

Grade 3

Lesson 2

Lesson plan

Lesson theme	Building basic sporting skills	Grade	3
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	
<ul style="list-style-type: none">Shows learners the benefits of physical activity, as well as how to carry out the 4 components of an exercise session.		<ul style="list-style-type: none">Learners learn how to lead healthier lifestyles.	
Core knowledge			
<ul style="list-style-type: none">Revision of the benefits of physical activity.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upActivities include various games that develop hand-eye and hand-foot coordination, and hitting a target with a ballCool-downIntroduce learners to worksheet for lesson 2.			
Forms of assessment		Resources	
<ul style="list-style-type: none">WorksheetObserve learners whilst they play.		<ul style="list-style-type: none">Large area (about the size of a soccer or hockey field)A whistleHula hoops or targetsSoccer balls (ideally, 1 soccer ball for every 8 learners)Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Learners can practise these games at home and on the playground.		<ul style="list-style-type: none">The activities make learners aware of the benefits of physical activity, and also develop their ball skills.	

Grade 3



Lesson 2: Building basic sporting skills (30 minutes)

1 Outcomes

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

- Show improved skill at hitting a target with a ball
- Learn and demonstrate throwing and catching techniques.

2 Teacher's corner

The benefits of physical activity were introduced in the previous grades. In grade 3, you need to revise these benefits. Most of this session involves ball skills and aims to further develop hand-eye and hand-foot coordination, with improved dynamic balance.

3 Activities

For lesson 2 you'll need the following equipment:

- Large area (about the size of a soccer or hockey field)
- A whistle
- Hula hoops or targets
- Soccer balls (ideally, 1 soccer ball for every 8 learners).

Activity 1: Warm-up (8 minutes)

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

Activity 2: Mini soccer (10 minutes)

- Divide the learners into groups of 8 to 10
- Each group needs their own playing area. For example, you can divide a soccer field into 3 equal parts
- Place 2 cones or markers at each end of the playing area to make the goals
- Further divide each group of learners into 2 teams
- Each team has to try to score a goal
- Rotate which learner plays the goal keeper position.

Activity 3: Bull's eye (8 minutes)

Teach the learners the following techniques using a soccer ball (or netball if you prefer).

Catching the ball

- The learners should face their palms upwards in the direction of the ball and curve their fingers and relax them
- Let the pads of their fingers receive the ball, not their palms
- Instruct them to watch the ball until it lands in their hands
- They should pull their hands into their body to absorb the force of the ball as it reaches them.

Overhead pass

How to pass:

- They should hold the ball with their hands a comfortable distance apart
- While still holding the ball, they must lift their arms behind their heads. As they bring their arms forward, they should release the ball.

Divide the learners into 4 groups:

- Place a hoop on a wall or mark out a square target on a wall
- Have each group form a row
- Have the learners in each group line up 1 behind the other
- Each learner will take a turn trying to throw the ball into the target.

To make the exercise more interesting, you can ask the learners to keep score of how many times they hit the target.

Activity 4: Cool-down (3 minutes)

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

4 Wrap up (2 minutes)

Revise the benefits of an exercise session. Emphasise that a ball is 1 of the most fun pieces of equipment to use and you can play lots of games with it, either in groups of people or on their own. Introduce the learners to the worksheet for lesson 2.

Grade 3

Name: _____

Worksheet: Grade 3, lesson 2

Task 1: Quiz

1. List 2 activities that count as exercise:

2. List any 2 benefits of physical activity:

3. Which of the following is a cardiovascular activity? (Remember cardiovascular activities exercise your heart and lungs, so it makes your heart beat faster and you tend to huff and puff.) Mark your answer with a cross.

- a. Walking
- b. Stretching
- c. Watching TV
- d. Push-ups

4. True or false? Children should try to watch more than 2 hours of TV a day.

5. True or false? Children should try to play (physical activity or sports) for at least 1 hour a day.

6. List 3 ways in which you can include physical activity in your day.

Task 2: Catch

Teach members of your household the proper throwing and catching technique. Ask them to play catch with you.