see 1 pyramid.

**Goal**

Precision, body tension and cooperation.



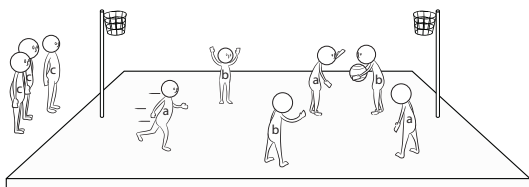


# Free netball game

Cool down  
Time: ~ 10 min

Let the children play a free netball game that have finished their exam. The learners should build 3 groups. 2 groups should play against each other. After each goal, the winners play against the team, which did wait.

**Goal** Autonomy and responsibility.





# Acrobatics and gymnastics

Grade 6 | Lesson 8

## Equipment

- Cones, balls and netballs

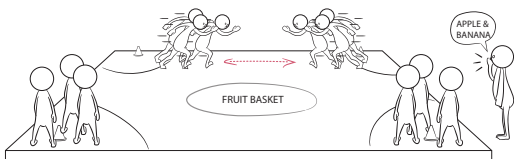
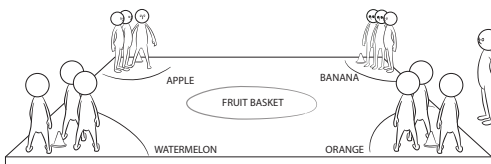
## Fruit basket

Introduction  
Time: ~ 10 min

Divide the class into groups of 4 and move them into a marked area. Give each group a fruit name. When calling 2 different fruit names, they should sprint to that fruit's corner and change places. When you call fruit basket, they should sit in the middle.

### Goal

To run without bumping into each other. To listen carefully to what the teacher says.



## The doctor

Lesson  
Time: ~ 20 min

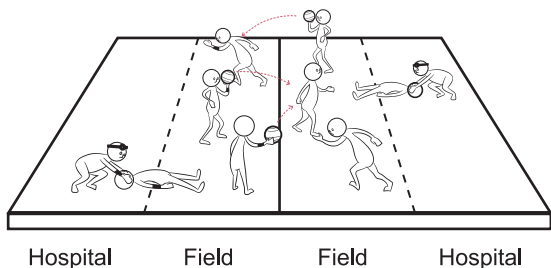
Divide the learners into 2 teams and allocate each team 1 half of the activity area and a ball. The players try to hit the players from the opposing team. Each team secretly picks 1 of their teammates to be the 'doctor'. If a player is hit, he/she should sit down immediately. The doctor has the power to bring a teammate back into the game. It is then up to the doctor to try to rescue their teammate without being hit. Once the ball hits the doctor, the rest of the team cannot be helped anymore.

### Goal

To avoid the ball. To try to play as a team and always keep the doctor safe. Improvement of marksmanship.

# The doctor

Continued



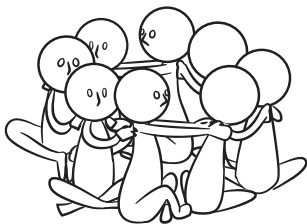
## Massage circle

Cool down  
Time: ~ 10 min

Ask the children to sit in a circle and look at each other's backs. They all face in the same direction. Ask the learners to massage the back in front of them until the teacher gives the signal to turn to the other side (after 2 min). Then, massage the next back in front.

**Goal**

To relax deeply while massaging someone else's back.





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**GOOD  
LUCK!**



## GRADE 6 PHYSICAL EDUCATION

Soccer

Netball

Rhythmic movement

Acrobatics and gymnastics



**KaziKidz**



*Teaching Material for Schoolchildren*