

LESSON CUE CARDS FOR

Grade 7



 PHYSICAL EDUCATION

Dear Teachers,

Physical Education (PE) is a part of a balanced holistic curriculum in schools. There is scientific evidence that PE contributes to the healthy development of learners, improves their academic performance and promotes their joy of life in the school setting. Encouraging and stimulating the teaching of PE is central to the KaziBantu project. The main goals of the project are closely connected to UNESCO's sustainable development goals (SDGs), namely «good health and well-being» (SDG3) and «quality education» (SDG4).

Teachers are often overloaded with tasks and duties. It is obvious that they need support and tools which facilitate their work. That is why we developed the KaziKidz Cue Cards - a portable tool designed to aid your daily teaching. The cue cards provide complete PE lessons, readily available and easy to implement while you are outside on the field. They are designed in the form of a hand-sized booklet or you can save them on your cell phone, thus enabling you to present the topics in a well prepared and motivating way.



KaziKidz



Teaching Material for Schoolchildren



KaziBantu

Healthy Schools for Healthy Communities

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

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

Prof. Dr. Uwe Pühse (UNESCO Chair), University of Basel, Basel, Switzerland

Prof. Dr. Cheryl Walter (UNESCO Co-Chair), Nelson Mandela University, Port Elizabeth, South Africa



United Nations
Educational, Scientific and
Cultural Organization



UNESCO Chair on Physical Activity
and Health in Educational Settings,
University of Basel, Basel, Switzerland

NELSON MANDELA
UNIVERSITY



University
of Basel



KaziBantu

Healthy Schools for Healthy Communities

These cue cards are a summary of and a useful addition to the KaziKidz Lesson Plan Manuals. They provide visuals of each phase of a lesson plan, namely Introduction, Main Focus and a suitable, but not too intensive Cool Down/ Conclusion.

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

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

Ms Nadine Pote

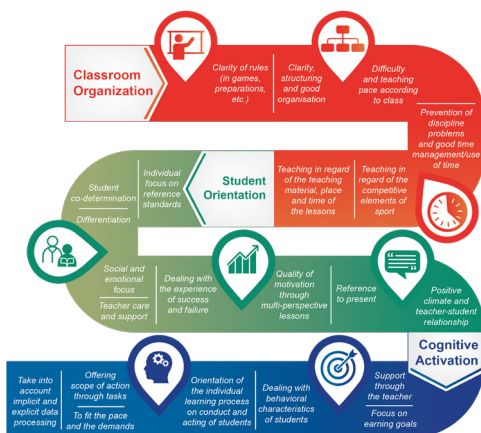
*Human Movement Science Specialist (M.Ed. – UPE)
National Convenor and Trainer for Life Orientation
and Physical Education during roll-out of the National
Curriculum Statement in the GET and FET Bands (2002-
2008, Department of Education)*

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

Dimensions of Teaching Quality

Characteristics of good teaching have been identified in general educational research. These characteristics promote the acquisition of competencies and the development of motivation among learners independent of the subject. Good teaching that promotes student performance as well as motivation is characterized by the following features:

- Classroom organization, for instance binding rules and targets, the clarity and structure of the teaching process, decreased waste of time;
- Student orientation, for instance individual learning support, a positive teacher-student relationship, positive teacher feedback; and
- Cognitive activation, for instance the genetic-Socratic approach, avoidance of repetitive exercises.



GRADE 7

- 20 Soccer and/or netball balls
- 1 Whistle
- Soccer field
- 2 goal posts or cones
- Or use cones and mark out soccer playing area
- 20 Cones
- 40 Colour bands (2 sets of different colours: 1 set blindfolds, 1 set bibs or colour bands)
- 1 Measuring tape
- 1 Music player (cd player) & KaziKidz music (www.kazibantu.org)
- Drums
- 40 mats (1 per learner)
- And/or 1 open playground field with grass
- Netball field
- 2 net posts on each side
- Or use cones and mark out netball playing area and 2 hoops
- 10 Tennis balls

CONTENTS

Grade 7 Physical Education contents

Soccer

Lesson 1: Team skills/attacking/defending	1
Lesson 2: Team skills/attacking/defending	2
Lesson 3: Team skills/attacking/defending	3
Lesson 4: Team skills/attacking/defending	4
Lesson 5: Team skills/attacking/defending	5
Lesson 6: Team skills/attacking/defending	6
Lesson 7: Team skills/attacking/defending	7
Lesson 8: Free fun lesson	8

Netball

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

Rhythmic movement

Lesson 1: Musicality and movement repertoire	17
Lesson 2: Formations and isolations	18
Lesson 3: Formations and shapes	19
Lesson 4: Quality of movement and force	20
Lesson 5: Isolations and movement repertoire	21
Lesson 6: Levels and formations	22
Lesson 7: Variation of movement quality	23
Lesson 8: Cultural dance	24

Acrobatics

Lesson 1: Acrobatics	25
Lesson 2: Acrobatics	26
Lesson 3: Acrobatics	27
Lesson 4: Acrobatics	28
Lesson 5: Acrobatics	29
Lesson 6: Examination	30
Lesson 7: Examination	31
Lesson 8: Free fun lesson	32



Soccer

Grade 7 | Lesson 1

Equipment

- About 20 balls (soccer and/or netball's), 1 whistle and 16 cones

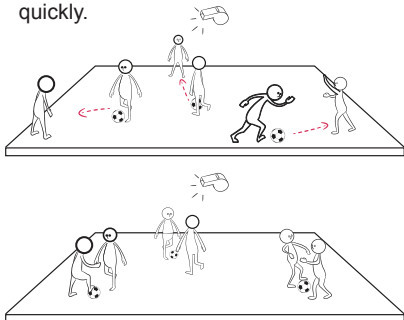
Defend your treasure

Introduction
Time: ~ 10 min

The learners get into pairs, each pair has a ball. At the 1st whistle they pass the ball to each other. At the 2nd whistle the child with the ball defends the ball until the next whistle. If there are too many learners, they can be grouped into 3. Inform the children that they can use their bodies to defend the ball, e.g. turn their back on opponents to defend the ball, etc.

Goal

To learn to switch into a defending situation quickly.



The teacher divides the learners into 2 groups. 1 half does 'pass through open goals' activity with the teacher. The other half plays 'soccer'. The teacher first explains to the children how to play 'soccer'. When they start the game, the teacher works with the other group. Change the groups after 10 - 15 min.

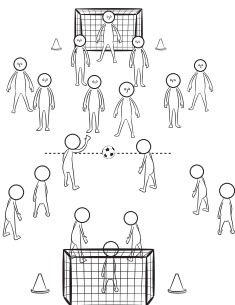
Soccer main

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, each side with a goalkeeper. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to cover as much ground as they can.

Goal

To learn to create opportunities to score.



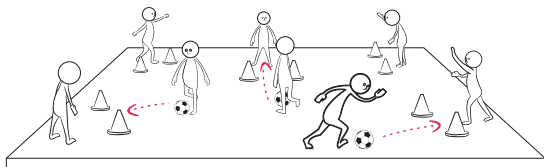
Passes through open goal

Lesson
Time: ~ 10 min

Divide the learners to form groups of 2 in an open field whilst the teacher sets up 8 random goal posts 1.5 m apart. Each goal post is protected by 1 goalie. The team should try and score in all the posts, they can not score more than once in 1 post. Tell the children to look up so they do not bump into each other.

Goal

To communicate with partners and collaborate to score goals.



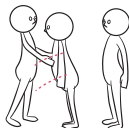
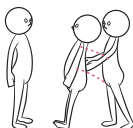
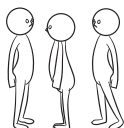
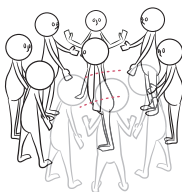
Roly-poly

Cool down
Time: ~ 10 min

The learners should make a group of 10 forming a circle with no gaps. 1 child is in the middle, eyes closed. The learners in the circle should be prepared to catch the child in the middle who will be falling by keeping their body stiff. The children should take turns to be in the middle.

Goal

To learn to have trust in teammates.





Soccer

Grade 7 | Lesson 2

Equipment

- About 20 balls (soccer and/or netball's), 1 whistle, 4 cones and 20 blindfolds

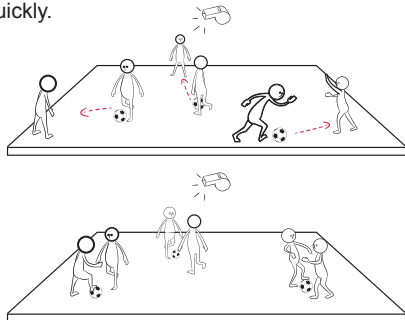
Defend your treasure

Introduction
Time: ~ 10 min

The learners get into pairs, each pair has a ball. At the 1st whistle they pass the ball to each other. At the 2nd whistle the child with the ball defends the ball until the next whistle. If there are too many learners, they can be grouped into 3. Inform the children that they can use their bodies to defend the ball, e.g. turn their back on opponents to defend the ball, etc.

Goal

To learn to switch into a defending situation quickly.



The teacher divides the learners into 2 groups. 1 half does 'pass through open goals' activity with the teacher. The other half plays 'soccer'. The teacher first explains to the children how to play 'soccer'. When they start the game, the teacher works with the other group. Change the groups after 10 - 15 min.

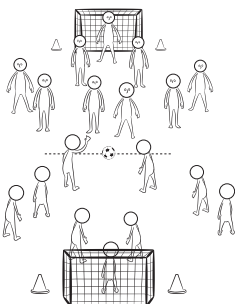
Soccer main

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, each side with a goalkeeper. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to cover as much ground as they can.

Goal

To learn to create opportunities to score.



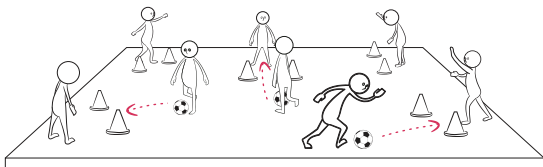
Passes through open goal

Lesson
Time: ~ 10 min

Divide the learners to form groups of 2 in an open field whilst the teacher sets up 8 random goal posts 1.5 m apart. Each goal post is protected by 1 goalie. The team should try and score in all the posts, they can not score more than once in 1 post. Tell the children to look up so they do not bump into each other.

Goal

To communicate with partners and collaborate to score goals.



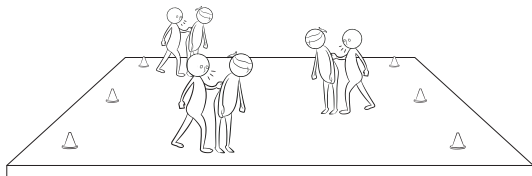
Blind journey

Cool down
Time: ~ 10 min

The learners get into pairs with the other partner being blind folded. At the 1st few steps, the only signal is shoulder taps, then the voice directions can follow to get the learner from point A to B.

Goal

To avoid bumping into each other and build trust with partners.





