

Grade 2

Lesson 1

Lesson plan

Lesson theme	Playing games	Grade	2
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeBenefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
N/a.		<ul style="list-style-type: none">Learn how to move in different waysLearning the benefits of physical activity.	
Core knowledge			
<ul style="list-style-type: none">Indigenous South African games.			
Learning activities and assessment			
<ul style="list-style-type: none">Learners play a variety of indigenous games which help develop:<ul style="list-style-type: none">RhythmJumpingHand-eye coordinationIntroduce learners to the worksheet for lesson 1.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Worksheet for lesson 1Observe learners during play.		<ul style="list-style-type: none">A large, flat playing area with a hard surfaceA whistleChalk10 small marbles or stones for each learner1 skipping rope for every 3 to 4 learnersA taw or a big round stone (mokêôtô) for each playerA small hole in the ground (about 15 cm in diameter and 5 cm deep)Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to play the South African indigenous games during break and at home.		<ul style="list-style-type: none">Playing these games makes learners aware that physical activity can be fun.	

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Lesson 1: Playing games (30 minutes)

1 Outcomes

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

- Jump over a skipping rope
- Work in small groups (e.g. swing a rope with a partner)
- Describe 2 South African indigenous games.

2 Teacher's corner

The main focus of lesson 1 is to show that physical activity is fun. You should introduce the learners to games that can be played on the school playground and at home.

The indigenous games used in this lesson are **Ugqaphu/Kgati/Ntimo** and **Diketo/Upuca/Magava/Jacks/Ukugenda**. There are other indigenous games. You can download the hand book and rules from Sport Recreation South Africa's website, under the 'mass participation' section (<http://www.srsa.gov.za/>).

3 Activities

For activity 2, you'll need the following equipment:

- 1 skipping rope for every 3 to 4 learners.

For activity 3, you'll need the following equipment:

- A large, flat playing area with a hard surface
- A whistle
- Chalk
- 10 small marbles or stones for each learner
- A taw or a big round stone (mokêôtô) for each player
- A small hole in the ground (about 15 cm in diameter and 5 cm deep).

Activity 1: Warm-up (5 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity 2: Ugqaphu/Kgati/Ntimo (10 minutes)

Divide the class into groups of 3 to 6 learners (depending on the size of the class and the number of skipping ropes you have available). Teach the learners how to play the game. The names above refer to the same game, but in different languages.

How to play Ugqaphu/Kgati/Ntimo

Ugqaphu/Kgati/Ntimo is a skipping game. For this game, you need to divide the learners in groups of 3 (as a minimum) where 2 learners swing the rope and the third player jumps over it. If you have more than 3 in a group, then the other players will stand in a row and wait their turn to jump over the rope.

While jumping, the learners will sing a rhyme.

Rhymes differ from area to area and 1 of the examples is:

1, 2 amashigogo shigogo x 1

Pause

1, 2 amashigogo shigogo x 3

Pause

1, 2 amashigogo shigogo x 1

Pause

1, 2 amashigogo shigogo x 3

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The learners can say this rhyme or their own one, but they must try to stick to the prescribed rhythm. On the 'pauses', the learners swinging the rope can make a small circle above the jumper's head. So for the rope swingers, the rhythm will be:

1, 2 – rope hits the ground
Pause – rope in the air.

The learners can vary how they do the jumps, for example:

- Landing on both feet
- Jumping on 1 leg
- Jumping on 1 leg, but alternating.

If a learner does not clear the rope, replace one of the rope swingers with the learner who did not clear the rope.

Start off by choosing who will be swinging the rope in each group and who will start the jumping.

Activity 3: Diketo/Upuca/Magava/Jacks/Ukugenda (10 minutes)

Split the learners into groups of 3. Either provide 10 marbles or stones for each learner or ask them to go and find 10 stones each. This activity helps the learners to develop their hand-eye coordination. There are 3 rounds and the learners take turns to play 1 at a time.

Round 1:

- The first player will place his or her 10 stones in the hole and will then throw the mokêtô (big round stone) in the air and scoop out all the small stones using 1 hand, before catching the mokêtô again
- If the player catches the mokêtô, then 1 of the small stones is placed next to the player outside the circle or hole
- With the next throw, the remaining 9 stones are pushed back into the hole with the same hand before the learner catches the mokêtô
- With the following throw, the 9 stones will be scooped out again.

The game continues in this way. Every time the mokêtô is caught successfully, 1 more stone is placed outside the hole next to the player until there is just 1 stone left. When all the stones have been successfully scooped out, all the stones will be put back into the hole and round 2 begins.

If the player does not catch the mokêtô, then it is the next player's turn to play.

Round 2:

Round 2 starts with all the stones back in the hole.

- If the player catches the mokêtô after throwing it into the air, then 2 of the small stones are placed next to the player outside the hole
- With the next throw, the remaining 8 stones are pushed back into the hole with the same hand
- With the following throw, the 8 stones will be scooped out again.

The game continues in this way. Every time the mokêtô is caught successfully, 2 more stones are placed outside the hole next to the player, until there are 2 stones left in the hole. When all the stones have been successfully scooped out, all the stones will be put back into the hole and round 3 begins.

If the player does not catch the mokêtô, then it is the next player's turn to play.

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Round 3

Round 3 begins with all the stones back in the hole.

- If the player catches the mokêôtô after throwing it into the air, then 3 of the small stones are placed next to the player outside the circle or hole
- With the next throw, the remaining 7 stones are pushed back into the hole with the same hand
- With the following throw, the 7 stones will be scooped out again.

The game continues in this way. Every time the mokêôtô is caught successfully, 3 more stones are placed outside the hole next to the player, until there is 1 stone left in the hole.

If the player does not catch the mokêôtô, then it is the next player's turn to play.

Please note that there may not be time to finish the game in the lesson, but the learners will have another opportunity as part of the worksheet activities.

Activity 4: Cool-down (3 minutes)

Choose a cool-down activity from the list of warm-up and cool-down exercises.

4 Wrap up (2 minutes)

Inform the learners that the games that were played in today's lesson are indigenous South African games. Encourage them to play these games during break and at home.

Introduce the learners to the worksheet for lesson 1.

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Name: _____

Worksheet: Grade 2, lesson 1

Task 1: Know your words

Ask an adult to help you find the meaning of the following words:

Indigenous: _____

Coordination: _____

Siyadlala: _____

Task 2: Learn a new game

Ask a member of your household what their favourite game was when they were your age.

Ask them to help you write down the rules of this game.

Now ask them to teach you this game and play it together.