

Grade 10

Lesson 1

Lesson plan

Lesson theme	Participate in a fitness circuit	Grade	10
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none">• Recreation and physical wellbeing• Movement focus: Fitness.			
Linking with previous lesson		Linking with next lesson	
N/a.		<ul style="list-style-type: none">• Learners are exposed to a running/walking programme.	
Core knowledge			
<ul style="list-style-type: none">• Know how to record fitness ratings for a 2.4km run.			
Learning activities and assessment			
<ul style="list-style-type: none">• Warm-up• Learners participate in a running / walking activity and record their fitness levels• Cool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">• Checklist• Fitness rating tables• See 'Learner assessment' in the 'Checklist for evaluation' at the end of the lesson.		<ul style="list-style-type: none">• Stopwatch.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">• Encourage learners to join a local running/walking club or to start their own one with friends and family.		<ul style="list-style-type: none">• The activities make learners more aware of their physical fitness and ways to improve it.	

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Lesson 1: Run 2.4km – fitness test (50 minutes)

1 Outcomes

By the end of the lesson learners should be able to:

- Work at improving fitness by being introduced to a 6-week running/walking programme
- Work at improving their fitness to a level that will allow them to complete a 5km run at the end of a 6-week period.

2 Teacher's corner

The aim of this lesson is to assess learners' levels of fitness to determine their starting level in the 6-week fitness programme, which they will be introduced to in the next lesson.

It is recommended that you repeat this lesson in 7 weeks' time to assess whether learners' fitness levels have improved. Learners can then be awarded a mark for Life Orientation based on the improvement in their fitness levels after following the 6-week training programme. Learners who have maintained a high level of fitness should be awarded maximum marks.

Setting up

- This lesson is ideally carried out on a field marked for rugby, hockey or football so that learners have lines to guide them along a route
- Taping off the running area boundary will ensure that learners do not 'cut corners' and run a shorter distance than is required
- Ensure that you demarcate a start and end point clearly so that learners can see the 2.4km distance (or the extent of a lap)
- If a number of laps are required to complete the 2.4km distance, explain clearly to learners just how many laps they will need to do.

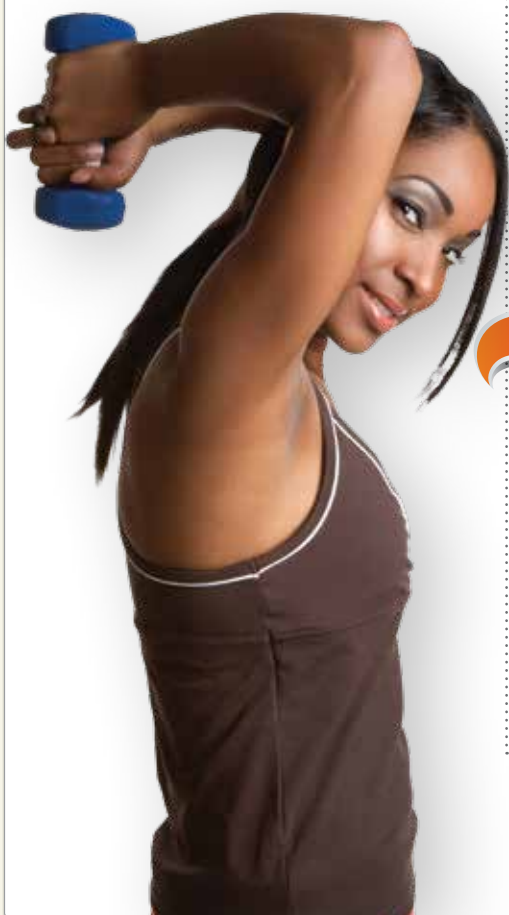
For lesson 1 you'll need the following equipment

- Stopwatches to time learners' completion of the 2.4km distance. If these are not available, learners can time a partner using a stopwatch on a cellphone.

3 Activities

Activity 1: Instruction (5 minutes)

- Explain to learners that they will be required to run a 2.4km distance in the lesson and that the time taken for them to complete the distance will be recorded. It is all right for them to walk sections if they feel they need to
- Learners will be exposed to a running / walking programme in the next Physical education lesson, which they can follow to improve their fitness over a six-week period
- At the end of the 6-week period, it is recommended that learners be re-evaluated on the 2.4km run and their progress be used to inform assessment
- Divide the class into 2 groups so that each learner has a partner who will record their time.



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Activity 2: Warm-up (5 minutes)

Plan a warm-up exercise based on the warm-up and dynamic stretching exercises found on pages 3 to 7.

Activity 3: Running/walking (32 minutes, including changeover)

1. Group 1 starts the 2.4km run on the blow of the teacher's whistle and partners start keeping time on their stopwatches
2. On Group 1's completion of the 2.4km run, learners record the time it took them to complete the distance on their score card
3. Group 2 then completes the 2.4km run and these learners also record their times on their score cards.

Activity 4: Cool-down (8 minutes)

Plan a cool-down exercise based on the cool-down and stretching exercises found on page 8.

4 Assessment

- Use the Fitness rating tables (on page 12) to assess learners' fitness levels according to statistics gained from www.exrx.net (recommended by sport scientist K. Mc Quaide-Little of the Sports Science Institute of South Africa)
- Mark off participation in lesson on the class list and use the "Checklist for evaluation" below.

Lesson 1: Checklist for evaluation

Activity	Question	Yes	No
Completing the 2.4km run	<ul style="list-style-type: none"> Did learners manage to complete the 2.4km distance and record their times on their score cards? 		
Teacher reflection	<ul style="list-style-type: none"> Do you think that this activity has made learners more aware of their physical fitness and ways to improve it? 		
	<ul style="list-style-type: none"> If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	<ul style="list-style-type: none"> Look at the table on page 10 and assign the relevant marks to the learners depending on the time it took them to cover the 2.4km run. Example: if a 16-year-old male learner ran the 2.4 km race in 10'30", assign a mark of 5-6. 		



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Fitness rating tables

Boys' fitness rating for 2.4km distance run

Rating	Age				
	14	15	16	17	18
9-10 marks	Under 09'35"	Under 09'39"	Under 09'41"	Under 09'45"	Under 09'48"
7-8 marks	09'35" – 10'10"	09'39" – 10'14"	09'41" – 10'18"	09'45" – 10'22"	09'48" – 10'25"
5-6 marks	10'11" – 11'39"	10'15" – 11'44"	10'19" – 11'48"	10'23" – 11'53"	10'26" – 11'58"
3-4 marks	11'40" – 12'33"	11'45" – 12'39"	11'49" – 12'45"	11'54" – 12'50"	11'59" – 12'56"
1-2 marks	12'34" +	12'40" +	12'46" +	12'51" +	12'57" +

Girls' fitness rating for 2.4km distance run

Rating	Age				
	14	15	16	17	18
9-10 marks	Under 12'00"	Under 12'04"	Under 12'08"	Under 12'15"	Under 12'59"
7-8 marks	12'01" – 12'53"	12'05" – 12'58"	12'09" – 13'03"	12'15" – 13'08"	13'00" – 13'29"
5-6 marks	12'54" – 15'06"	12'59" – 15'13"	13'04" – 15'19"	13'09" – 15'26"	13'30" – 15'59"
3-4 marks	15'07" – 16'31"	15'14" – 16'39"	15'20" – 16'47"	15'27" – 16'55"	16'00" – 17'29"
1-2 marks	16'32" +	16'40" +	16'48" +	16'56" +	17'30" +

' – minutes

" – seconds