Soccer

Grade 7 | Lesson 3

Equipment

- About 20 balls (soccer and/or netball's), 1 whistle, 4 cones and 20 colour bands

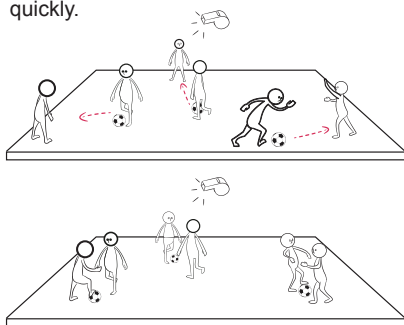
Defend your treasure

Introduction
Time: ~ 10 min

The learners get into pairs, each pair has a ball. At the 1st whistle they pass the ball to each other. At the 2nd whistle the child with the ball defends the ball until the next whistle. If there are too many learners, they can be grouped into 3. Inform the children that they can use their bodies to defend the ball, e.g. turn their back on opponents to defend the ball, etc.

Goal

To learn to switch into a defending situation quickly.



The teacher divides the learners into 2 groups. 1 half does 'pass through open goals' activity with the teacher. The other half plays 'soccer'. The teacher 1st explains to the children how to play 'soccer'. When they start the game, the teacher works with the other group. Change the groups after 10 - 15 min.

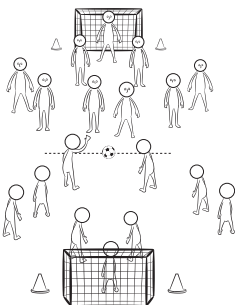
Soccer main

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, each side with a goalkeeper. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to cover as much ground as they can.

Goal

To learn to create opportunities to score.

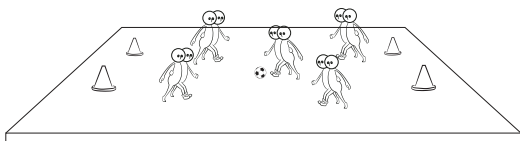


Couple soccer

Lesson
Time: ~ 10 min

The learners form 2 teams, with each team pairing up into 2. The pairs get strapped with a rope on 1 leg of each pair. The learners should find a way to commonly move around. With the goal post set, the 2 teams play against each other. The team that can co-operate the best will succeed (if possible, game should be played on a grass surface).

Goal To improve team work and coordination.

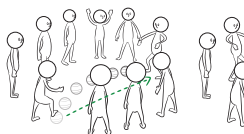


The ball chain

Cool down
Time: ~ 10 min

The children are divided into groups of 10. The learner passes the ball to the other, calling out the name of the first learner. This should continue until each child has had a chance to kick the ball. After that cycle, the children can be challenged by putting a 2nd ball in the circle with the same rules. The children can be further challenged by adding another ball. If it becomes too difficult or too easy, add or subtract 1 ball.

Goal To concentrate on passing the ball and improving memory.





Soccer

Grade 7 | Lesson 4

Equipment

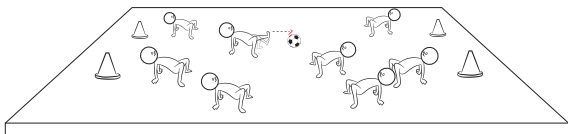
- About 20 balls (soccer and/or netball's), 1 whistle, 4 cones, 20 blindfolds and 20 colour bands

Crab soccer

Introduction
Time: ~ 10 min

The learners should form 2 teams with each team on opposite ends of the field. They should be on all fours with bottoms towards the floor. The goal is to walk like a crab. By keeping this movement, they should try to score on the opposite goal posts. It is best to recap the soccer rules before the game starts.

Goal To develop strategies on how to score.



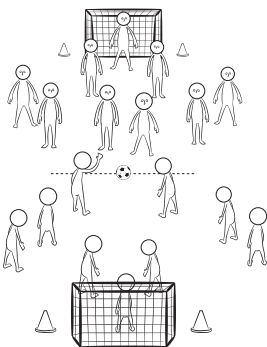
The teacher divides the learners into 2 groups. 1 half does the 'crocodile zone' activity with the teacher. The other half plays 'soccer'. The teacher 1st explains to the children how to play 'soccer' and then allows the group to play that game, whilst he/she works with the other group. Change the groups after 10 - 15 min.

Soccer

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, with each side a goalkeeper between the posts. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to spread on the field as much as possible.

Goal To learn to create opportunities to score.

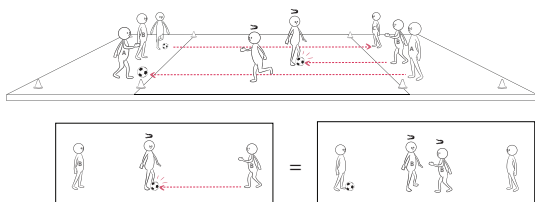


The crocodile zone

Lesson
Time: ~ 10 min

The children should form 2 teams with the 1 team designated to be the crocodiles. 1 team stands behind the lines marked with a space in the middle, with each learner facing their teammate who is on the other end of line. The children should kick to each other on opposite ends without the ball being intercepted by the crocodiles. If the crocodiles intercept the ball, the pair kicking the ball should join the crocodile team in the middle. The goal is to find out which pair can share the ball the most without intercepting it.

Goal To improve cooperation and accuracy.

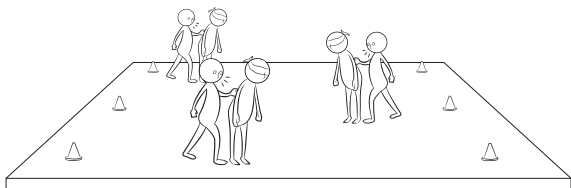


Blind journey

Cool down
Time: ~ 10 min

The children get into pairs with the other learner being blind folded. At the 1st few steps, the only signal is shoulder taps, then the voice directions can follow to get the learner from point A to B.

Goal To avoid bumping into each other and build trust with partners.





Soccer

Grade 7 | Lesson 5

Equipment

- About 2 balls (soccer and/or netball's), 1 whistle, 8 cones, 20 blindfolds and 20 colour bands

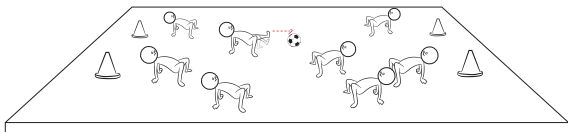
Crab soccer

Introduction
Time: ~ 10 min

The learners should form 2 teams with each team on opposite ends of the field. They should be on all fours with bottoms towards the floor. The goal is to walk like a crab. By keeping this movement, they should try to score on the opposite goal posts. It is best to recap the soccer rules before the game starts.



To develop strategies on how to score.



The teacher divides the learners into 2 groups. 1 half does the 'crocodile zone' activity with the teacher. The other half plays 'soccer'. The teacher 1st explains to the children how to play 'soccer' and then allows the group to play that game, whilst he/she works with the other group. Change the groups after 10 - 15 min.

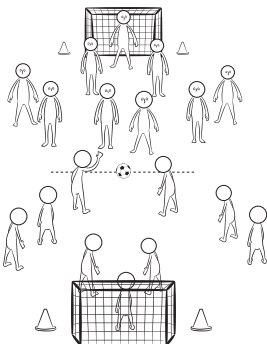
Soccer

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, with each side a goalkeeper between the posts. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to spread on the field as much as possible.



To learn to create opportunities to score.

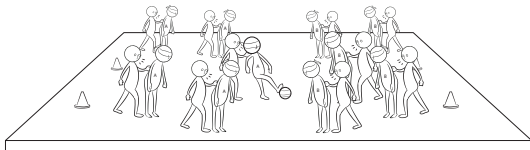


Robot soccer

Lesson
Time: ~ 10 min

The children should form 2 teams, within these the children form groups of 2. Out of the pair, 1 is blind-folded. The field has 2 marked goals. The blind-folded learner should try to score in the marked goals, by relying on their partner giving them verbal instructions to direct them to the posts in order to help them score.

Goal To learn how to trust teammates and to improve listening skills.



The ball chain

Cool down
Time: ~ 10 min

The children are divided into groups of 10. The learner passes the ball to the other child calling out the name of the 1st child. This should continue until each learner has gotten a chance to kick the ball. After this cycle, the children can be challenged by putting a 2nd ball in the circle. With the same rules, children can be challenged again by adding another ball. If it becomes too difficult or too easy, add or subtract 1 ball.

Goal To concentrate on passing the ball and to improve memory.





Soccer

Grade 7 | Lesson 6

Equipment

- About 2 balls (soccer and/or netball's), 1 whistle, 8 cones and 20 colour bands

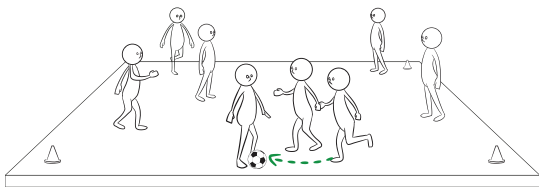
Escape the monster

Introduction
Time: ~ 10 min

2 children should be selected holding hands to start the monster chain. The other learners should dribble the ball in the marked area. At the teacher's signal, the monster chain learners try to catch the child in possession of the ball. If the child is caught, the learner joins the monster chain.



To develop strategies to score a goal.



The teacher divides the learners into 2 groups. 1 half does activity with the teacher observing them. The other half plays 'soccer' under the teacher's observation. The teacher 1st explains to the learners how to play 'soccer' and then allows the group to play this game, whilst he/she works with the other group. Change the groups after 10 - 15 min.

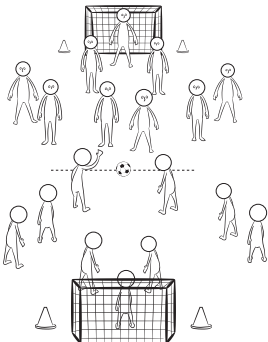
Soccer

Lesson
Time: ~ 10 min

Make the learners divide into 2 groups, with each side a goalkeeper between the posts. To win, the teams should try to score goals into the opposing teams goal posts. Try to get the children to spread on the field as much as possible.



To learn to create opportunities to score.

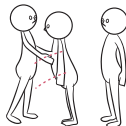
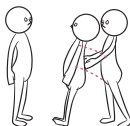
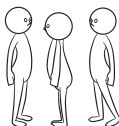
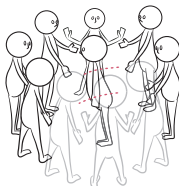


Roly-poly

Cool down
Time: ~ 10 min

The children should make a group of 10 forming a circle with no gaps in-between them. 1 learner should be in the middle with eyes closed. The children in the circle should be prepared to catch the child in the middle who will fall by holding the body stiff. The children should take turns to be in the middle.

Goal To cool down.





Soccer

Grade 7 | Lesson 7

Equipment

- About 8 balls (soccer and/or netball's), 1 whistle, 8 cones and 20 colour bands

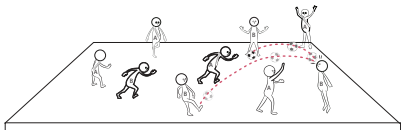
Clever heads

Introduction
Time: ~ 10 min

The learners should be divided into 2 teams, with 1 team getting the ball and trying to make the passes without the other team intercepting the ball. An extra 1 point is gained when the team can make the last pass with the head. The child attempting to do the head pass should not be attacked by the opposing team.

Goal

To learn to move freely in space and to pass with their heads.



Soccer main

Lesson
Time: ~ 10 min

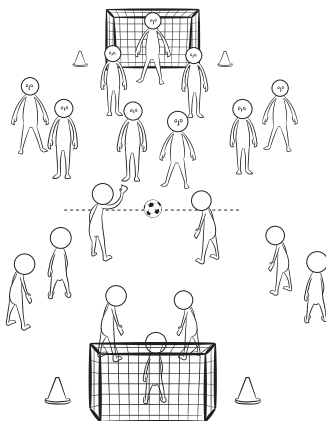
Make the learners divide into 2 groups, with each side a goalkeeper between the posts. To win, the teams should try to score goals into the opposite goal posts. Try to get the children to spread on the field as much as possible.

