

Grade 6

Lesson 1

Lesson plan

Lesson theme	Target practice and physical activity	Grade	6
Duration	30 - 40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeThe benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
N/a.		<ul style="list-style-type: none">Different types of games have different physical benefits.	
Core knowledge			
<ul style="list-style-type: none">Know how to do a cartwheel and forward rollUnderstand the following concepts:<ul style="list-style-type: none">Cardiovascular fitnessMuscle strengthFlexibility.			
Learning activities and assessment			
<p>Group work:</p> <ul style="list-style-type: none">Warm-upLearners play a game where they aim to shoot a ball into a hoopLearners do a relay where they perform cartwheels and forward rollsCool-down. <p>Individual work:</p> <ul style="list-style-type: none">Introduce the worksheet for lesson 1.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Observe learners while they playWorksheet.		<ul style="list-style-type: none">9 squares to mark ‘holes’ for golfBasketball court, netball court or similar area2 basketballsScorecards for basketball golfMarkers or beaconsWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">To improve their fitness, learners keep a training diary for one week and record all their activities and how long (duration) they lasted.		<ul style="list-style-type: none">The activities show learners the importance of participating in different types of games that develop cardiovascular fitness, muscle strength and flexibility.	

Grade 6

Lesson 1: Target practice (30 to 40 minutes)

1 Outcomes

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

- Demonstrate a refined sequence of movement that incorporates changing body shape, speed and direction
- Perform throwing and catching movements.

2 Teacher's corner

The focus of lesson 1 is to encourage the learners to participate in different types of games. The basketball golf activity will develop the learners' throwing and aiming techniques and incorporates a small component of balance. The gymnastic relay aims to build on the gymnastic skills such as flexibility and muscle strength that the learners may have been exposed to in the lower grades.

The learners can also arrange a competition either for the class, for all the grade 6 learners or for their community. Alternatively, the learners can participate in a pre-arranged activity such as a big walk or cycle event.

Revise the fitness section, including cardiovascular fitness and strength sections, in the teacher's information guide before lesson 1.

3 Activities

For lesson 1 you'll need the following equipment:

- 9 squares to mark 'holes' for golf. Each square should be numbered from 1 to 9
- Basketball court, netball court or similar area
- 2 basketballs
- Scorecards for basketball golf. About 1 for every 4 learners
- Markers or beacons: 3 per group. This is for the gymnastic relay and the markers should be placed about 10 to 15 metres apart. You can vary the distance depending on the learners' level of skill
- A mass-participation event, if the learners are not going to arrange their own event.

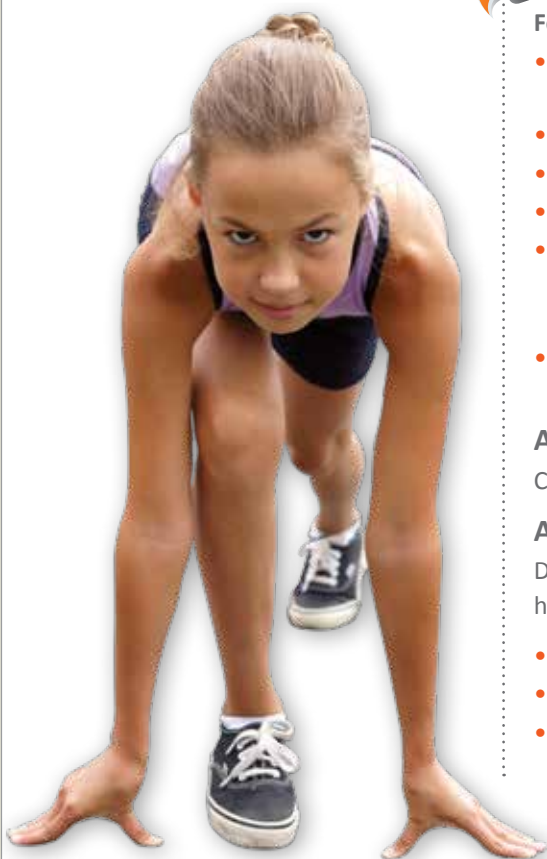
Activity 1: Warm-up (5 minutes)

