

Grade 12

Lesson 1

Lesson plan

Lesson theme	Participate in an exercise circuit	Grade	12
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none">Recreation and physical wellbeingMovement focus: Fitness.			
Linking with previous lesson		Linking with next lesson	
N/a.		<ul style="list-style-type: none">Learners improve their fitness levels.	
Core knowledge			
N/a.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upLearners do an exercise circuit that builds aerobic endurance through varied-pace rhythmical exercisesCool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">ChecklistSee 'Learner assessment' in the 'Checklist for evaluation' at the end of the lesson.		<ul style="list-style-type: none">WhistleStopwatchSkipping ropesApproximately 4 bags of sand weighing 1kg eachStaircase or a benchSigns to signify stations.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Explain to learners the benefits of doing aerobic exercise and what other activities they can do to improve their aerobic endurance.		<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: Participate in an exercise circuit (50 minutes)

1 Outcomes

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

- Work at improving their aerobic endurance (the ability of the heart and lungs to deliver more oxygen to the muscles) through a series of varied-pace rhythmical exercises.

2 Teacher's corner

Setting up

- This lesson should ideally be carried out in an area that is near a staircase
- Set up the stations and then post signs so that the learners know what to do at each station. Number each one so that learners can continue in sequence (eg Station 1: Stepping, Station 2: Knee-ups etc).

For lesson 1 you'll need the following equipment

- Whistle
- Stopwatch
- Skipping ropes (1 for each learner)
- Bags of sand weighing 1kg each
- Staircase – if you have not got access to a staircase, substitute the stepping exercises with jogging on the spot with knees up. Alternatively, you can get learners to step up onto and off of a bench
- Signs to signify stations.

3 Activities

Activity 1: Warm-up (10 minutes)

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

Activity 2: Circuit exercises (30 minutes, including instruction)

1. Inform learners that they may start the circuit at any station and that every alternate station of the circuit is stepping.
2. Each station of the circuit is 1 minute in duration and learners need to move from one station to the next at the blow of the whistle.
3. A description of the techniques involved at each station is included in the section 'Additional information for teachers' on page 67.

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3. A description of the techniques involved at each station is included in the section 'Additional information for teachers' on page 67.

4. Start session:

- a) Station 1: Stepping
- b) Station 2: Knee-ups
- c) Station 3: Stepping
- d) Station 4: Weight lifting (bags of sand) with palms facing up
- e) Station 5: Stepping
- f) Station 6: Sit-ups
- g) Station 7: Stepping
- h) Station 8: Weight lifting (bags of sand) with palms facing down
- i) Station 9: Stepping
- j) Station 10: Leg raises
- k) Station 11: Stepping
- l) Station 12: Abdominal crunches
- m) Station 13: Stepping
- n) Station 14: Star jumps
- o) Station 15: Stepping
- p) Station 16: Squats
- q) Station 17: Stepping
- r) Station 18: Skipping
- s) Station 19: Stepping
- t) Station 20: Push-ups.

Activity 3: Cool-down (10 minutes)

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



Assessment

- Complete the learner assessment according to the mark allocation in the table below ('Checklist for evaluation')
- Mark off participation in lesson on the class list and complete the 'Checklist for evaluation' below.

Lesson 1: Checklist for evaluation

Activity	Question	Yes	No
Circuit exercises	<ul style="list-style-type: none"> Can learners complete all the stations of the circuit and perform the correct technique for each? 		
Teacher reflection	<ul style="list-style-type: none"> Do you think the activities 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"> Completed the circuit and worked very hard (9 to 10 marks) Completed the circuit and worked quite hard (6 to 8 marks) Completed the circuit but did not work very hard (3 to 5 marks) Did not complete the circuit (0 to 2 marks) 		

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5 Additional information for teachers

Station 4: Weight lifting with palms up (bicep curls)

Learners hold a bag of sand in their hands, which they hang down by their sides with palms facing forwards. The weight is then lifted up by bending the elbows until the hands are up by the shoulders. This can either be performed with both arms or one arm at a time.

Station 6: Sit-ups

Learners perform as many level 1 sit-ups as they can in 1 minute. A level 1 sit-up is performed with the legs bent, knees at right angles and the feet on the ground being held by a partner (or clasped around the ankles of a learner lying at 180° so that both sets of feet are secure). Hands must be clasped behind the head. Learners must start with their shoulder blades on the floor and then sit up so that their elbows touch their knees.

Station 8: Weight lifting with palms facing down

Learners hold a bag of sand in their hands, which they hang down by their sides with palms facing backwards. The weight is then lifted by raising the hands up to the shoulders. This can either be performed with both arms or one arm at a time.

Station 10: Leg raises

Learners lie on their backs with knees slightly bent and hands under their hips, and then raise and extend their legs about 30cm off the ground.

Station 12: Abdominal crunches

Learners lie on their backs with their knees bent and their feet on the floor. The crunch is then performed with the chin tucked in and the head and shoulders raised until the shoulder blades are off the floor.

Station 16: Squats

Learners perform the squat by bending their legs at the knees and hips, lowering their torso between their legs, and then standing up straight again. The torso should lean slightly forward to maintain balance. The back must not 'round out' or injury can occur. The heels must remain on the ground at all times.

Station 20: Push-ups

- Perform as many correctly done push-ups as you can in 1 minute. If a learner cannot complete the push-ups continuously, they may take a short break and then continue until the minute is complete
- Male learners should perform this activity in the standard position with their hands shoulder-width apart, backs straight, heads up and their toes on the floor
- Female learners can use the modified 'knee push-up' position with their ankles crossed, knees bent at a 90° angle, backs straight, hands shoulder-width apart and their heads up
- A correct push-up involves the learners' backs being straight at all times and they must push up to a straight arm position without locking their elbows. When they go down, learners must be low enough so that they can touch their partner's fists on the floor, or so that there is a 90° angle at the elbows. See page 38.