Goal

To improve fundamental movements.

Soccer main

Continued



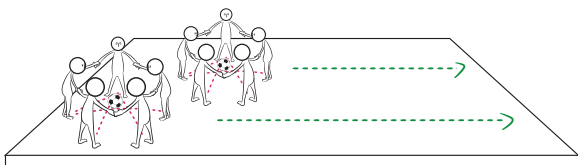
Team relay

Cool down
Time: ~ 10 min

The learners should get into teams of 5. A start line is drawn at the 1 end of the field with the finish line on the other end. Each team should make a circle and hold hands. In each circle there should be a ball. Now, all should try and get to the other side as quickly as possible whilst passing the ball to each other. A children circle should have at least 15 passes before it reaches the finish line, whereas the circle should always stay closed.

Goal

To encourage team work.





Soccer

Grade 7 | Lesson 8

Equipment

- About 10 balls (soccer and/or netball's), 1 whistle, 8 cones and 20 colour bands

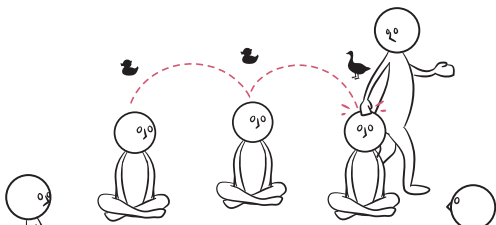
Duck, duck, goose

Introduction
Time: ~ 10 min

The children sit in a circle with learner A walking outside the circle, tapping other children on the shoulder and saying 'duck, duck, duck...'. When learner A says 'goose', the tapped child should chase learner A around the circle before learner A sits in his/her place. If the 'goose' catches learner A, then he/she sits in the middle of the circle and the 'goose' takes over the role of learner A. The child in the middle joins the circle when another child is caught.

Goal

To improve reaction time, speed and co-ordination.



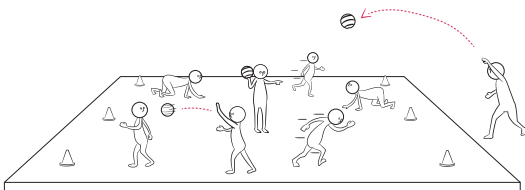
Zombie ball

Lesson
Time: ~ 10 min

Mark an area. The children (villagers) should spread in the marked area. The teacher throws 4 'magic balls' into the marked area. If a villager can get to a ball and can throw it to another child, both become a zombie and should crawl like a zombie on the ground. If a zombie touches a villager, he/she becomes a zombie and the other learner is freed.

Goal

To improve reaction time.

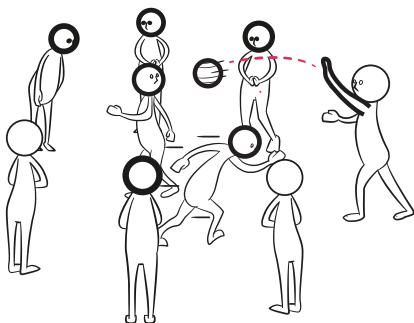


Circle dodge ball

Lesson
Time: ~ 10 min

Create 2 teams. 1 team is in the centre of the circle formed by the other team. The children on the outside try to hit the children in the middle of the circle with the ball. If the child is hit below the waist, then he/she should join the learners on the outside. The last child in the centre is the winner.

Goal To improve fundamental movement skills.







Stretches

Cool down
Time: ~ 10 min

The teacher should instruct the children to do the following stretches: Learners pose, cat and cow, butterfly and bow pose.

Goal To improve flexibility.

1. 
2. 
3. 
4. 



Netball

Grade 7 | Lesson 1

Equipment

- About 8 balls (soccer and/or netball's), 1 whistle and 8 cones

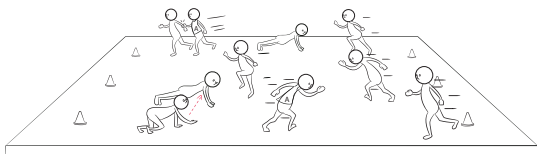
Plank tag

Introduction
Time: ~ 10 min

The teacher can choose up to 2 catchers that should catch the other children in a marked area. If the learner has been caught, he/she goes into a high plank position and can be freed by the other children crawling under the high plank.

Goal To increase heart rate and muscle endurance.

A: CATCHERS

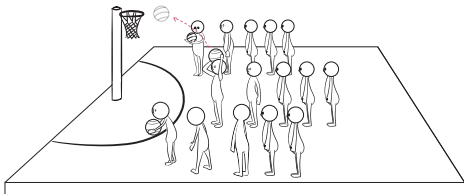


Shooting drill

Introduction
Time: ~ 5 min

Divide the children into groups of 5 and make them stand behind each other around the netball hoop. Each group has a ball. The learner in front of the line stands close to the circle and tries to score the ball into the hoop. The child takes the ball and passes it to the next learner and moves to the back of the line, whilst the child on the next line is trying to shoot in the hoop.

Goal To practise goal scoring situations.

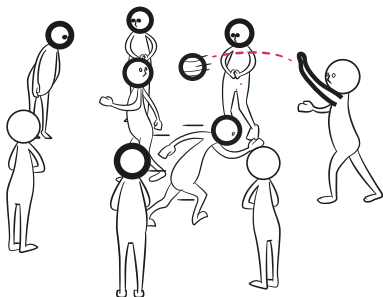


Circle dodge ball

Lesson
Time: ~ 10 min

Divide the children into 2 groups. 1 team stands in the centre of the circle formed by the other team. The children on the outside try to hit the children in the middle of the circle with the ball. If the ball strikes the learner below the waist, that is considered a hit. The children who has been hit join learners forming circle on the outside. The last child in the centre is the winner.

Goal To learn to use a shoulder pass.

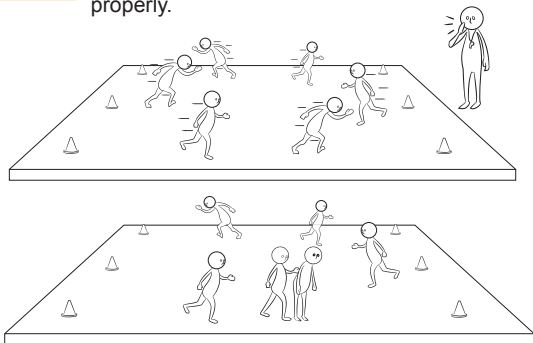


Stretching train

Cool down
Time: ~ 10 min

Choose 1 child to be the 'locomotive'. The other children run around the play area and they 'freeze' at the teachers signal. The locomotive should collect all the other learners as if they were a train. They should then form a circle after being collected. The teacher instructs the learners to do the following stretches: Calf and hip, back and hamstring, shin and thigh.

Goal To learn how to stretch specific muscles properly.





Netball

Grade 7 | Lesson 2

Equipment

- About 8 balls (soccer and/or netball's), 1 whistle and 8 cones

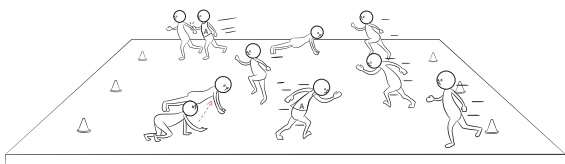
Plank tag

Introduction
Time: ~ 10 min

The teacher can choose up to 2 catchers that should catch the other learners in a marked area. If the learner has been caught, he/she goes into a high plank position and can be freed by the other children crawling under the high plank.

Goal To increase heart rate and muscle endurance.

A: CATCHERS

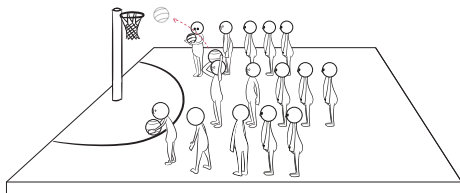


Shooting drill

Lesson
Time: ~ 10 min

Divide the children into groups of 5 and make them stand behind each other around the netball hoop. Each group has a ball. The child in front of the line stands close to the circle and tries to score the ball into the hoop. The learner takes the ball and passes it to the next learner and moves to the back of the line, whilst the next child is trying to shoot in the hoop.

Goal To practise goal scoring situations.



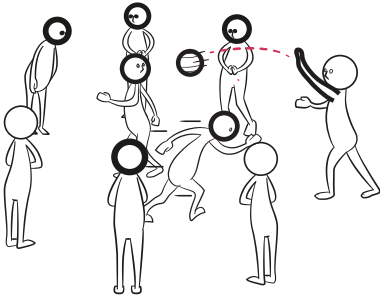
Circle dodge ball

Lesson
Time: ~ 10 min

Divide the children into 2 groups. 1 team stands in the centre of the circle formed by the other team. The children on the outside try to hit the learners in the middle of the circle with the ball. If the ball strikes the child below the waist, that is considered a hit. The children who has been hit join learners forming the circle on the outside. The last children in the centre is the winner.

Goal

To learn to use a shoulder pass.



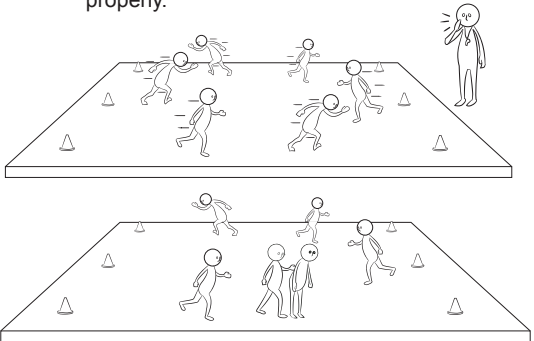
Stretching train

Cool down
Time: ~ 10 min

Choose 1 learner to be the 'locomotive'. The other children run around the play area and they 'freeze' at the teachers signal. The locomotive should collect all the other learners as if they were a train. They should then form a circle after being collected. The teacher instructs the children to do the following stretches: Calf and hip, back and hamstring, shin and thigh.

Goal

To learn how to stretch specific muscles properly.





Netball

Grade 7 | Lesson 3

Equipment

- About 8 balls (soccer and/or netball's), 1 whistle, 8 cones and 20 colour bands

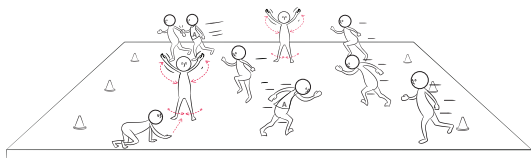
Help jumping jack

Introduction
Time: ~ 10 min

Choose 2 children to be the catchers. They should catch other learners in a marked area. When a learner is caught, he/she does jumping jacks on the spot. The learner can be freed by another untagged child by crawling under its legs during the jumping jack movement.

Goal To increase heart rate and muscle endurance.