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

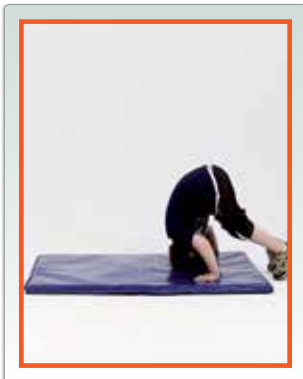
Activity 2: Basketball golf (5 minutes)

Divide a basketball or volleyball court into 2 halves. Have 9 squares to mark out holes in each half. These holes must vary in distance from the basketball hoop.

- Divide the class into groups of 4
- Each group will receive a scorecard
- Each learner will have 4 attempts to shoot the ball in the hoop from each of the 9 holes



Grade 6



- Record how many attempts each learner takes before getting the ball in the hoop. You can get the learners to record their attempts
- If the learner does not get the ball in the hoop after 4 attempts, a score of 5 will be recorded
- The aim is to get as low a score as possible.

Tip for activity 2

Ensure that you match the groups evenly so that each group has an equal opportunity to win the game.

Source: <http://www.learntobehealthy.org>

Activity 3: Gymnastics relay (10 to 12 minutes)

Divide the learners into groups of 6 to 8 and have them sit 1 behind the other.

- The learner in front of the line will jump up and do cartwheels to the beacon or marker and back again
- Once all the learners in the group have had a turn, they should repeat the relay doing forward rolls this time
- Repeat the whole activity so that each learner completes the cartwheels and forward rolls twice.

Tip for activity 3

Do not have the groups lined up too close together or else the learners may bump into each other while doing the cartwheels. Many children at this age have not mastered the skill of moving forward in a straight line.

Techniques for activity 3

Cartwheel technique:

- The learners must stand in a ready position with their favourite leg in front, knees bent slightly. To find out what their favourite leg is, they must stand up and take 1 step. The leg they step forward with first is usually their favourite
- They must raise both their arms
- If the right leg is their favourite leg, they must reach forward with their right arm and swing it around, putting their right hand on the ground
- They must shift their weight to their right arm and kick their left leg up (if they are left-handed, they must reverse these directions)
- Their left hand must follow very quickly. As it touches the ground, they must shift their weight to their left arm. Their right leg must be off the ground
- They must bring their left leg down, their right hand up, right leg down and finally, left hand up.

Forward roll:

- The learners should start in a crouched position
- They must stretch their arms out in front of them, place them on the ground, then tuck their head under their body (place chin on chest) and roll forward.

Activity 4: Cool-down (3 minutes)

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

3 Wrap up (2 minutes)

Use this opportunity to inform the learners that gymnasts are very flexible and that they have to perform many stretches in order to increase their flexibility. You should also remind the learners of the various components of fitness.



Grade 6

Name: _____

Worksheet: Grade 6, lesson 1

Task 1: Activity Plaza

You have been selected as a contestant in the reality show, Activity Plaza. There are lots of prizes to be won and the best part about this show is that you don't have to be the best to win. You simply have to be willing to participate in all the tasks. Activities focus on endurance and strength.

You need to train for your stay on the island and need to start planning immediately.

Training plan

List 3 activities per fitness component in the table below:

	Activity	Number of times per week
	Cardiovascular fitness	
1		
2		
3		
	Muscular strength	
1		
2		
3		
	Flexibility	
1		
2		
3		

Grade 6

Name: _____

Now that you have planned which activities you need to do to improve your fitness, keep a training diary for 1 week, recording all your activities and how long (duration) they lasted. Circle the face that represents how you felt during the exercise session.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity 1:	Activity 1:	Activity 1:	Activity 1:	Activity 1:	Activity 1:	Activity 1:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
Activity 2:	Activity 2:	Activity 2:	Activity 2:	Activity 2:	Activity 2:	Activity 2:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞
Activity 3:	Activity 3:	Activity 3:	Activity 3:	Activity 3:	Activity 3:	Activity 3:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞	😊 😐 😞