A: CATCHERS

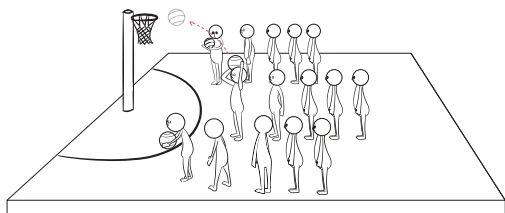


Shooting drill

Lesson
Time: ~ 10 min

Divide the children into groups of 5 and make them stand behind each other around the netball hoop. Each group has a ball. The child in front of the line stands close to the circle and tries to score the ball into the hoop. The learner takes the ball and passes it to the next child and moves to the back of the line, while the next child is trying to shoot in the hoop.

Goal To practise goal scoring situations.

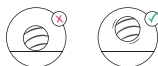
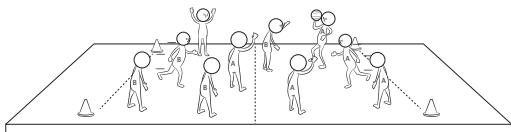


Speed ball

Lesson
Time: ~ 10 min

Divide the learner into 2 groups of 10. Mark out an area that is half the size of a netball court. 1 team should throw the ball to each other, whilst the other tries to intercept the ball. The ball should not touch the ground. If it does, it is picked up by the opposite team and the game starts again. A goal can be scored when the learner catches the ball in the area of the opposing team.

Goal To learn to pass the ball in game like situations.

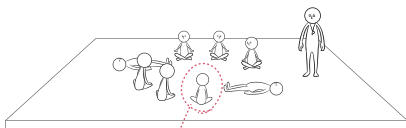
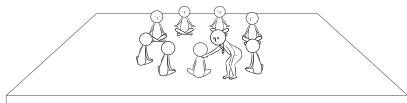


Silent sandman

Cool down
Time: ~ 10 min

The children should form a large circle and the learners should sit with their eyes closed inwardly. The teacher walks around to touch 1 child on the shoulder. This learner will be the sandman. The sandman should stay seated. At the teacher's instruction the children open their eyes. The sandman winks secretly at the other learners and the other children should guess who the sandman is. The children should keep guessing until they get it right.

Goal To improve teamwork and coordination.





Netball

Grade 7 | Lesson 4

Equipment

- About 4 balls (soccer and/or netball's), 1 whistle, 12 cones, measuring tape and 20 colour bands

Help jumping jack

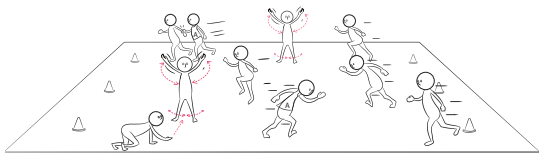
Introduction
Time: ~ 10 min

Choose 2 children to be catchers. The aim is to catch other learners in a marked area. When a learner is caught, he/she does jumping jacks on the spot. The child can be freed by another untagged learner by crawling under the legs during the jumping jack movement.

Goal

To increase heart rate and how to work in a team.

A: CATCHERS



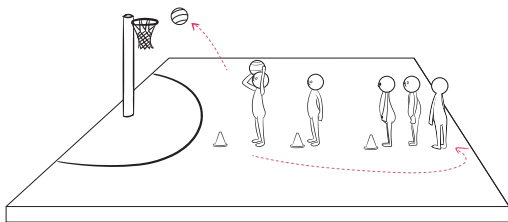
Scoring drill

Lesson
Time: ~ 10 min

Divide the learners into 2 groups of 10. Each team goes to the own hoop. Mark different shooting distances (2 m, 3 m and 4 m) from the hoop. The child can choose the distance he/she wants to try and shoot from. Once the learner has tried to shoot, he/she moves to the back of the line.

Goal

To learn to throw correctly.

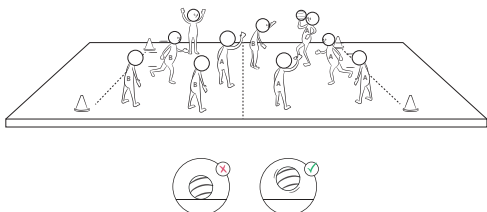


Speed ball

Lesson
Time: ~ 10 min

Divide the learners into 2 groups of 10. Mark an area that is half the size of a netball court. The learners of 1 team should throw the ball to each other, while the other tries to intercept the ball. The ball should not touch the ground. If it does, it is picked up by the opposing team and the game starts again. A point can be scored when the ball is being caught by a child in the opposite area.

Goal Learn to pass the ball in game like situations.

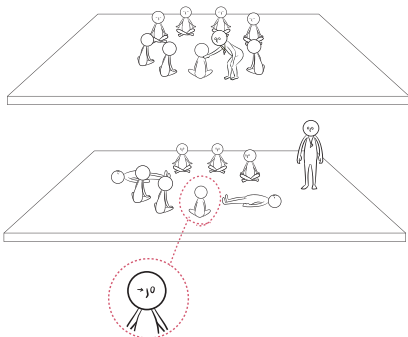


Silent sandman

Cool down
Time: ~ 10 min

The children should form a large circle. The learners should sit down facing with their eyes closed inwardly. The teacher walks around to touch 1 child on the shoulder. This learner will be the sandman. The sandman should stay seated. At the teacher's instruction the children open their eyes. The sandman winks secretly at the other children and the other learners should guess who the sandman is. The learners keep guessing until they get it right.

Goal To improve teamwork and coordination.





Netball

Grade 7 | Lesson 5

Equipment

- About 4 balls (soccer and/or netball's), 1 whistle, 12 cones, measuring tape and 20 colour bands

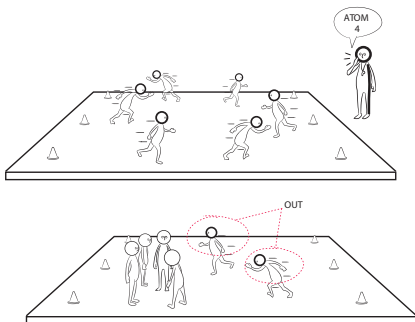
Atom game

Introduction
Time: ~ 10 min

The teacher marks an activity area. The learners run freely inside the area in different directions. The teacher shouts 'atom' and a number. The children should get into groups of that number. Those left out of a group for more than twice, are out.

Goal

To increase heart rate and learn to collaborate.



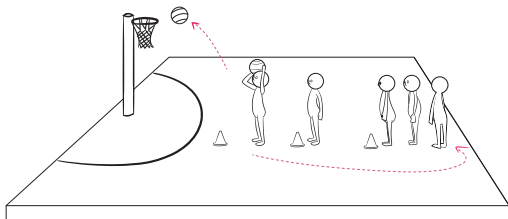
Scoring drill

Lesson
Time: ~ 10 min

Divide the learners into 2 groups of 10. Each team goes to their own hoop. Mark different shooting distances (2 m, 3 m and 4 m) from the hoop. The learner chooses the distance he/she wants to try and shoot from. Once he/she has tried to shoot, he/she moves to the back of the line.

Goal

To learn to throw correctly.

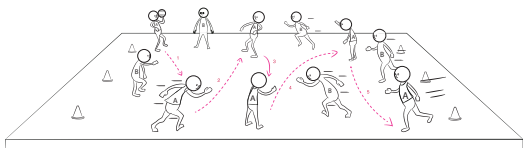


Passing heroes

Lesson
Time: ~ 10 min

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

Goal To practise to throw and to catch a ball and learn to find free spaces.

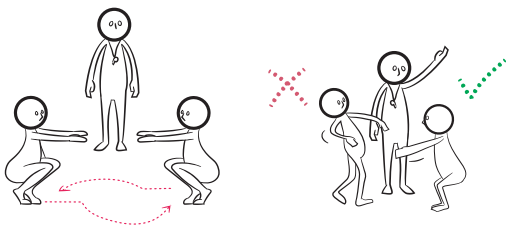


Duck fighting

Cool down
Time: ~ 10 min

The learners get into groups of 2. The children face each other in a squat position. With straight arms the learners try to push each other out of balance.

Goal To improve balance skills and core muscles.





Netball

Grade 7 | Lesson 6

Equipment

- About 4 balls (soccer and/or netball's), 1 whistle, 12 cones, measuring tape and 20 colour bands

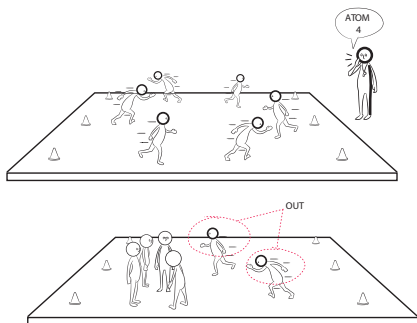
Atom game

Introduction
Time: ~ 10 min

The teacher marks an activity area. The learners run freely inside the area in different directions. The teacher shouts 'atom' and a number. The children should get into groups of that number. Those left out of a group for more than twice, are out.

Goal

To increase heart rate and learn to collaborate.



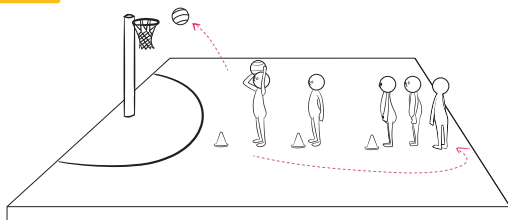
Assessment scoring

Lesson
Time: ~ 10 min

The teacher divides the learners into 2 groups of about 10 children. Each group goes to 1 netball hoop and has a ball. Mark the distances of 2 m, 3 m and 4 m from the hoop. The learners try to throw the ball into the hoop. Each child tries to score and chooses the distance independently. Then, he/she picks up the ball and moves to the back of the line, where he/she waits for the next turn.

Goal

To learn to throw a ball properly.

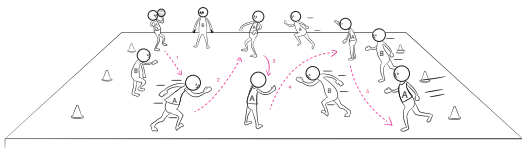


Passing heroes

Lesson
Time: ~ 10 min

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

Goal To practise to throw and to catch a ball and learn to find free spaces.

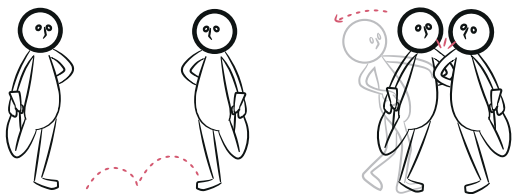


Chicken fighting

Cool down
Time: ~ 10 min

The learners form groups of 2 and start hopping on 1 leg. Each child grips the ankle of the raised leg with 1 hand, while tucking the free hand behind his/her back. Then, with the shoulders, he/she attempts to push each other out off balance.

Goal To improve balance skills.





Netball

Grade 7 | Lesson 7

Equipment

- About 6 balls (soccer and/or netball's), 1 whistle, 12 cones, measuring tape and 20 colour bands

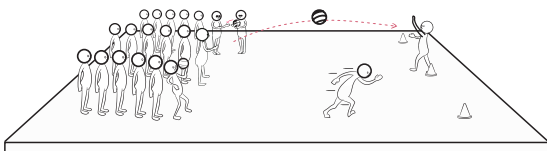
Passing champ relay

Introduction
Time: ~ 10 min

Divide the learners into groups of 7 and have the groups stand in a straight line with each group receiving a ball. At the teacher's signal, the 1st child runs to a cone 10 m away. When the learner reaches the cone, he/she receives a shoulder pass. The child should catch and pass back the ball and run to the back of the line. The learner with the ball in front, passes it to the child behind them and runs to the cone.

Goal

To warm up muscles and to practice the shoulder pass.



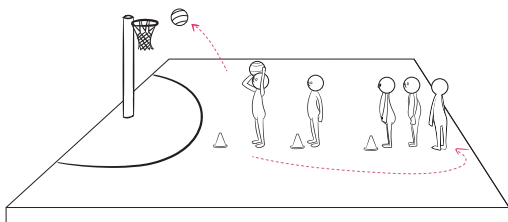
Assessment scoring

Lesson
Time: ~ 10 min

The teacher divides the children into 2 groups of about 10 learners. Each group goes to 1 netball hoop and has a ball. Mark the distances of 2 m, 3 m and 4 m from the hoop. The children try to throw the ball into the hoop. Each learner chooses the own distance and tries to score. Then, he/she picks up the ball and moves to the back of the line, where the learner waits for the next turn.

Goal

To learn to throw a ball properly.



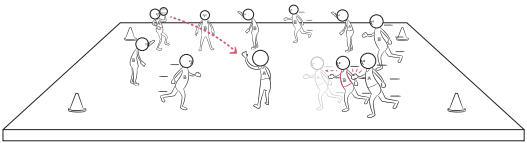
Tag the enemy

Lesson
Time: ~ 10 min

Mark an area with 4 cones with the size depending on the group of the learners. Pick 4 catchers then give them a ball. The catchers should pass to each other to try and hit the 'free' children. If the learner is tagged, he/she joins the catchers.

Goal To learn to collaborate and find solutions to achieve the goal.

A: CATCHERS - BIBS
B: NON BIBS

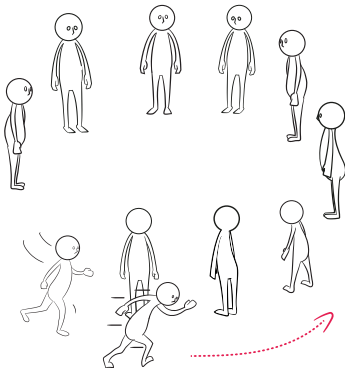


Fight or flight

Cool down
Time: ~ 10 min

The children form a circle with 1 learner being the 'lion'. This child runs around the circle and tries to tag a random child. When tagged, he/she should choose to fight or flight. If he/she chooses to fight, the learner who was tagged should try and get to the lion's den before the lion does. If he/she picks flight, the child should run in the opposite direction to get to his/her original spot.

Goal To improve reaction skills.





Netball

Grade 7 | Lesson 8

Equipment

- About 6 balls (soccer and/or netball's), 1 whistle and measuring tape

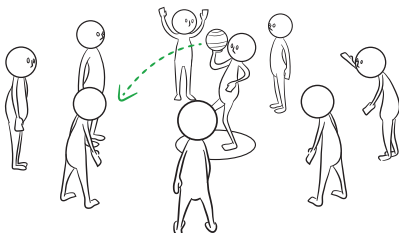
Pass and follow

Introduction
Time: ~ 10 min

The children should stand in a circle with 1 learner in the circle. The child in the circle should pass the ball to the learners on the outside of the circle. The learner should follow the pass and exchange places with the catcher. All the children should exchange by passing to each other.

Goal

To learn how to pass a ball precisely.



Grab the treasure chest

Lesson
Time: ~ 10 min

Mark 2 playing areas and make 4 groups (A against B, C against D). Number each learner and place the 'treasure chest' in the middle of the playing area. The teacher shouts a number, e.g. 4, and then all fours from the groups should run to the centre and to try to get the 'treasure chest' 1st. The team with the most treasures wins.

Goal

To grab the ball quickly.

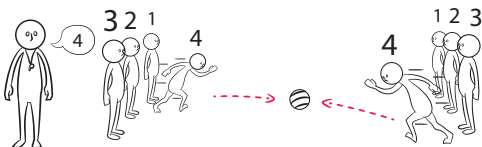
GROUP A

3 2 4 1



GROUP B

1 2 3 4

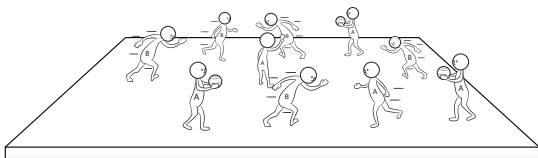


Dab ball

Lesson
Time: ~ 10 min

Divide the learners into Teams A and B, with Team A trying to dab Team B with a ball as often as possible. A hit is scored, when the opponent is touched with a ball.

Goal To improve ball skills, to throw and to catch a ball.

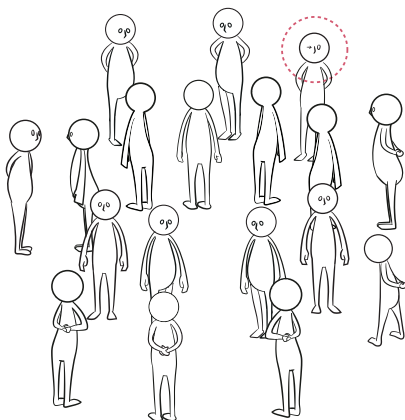


Friend scout

Cool down
Time: ~ 10 min

Divide the class into 2 teams and get the teams to make 2 circles with a circle inside the other. The children stand in pairs of 2 and children on the outside circle have the hands behind the backs. 1 learner from the outside circle blinks to 1 learner from the inner circle. The child being blinked at tries to run towards the blinker, whilst the other learners try to stop the child from reaching the blinker.

Goal To improve reaction time and speed.





Rhythmic movement

Grade 7 | Lesson 1

Equipment

- Music player and music, a whistle and about 8 cones

Run to music

Introduction
Time: ~ 5 min

Instruct the learners to dance around the area. Change your movements according to the speed, rhythm and style of the song, e.g. a slow song has slow big movements, etc.

Goal To run to the music.

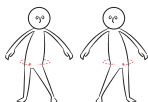
Mobilisation and isolation

Introduction
Time: ~ 5 min

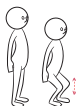
Instruct the learners to do mobilisation and isolation movements, e.g. hula hoop circles with hips, drop right ear to the right shoulder and then drop left ear to the left shoulder, looking to the left then to the right then up and down, ankle twists, shoulders up and down, shoulder rolls backward and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

Goal To do mobilisation and isolation movements.

1



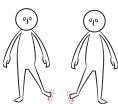
2



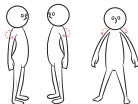
3



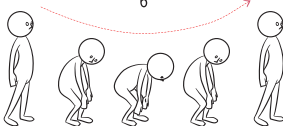
4



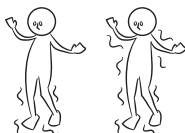
5



6



7

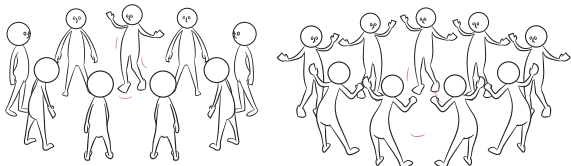


Favourite moves circle

Lesson
Time: ~ 5 min

Build a circle and play some music. Instruct each child to present his/her favourite dance movement to the class. The class should copy each learner's movement until executing the movement comfortably. Then, choose child 1. Once learner 1 has finished, the child to the right continues to demonstrate his/her favourite movement. Already shown movements may not be repeated.

Goal To present the favourite dance movement.



Creative group activity: Favourite moves partner combination 1

Lesson
Time: ~ 10 min

The learners should find a partner and teach each other their 2 favourite moves. They should combine their 4 movements to compile to a dance. Give children 5 min for preparation.

Goal To teach favourite moves.

Creative group activity: Follow-up

Lesson
Time: ~ 10 min

2 pairs come together to form a group of 4 people. Learners teach each other their favourite moves and dance to it. They should now combine all the 8 movements to create a dance. Give the children 10 min for preparation.

Goal To create a dance with favourite moves.

Cool down

Lesson
Time: ~ 10 min

Instruct the groups to present their dances to the class.

Goal To present a dance to the class.



Rhythmic movement

Grade 7 | Lesson 2

Equipment

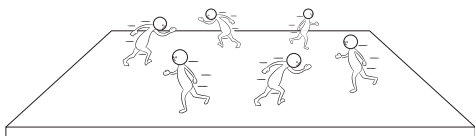
- Music player and music, a whistle and about 12 cones

Group formations

Introduction
Time: ~ 10 min

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

Goal To move around freely to the music.



3.



4.



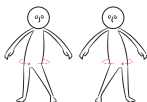
Mobilisation and isolation

Lesson
Time: ~ 5 min

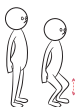
Instruct the learners to do mobilisation and isolation movements, e.g. hula hoop circles with hips, drop right ear to right shoulder and then drop left ear to left shoulder, looking to the left and then to the right and then up and down, ankle twists, shoulders up and down, shoulder rolls backward and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

Goal To learn to do mobilisation and isolation movements.

1



2

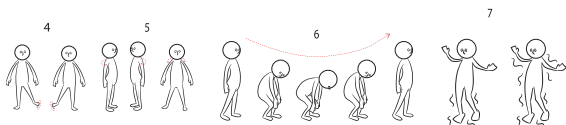


3



Mobilisation and isolation

Continued

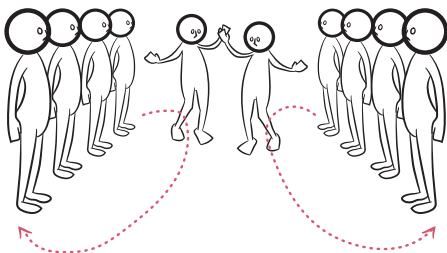


Soul train

Lesson
Time: ~ 5 min

The learners stand in 2 lines facing each other. The front 2 children 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.



Creative group activity

Lesson
Time: ~ 10 min

Divide the learners into groups of 5 and instruct them to create a dance with a circle, a line and a triangle. The learners should choose different movements for each time they change position in a continuous flow. Give the children 10 min for preparation.

Goal To create a dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the whole class.

Goal To present a dance.



Rhythmic movement

Grade 7 | Lesson 3

Equipment

- Music player and music, a whistle and about 12 cones

Intro ritual

Introduction
Time: ~ 5 min

The learners should stand in 2 lines on opposite sides of the room. Greet the person on the other side with a dance move.

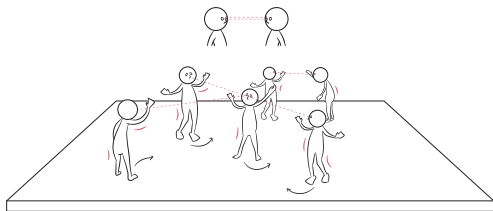
Goal To greet with a dance move.

Do not lose eye contact

Introduction
Time: ~ 5 min

The learners should each find a partner. The pairs should make different movements as they move on spot, whilst keeping eye contact with the partner. The next challenge is to move around in the open area and still keep eye contact with the partner. The children should change the partners after 2 min.

Goal To have eye contact while moving/dancing.



Group shapes

Lesson
Time: ~ 5 min

The learners get divided into groups of 6 and should do the following:

Find 3 ways to make a circle. Find 3 ways to make a triangle. Find 3 ways to make a rectangle.

Goal To find ways to make a different form.

Formation game

Lesson
Time: ~ 10 min

The learners further develop the formations as a whole class: Circle, line, square, egg shape, heart shape, diamond shape and pyramid.

During the 2nd cycle, individual body parts should be added: Form a line with the arms, make a diamond with the legs and make a square with the feet. The 2nd cycle should be done in smaller group formations.

Goal To dance in a group.

Creative group activity

Lesson
Time: ~ 10 min

Divide the class into groups of 5. Instruct the learners to create a dance sequence with 3 formations and an ending position. Give learners 5 min to practice the dance. When the time is over, instruct each group to present its dance to the whole class.

Goal To create a dance.

Outro

Cool down
Time: ~ 10 min

Ask the learners to stride across the area at own speed. It is important that the children focus on them and feel the muscles contracting. Instruct the learners to do the following: Walk slower, walk even slower, walk even slower until stopping and breathe in for 4 counts - breathe out.

Goal To calm down.



Rhythmic movement

Grade 7 | Lesson 4

Equipment

- Music player and music, a whistle and about 12 cones

Intro ritual

Introduction
Time: ~ 5 min

Stand in 2 lines on opposite sides of the area. Greet the person on the other side with a dance move.

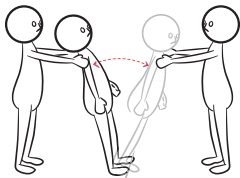
Goal To greet the person with a dance move.

Duo trust

Introduction
Time: ~ 5 min

The children stand in groups of 3 and choose a learner to be in the middle. 2 children face each other and the 3rd learner stands between them. The middle child tenses up the body and stands on 1 spot. The other children should gently push the child back and 4th by catching or holding the children by his/her shoulders. The learners should take turns to be in the middle of each 1 of them.

Goal To trust each other.

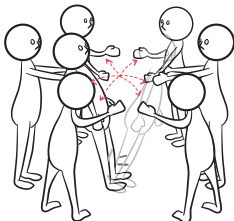


Group trust

Introduction
Time: ~ 5 min

The children form group of 6 and choose a middle person. The children build a very tight circle around the middle learner. The children should gently push and catch the middle child. Each learner should get a chance to be once in the middle position.

Goal To trust the group.



Elements of nature

Lesson
Time: ~ 20 min

The children try to move specific body parts at different intensities, start with strong forceful movements and then progress to gentle soft movements. Then, place the learners in groups of 5 and get them to think of the elements 'earth', 'fire', 'water' and 'wind', and how they would move to each of those elements. The children should choose 2 elements as a theme and then create a dance to depict these elements, using different body parts at different intensities. Give the learners 15 min to practice their dance. Then instruct each group to present the dance to the whole class.

Goal

To create and present a dance that depicts a natural element.

Outro

Cool down
Time: ~ 5 min

The learners place the left hand on right shoulder while swinging the right arm back and forth. Now, massage the right arm starting from the shoulder going to the fingers. Change the arms and do the same on the other side. Breathe in for 4 counts, breathe out for 4 counts. Repeat this routine 3 times.

Goal

To relax and cool down.



Rhythmic movement

Grade 7 | Lesson 5

Equipment

- Music player and music and drums, a whistle and about 12 cones

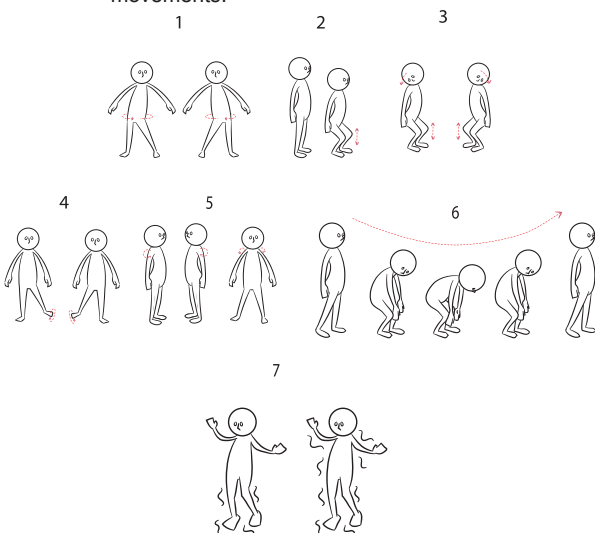
Mobilisation and isolation

Introduction
Time: ~ 10 min

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

Goal

To learn to do mobilisation and isolation movements.



Favourite moves dance sequence

Lesson
Time: ~ 5 min

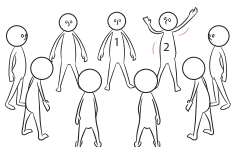
The children stand in a circle. Play some music or drums. Choose a learner to show the favourite movement. All the other children should copy the movement until executing it comfortably. Instruct the next child to present his/her favourite movement. All the other children should now copy learner 1's and learner 2's movements in a continuous manner.

Goal

To present the favourite movements.

Favourite moves dance sequence

Continued



Puzzle dance

Lesson
Time: ~ 15 min

The learners are divided into groups of 5 and decide on 3 further different shapes/formations, which can be added to the 5 movements. Also, the children should add high-, medium- and low-level movements and add an ending position. Give children 15 min for practice.



To implement movements spontaneously.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the whole class.



To present a dance to the whole class.



Rhythmic movement

Grade 7 | Lesson 6

Equipment

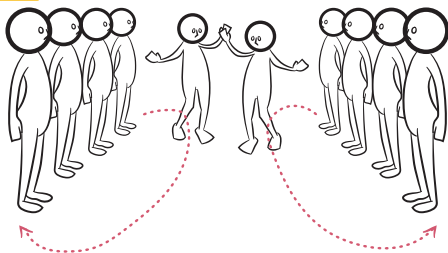
- Music player and music, a whistle and about 12 cones

Soul train

Introduction
Time: ~ 5 min

Allow the learners to stand in 2 equal lines facing each other. The front 2 children start and dance together until the end of the line. When they arrive at the end of the line they allow the next pair to follow till everyone gets a turn.

Goal To develop dance expressions.



Freeze number 1, 2 and 3

Lesson
Time: ~ 5 min

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

Goal To move to the music freely and to freeze.

Creative group activity: Partner freeze combination in a square

Lesson
Time: ~ 10 min

The learners are divided in pairs. Out of the 6 freezes, they should choose 4. The children imagine a square in the area and do freezes at its corners. The movement from 1 freeze to the next should be smooth. Give the children 10 min to practice.

Goal To deepen the freeze.

Creative group activity II: Follow up activity

Lesson
Time: ~ 10 min

The learners make groups of 4. Add the 2 dances to make 1 longer dance. Use all 4 corners of the square in the own creative way. Give the children 5 - 10 min to practice.

Goal To create a longer dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the whole class.

Goal To present a dance to the whole class.



Rhythmic movement

Grade 7 | Lesson 7

Equipment

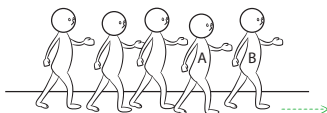
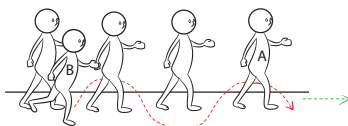
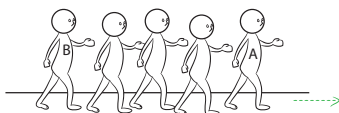
- Music player and music and drums, a whistle and about 12 cones

Follow the leader

Introduction
Time: ~ 10 min

The learners are divided in groups of 5 with group leader in the front. The leaders should walk in interesting ways and the children behind should copy the movements. After 30 sec, the leaders should change the movements.

Goal To copy movements.



Favourite moves circle

Introduction
Time: ~ 5 min

The children get into a circle. Play some music. Each learner gets a chance to present his/her favourite dance movement to the class. The class copies the learner's movement until executing the movement comfortably. The child to the right should demonstrate his/her own favourite movement. No movement that is already shown should be repeated.

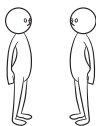
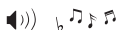
Goal To copy favourite movements.

Mirror, mirror

Lesson
Time: ~ 5 min

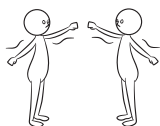
The children should be in pairs and face each other. Play/sing music or start drumming. 1 learner is the 'person', the other child is the 'mirror'. The mirror should copy and follow all the movements done by the person in front of him/her. After a minute, the children should swap the roles and repeat the process. Each learner gets at least 2 chances of acting in each role.

Goal To copy movements.



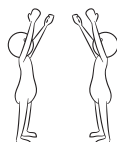
1

2



1

2



1

2

Creative group activity: Movement sentence sequence

Lesson
Time: ~ 10 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 create a dance according to specifications.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present its dance to the whole class.

Goal To relax.



Rhythmic movement

Grade 7 | Lesson 8

Equipment

- Music player and music, a whistle and about 12 cones

Name game

Introduction
Time: ~ 5 min

Clap your hands and say your name to the beat of the song. The children 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 according to the beat. The whole class repeats each name while clapping to the beat.



To feel the rhythm and beat of the music.

Mobilisation and isolation

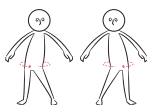
Introduction
Time: ~ 5 min

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

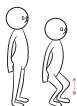


To learn to do mobilisation and isolation movements.

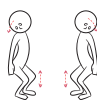
1



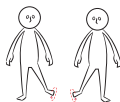
2



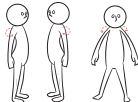
3



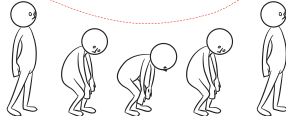
4



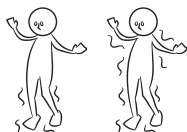
5



6



7



Cultural dance session

Lesson
Time: ~ 10 min

The teacher should choose a traditional or cultural dance (and if struggling to find a suitable dance, invite someone to teach the dance to the class). Allow the external person 10 min to teach the dance to the class.

Goal To present a traditional dance.

Cultural dance

Lesson
Time: ~ 10 min

1. Divide the children into groups of 5.
2. Instruct the learners to create a dance with 4 movements from the 'cultural dance session' and add 2 other movements.
3. Give the children 10 min to work on their own dance sequence.
4. After 5 min, the learners should add a change of formation to their dance.

Goal To extend a traditional dance.

Cool down

Cool down
Time: ~ 10 min

Instruct each group to present their dance to the whole class.

Goal To present a dance.



Acrobatics

Grade 7 | Lesson 1

Equipment

- About 6 soft balls (soccer and/or netball's), a whistle, 6 cones and flags and a mat or grass surface

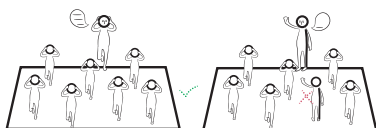
Simon says

Introduction
Time: ~ 10 min

The teacher leads as 'Simon'. He/she gives instructions via 'Simon says' to the learners. The teacher needs to mention the phrase before the child can perform the action. The learners are eliminated when they perform the movement without the phrase being mentioned and/or when they do the movement incorrectly.

Goal

To move different body parts and to distinguish between real and fake commands.



Explaining exam exercise

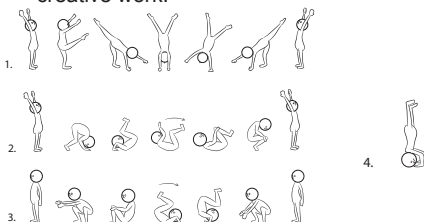
Lesson
Time: ~ 4 min

The learners are divided into groups of 6. In these groups, the children are performing an acrobatics show of about 1 - 2 min. The show should contain the following elements:

1. 2 different partner acrobatics of the elements learned in G7.
2. Make a cartwheel.
3. Do a forward roll.
4. Do a back roll.
5. Do a handstand (with or without help) or a headstand (with or without help).
6. Additional elements can be added.

Goal

To flow transition, mutual assistance and creative work.



Handstand

Lesson
Time: ~ 8 min

Begin with a warm-up of the shoulders and arm muscles:

Task 1: Straighten the arms to the side. Circle them forward and backward.

Task 2: Gently stretch the neck. Take the right hand and pull the head to the right side. Change sides.

Handstand

Continued

Task 3: Use your right arm and try to place your palm over your head on the spine. Grasp the elbow with your left hand and gently push it backwards. Change sides.

Task 4: Straighten the right arm and bring it to the left side. Take the left arm to press the right arm against the chest. Change sides.

Task 5: Let each learner repeat 10 push-ups or more. To make push-ups easier, they also can be done on the knees. Watch for a tensed body and a straight line from head to the feet.

Divide the children into groups of 2. Allow the children to practice the handstand in pairs. If the learners feel comfortable, let them try the handstand alone.



Goal To improve balance.



Roll forward

Lesson
Time: ~ 8 min

Get the learners to warm up by stretching their neck. The children should follow these instructions: Stand with your feet on the mat and stretch arms forward. Crouch down and rest your hands on the mat, right and left of your body. Try to pull head to the chest and roll the neck and shoulders over. Learners should use momentum to get up.

Goal To roll forward.

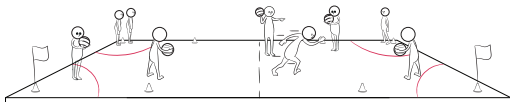


Capture the flag

Cool down
Time: ~ 10 min

Divide the learners into 2 teams and allocate 1 half of the playing area to each team. Each team chooses a base position, where they put up their 'flag' (cone) and a prison, where they keep prisoners. Each team now tries to capture the other team's flag. Whenever a team member ventures into the other team's territory, the learner risks of being hit by a ball. When caught, the player is taken to their prison, where the learner should remain until the player is freed (touched) by 1 of his team members. When someone manages to capture the other team's flag without being hit by a ball and return with the flag to the own territory, his/her team wins.

Goal To improve agility and develop tactics.





Acrobatics

Grade 7 | Lesson 2

Equipment

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

Collect berries

Introduction
Time: ~ 10 min

Divide the learners into 2 teams. Make each group stand at opposite ends of the activity area.

Spread cones ('berries') in the middle of the area. When the teacher shouts 'go', the learners have to run into the center of the 'field', take a cone (only 1 at a time), run back to the line and put it behind the line. When all the cones are taken, the teacher counts the cones collected by each group.

Goal To increase heart rate.



Handstand: Repetition

Lesson
Time: ~ 5 min

Begin with a warm-up of the shoulders and arm muscles:

Task 1: Straighten the arms to the side. Circle them forward and backward.

Task 2: Gently stretch the neck. Take the right hand and pull the head to the right side. Change sides.

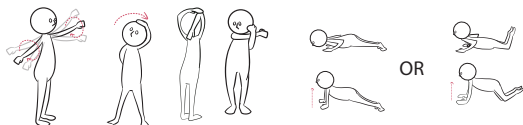
Task 3: Use your right arm and try to place your palm over your head on the spine. Grasp the elbow with your left hand and gently push it backwards. Change sides.

Task 4: Straighten the right arm and bring it to the left side. Take the left arm to press the right arm against the chest. Change sides.

Task 5: Let each learner repeat 10 push-ups or more. To make push-ups easier, they also can be done on the knees. Watch for a tensed body and a straight line from head to the feet.

Divide the children into groups of 2. Allow the children to practice the handstand in pairs. If the learners feel comfortable, let them try the handstand alone.

Goal To do the handstand.



Roll forward

Lesson
Time: ~ 5 min

Get the learners to warm up by stretching the neck. The children should follow these subsequent instructions: Stand with the feet on the mat and stretch the arms forward. Crouch down and put the hands on the mat, right and left of the body. Try to pull the head to the chest and roll over the neck and shoulders. The learners should use the momentum to get up.

Goal To roll forward.



Headstand

Lesson
Time: ~ 5 min

The learners get divided into groups of 2. The children should place their foreheads and hands in a triangle on a soft surface (mattress or grass) for optimal weight distribution. Let the children help each other. If the learners feel comfortable, let them try the headstand alone.



Goal To perform the headstand.

Partner acrobatics level II

Lesson
Time: ~ 5 min

The learners have learned how to keep the body tensed and how to cooperate. Now, let them try these exercises by themselves. Make groups of 4 children and let them try the following pyramids without any more information. Walk around and help the learners to find a good way of exploring new pyramids.

Goal To perform partner acrobatics.

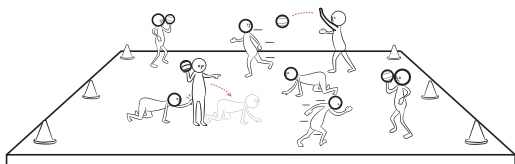


Zombie ball

Cool down
Time: ~ 10 min

Mark an area with cones. The learners (villagers) spread freely and 4 'magic balls' are thrown into the playing area. The 'villagers' should try to catch a ball and try to hit another. If a 'villager' is hit, he/she becomes a zombie and should crawl on the spot making various zombie sounds. The zombies can only be freed by touching a 'villager', then they switch roles.

Goal To improve reaction skills.





Acrobatics

Grade 7 | Lesson 3

Equipment

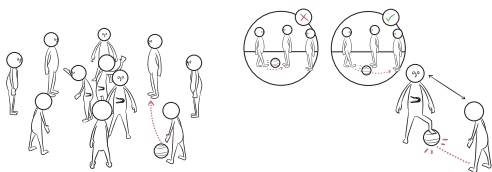
- About 8 balls (soccer and/or netball's) a whistle, and a mat or grass surface

The hungry crocodiles level II

Introduction
Time: ~ 10 min

Ten students stand in a circle (lake). In the middle there are 3 hungry crocodiles. The children pass the ball with their hands (passes to the neighbours are not allowed). When the crocodile in the middle intercepts the ball, the 1 who threw it goes in the middle. The teacher can also replace the learners after a certain number of passes.

Goal To improve ball skills and ball control.



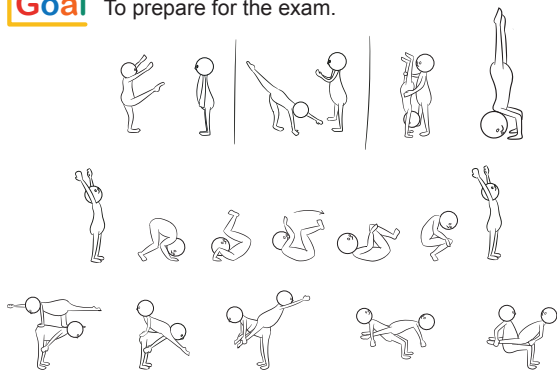
Repetitions

Lesson
Time: ~ 10 min

Give the learners about 10 min to repeat whatever they would like to do from lessons 1 and 2: Handstand, roll forward, headstand or partner acrobatics.

The children should give each other feedback and help their partner.

Goal To prepare for the exam.



Back roll

Lesson
Time: ~ 5 min

Make sure all learners have done a good warm-up for the neck, as they have learned in L1 and L2. Tell the learners to roll down the chin and make themselves as small as possible while rolling over the backs. It is easier to use the arms for pushing up.

Goal To roll backward.



Partner acrobatics part 2: Level II

Lesson
Time: ~ 5 min

The learners have learned how to keep the body tensed and how to cooperate. Now let them try these exercises by themselves. Make groups of 4 children and let them try the following pyramids without any more information. Walk around and help the learners to find a good way of exploring new pyramids.

Goal To perform partner acrobatics.

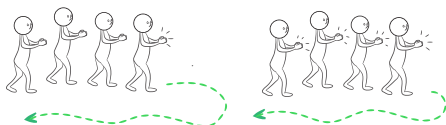


Clap the rhythm

Cool down
Time: ~ 10 min

The learners walk around a sport field. 1 child claps his/her rhythm of choice. The others pick up the sound and try to imitate it.

Goal To follow the instructions and to change rhythm.





Acrobatics

Grade 7 | Lesson 4

Equipment

- About 4 balls (soccer and/or netball's), music player and music, a whistle, a mat or grass surface and about 12 cones

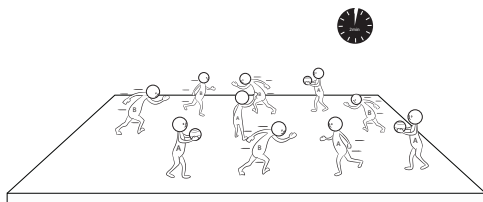
Dab ball

Introduction
Time: ~ 10 min

Divide the learners into teams A and B, with team A attempting to dab team B as many times as possible with a ball. A hit is scored when the opponent is softly touched with a ball.



To improve ball skills, to throw and to catch.



Repetitions

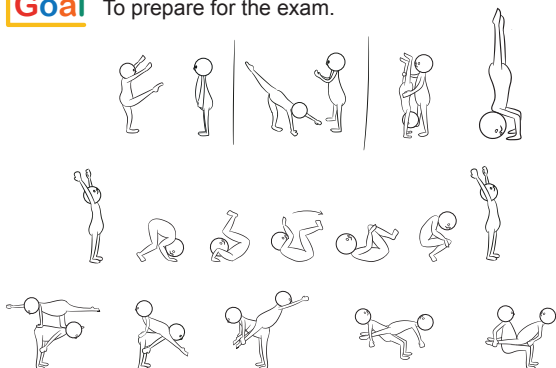
Lesson
Time: ~ 10 min

Give the learners about 10 min to repeat whatever they would like to do from lessons 1 and 2: Handstand, roll forward, headstand or partner acrobatics.

The children should give each other feedback and help their partner.



To prepare for the exam.



Make a cartwheel

Lesson
Time: ~ 5 min

The learner should stand upright with both arms. Raise 1 stretched leg backwards and at the same time the upper body tilts forward. Take the stretched arm forward. When the 1st arm touches the ground, push it off the ground with the 2nd leg. When the 2nd arm touches the ground, run your body and legs over your arms, legs spread. Do not slow down the swing, but tilt the stretched body over the 2nd support arm until the stretched leg touches the ground again.

Goal To do a cartwheel.



Time to rehearse a show

Lesson
Time: ~ 10 min

The children make groups of 6. They should choose partners they have already worked with during the last 3 lessons. Give them time to start practicing their own show. Explain what the examination is about and what the assessment criteria are.

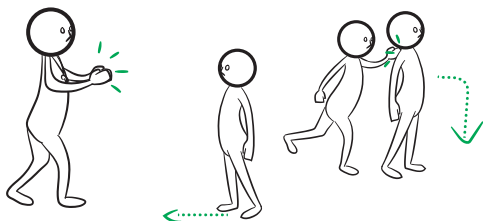
Goal To improve creativity and team work.

The mechanics and the robots

Cool down
Time: ~ 10 min

The learners form groups of 3. 1 being the mechanic, the other 2 are the robots. 2 robots stand back to back. The robots move straight forward when the teacher starts clapping a rhythm. If a mechanic touches the shoulder of the robots, he/she should turn at a 90° angle so that the robots can be brought together.

Goal To learn cooperation.





Acrobatics

Grade 7 | Lesson 5

Equipment

- Music player and music, a whistle, a mat or grass surface and about 12 cones

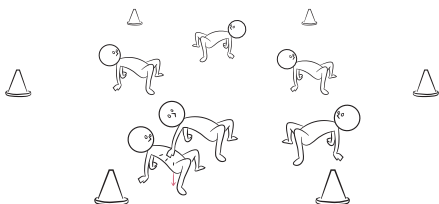
Crab fight

Introduction
Time: ~ 10 min

Mark a playing area. The learners get onto all fours with their bellies in the air. They then move around and try to push the bottoms of the others to the floor.

Goal

To co-ordinate limbs while changing position.



Repetitions

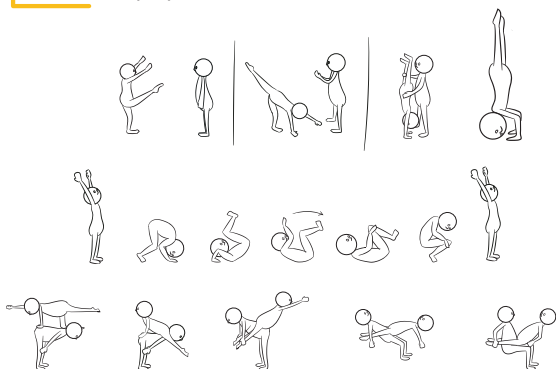
Lesson
Time: ~ 5 min

Give the learners about 10 min to repeat whatever they would like to do from lessons 1 and 2: Handstand, roll forward, headstand, partner acrobatics level I, back roll, partner acrobatics level II or make a cartwheel.

They should give each other feedback and help their partner.

Goal

To prepare for the exam.



Time to rehearse a show

Lesson
Time: ~ 25 min

The learners make groups of 6. The children should choose partners they have already worked with during the last 3 lessons. Give them time to start practicing their own show. Explain what the examination is about and what the assessment criteria are.

Goal

To improve creativity and team work.



Acrobatics

Grade 7 | Lesson 6

Equipment

- About 6 balls (soccer and/or netball's), music player and music, a whistle, a mat or grass surface, 20 colour bands and about 12 cones

The snake

Introduction
Time: ~ 5 min

Divide the class into 6 groups. The learners from the same group stand behind each other with legs open and with 1 ball in front. The teacher gives a signal and then the children pass the ball under the legs. When the ball reaches the back, the last learner runs to the top of the snake. Every learner should pass the ball twice through the legs. When a group is finished, its members can sit down.

Goal To pass a ball through the legs.

Stretches

Introduction
Time: ~ 5 min

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

Goal To relax the muscles.



OR

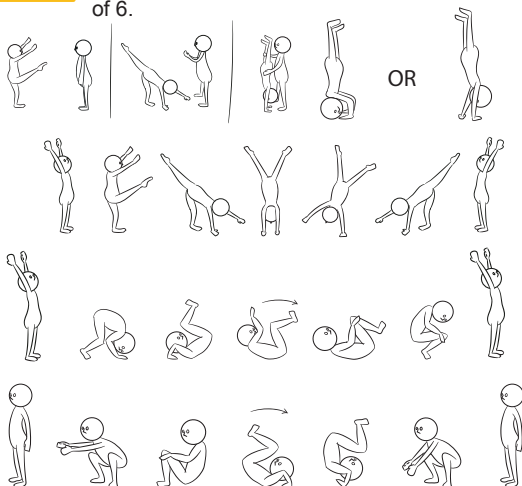


Examination

Exam
Time: ~ 20 min

The learners form groups of 6. In these groups they are developing an acrobatics show lasting 1 - 2 min. The show should contain the following elements: 2 different partner acrobatics of the elements learned in G7. Do a cartwheel. Do a forward roll. Do a back roll. Do a handstand (with or without help) or a headstand (with or without help). Additional elements can be added.

Goal To create a show and choreography in groups of 6.

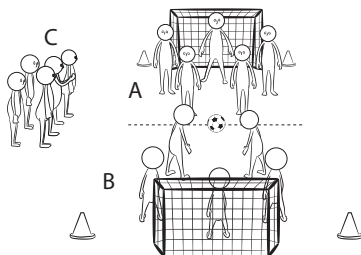


Free soccer game

Cool down
Time: ~ 10 min

Let the learners play a free soccer game who have finished their exam. The children should get into 3 groups by organizing independently. 2 groups should play against each other. After every goal scored, the losing team should leave the field and the winner team plays against the team which was waiting.

Goal To play freely.





Acrobatics

Grade 7 | Lesson 7

Equipment

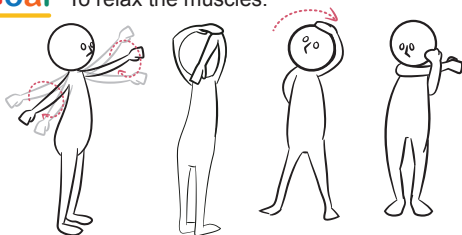
- About 4 balls (soccer and/or netball's), music player and music, a whistle, a mat or grass surface, 20 colour bands, netball field and hoops and about 12 cones

Stretches

Introduction
Time: ~ 5 min

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

Goal To relax the muscles.

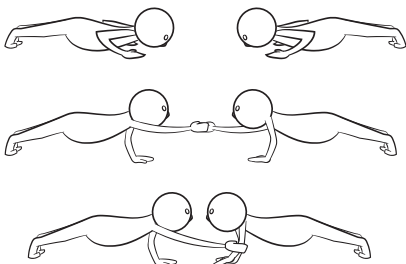


Push up fight

Lesson
Time: ~ 20 min

Divide the learners into pairs and get them into the push-up position, facing each other and repeating each task 3 times: Clap each other's hands 20 times, try to perform 7 push-ups (to make push-ups easier, they can be done on the knees) and try to throw the partner off the balance by pulling the arm away. Change the pairs after 2 min.

Goal To strengthen the body (core) and to try keep balance.

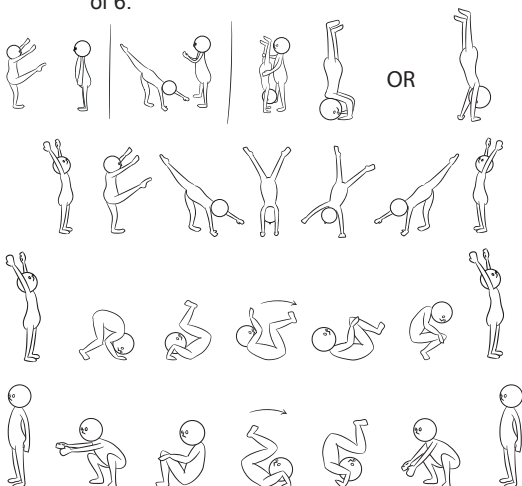


Examination

Exam
Time: ~ 20 min

The learners form groups of 6. In these groups, the children are performing an acrobatics show lasting 1 - 2 min. The show should contain the following elements: 2 different partner acrobatics of the elements learned in G7. Furthermore, do a cartwheel. Do a forward roll. Do a back roll. Do a handstand (with or without help) or a headstand (with or without help). Additional elements can be added.

Goal To create a show and choreography in groups of 6.

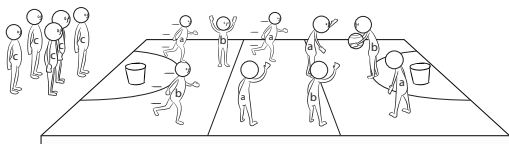


Free soccer game

Lesson
Time: ~ 10 min

Let the learners play a free soccer game who have finished the exam. The children should get into 3 groups and being organized by the learners independently. 2 groups should play against each other. After every goal scored, the losing team should leave the field and the winner team plays against the team which was waiting.

Goal To play freely.





Acrobatics

Grade 7 | Lesson 8

Equipment

- A whistle, a mat or grass surface, 20 colour bands, about 10 tennis balls and about 12 cones

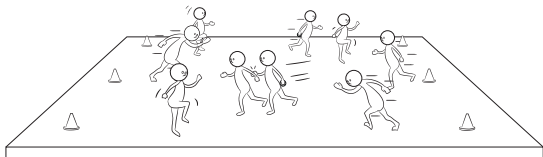
Catch and run

Introduction
Time: ~ 10 min

Mark an area and choose 5 catchers. All the catchers receive a tennis ball. If a learner gets caught, he/she holds the tennis ball and tries to catch another child.

Goal

To run in different directions without bumping into each other.



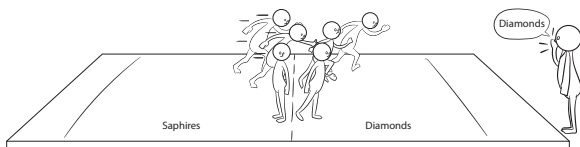
Pirate fight

Lesson
Time: ~ 10 min

Divide the learners into 2 equal pirate crews: 'Diamonds' and 'sapphires'. Divide the play area in 4 zones with 2 safety zones and 2 play areas. The children line up on the centre line on 1 foot, back to back. The teacher calls 'diamonds' and the learners hop to their safety zone before the 'sapphires' can catch them. Vice versa.

Goal

To jump on 1 leg.



The ice monster

Lesson
Time: ~ 10 min

The teacher marks an area and divide the learners into 3 groups.

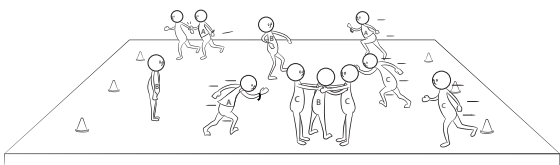
A: Ice monsters - run to tag the children.

B: Blocked (frozen) - children who have been tagged.

C: Free to run (sun) - learners free to run to free the blocked children (B).

The children should hold hands around the frozen child to free the learner.

Goal To play together and to run without bumping into each other.



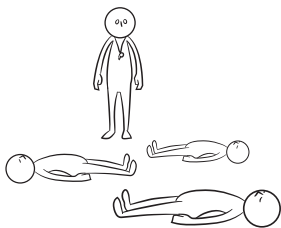
Tense and relax

Cool down
Time: ~ 10 min

The learners lie down on the back with arms on their side and palms facing up and follow the subsequent instructions:

1. Make a fist and squeeze tightly - relax;
2. Tense arm and hands - relax;
3. Tense shoulders - relax;
4. Tense arms - relax;
5. Tense hands - relax; and
6. Tense face - relax.

Goal To relax the whole body.





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

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

© 2019 *KaziBantu*

Address

Novartis Foundation
Novartis Campus
Forum 1-3.97
4002 Basel
Switzerland
Phone: +41 61 696 23 00
info@novartisfoundation.org

NELSON MANDELA
UNIVERSITY



**University
of Basel**

Swiss TPH



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



UNIVERSITY OF BASEL
Department of Sport, Exercise and Health

 **NOVARTIS**

The Novartis
Foundation

REFERENCES

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

**GOOD
LUCK!**



GRADE 7 PHYSICAL EDUCATION

Soccer

Netball

Rhythmic movement

Acrobatics



KaziKidz



Teaching Material for Schoolchildren