

## Grade 8

## Lesson 2

### Lesson plan

Lesson theme	Participate in an aerobic fitness fun class	Grade	8
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Physical development and movement</li><li>Movement focus: Fitness</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Learners improve their fitness levels and set goals to improve their fitness.</li></ul>		<ul style="list-style-type: none"><li>Learners develop sports skills.</li></ul>	
Core knowledge			
N/a.			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Warm-up</li><li>Learners do walking and running activities, and then participate in a relay event</li><li>Cool-down</li><li>Learners set goals to improve their overall fitness levels.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Peer assessment</li><li>Checklist</li><li>See 'Learner assessment' in the 'Checklist for evaluation' at the end of the lesson.</li></ul>		<ul style="list-style-type: none"><li>Whistle</li><li>Stopwatch</li><li>Score sheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Encourage learners to find other activities that will help them improve their overall fitness levels.</li></ul>		<ul style="list-style-type: none"><li>The activities make learners more aware of their physical fitness and ways to improve it.</li></ul>	

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### Lesson 2: Participate in an aerobic fitness fun class (50 minutes)

#### 1 Outcomes

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

- Reassess their fitness levels by determining the distances they sprinted.

#### 2 Teacher's corner

##### Setting up

- The learning area should ideally be a field with demarcated lines so that it is easy to determine distance covered by learners when sprinting
- The learners need to be aware of the marked distance so that they can accurately record the distances their partners cover in various activities
- You will need to give learners their fitness score sheets at the end of the lesson so that they can update their fitness levels.

##### For lesson two you'll need the following equipment:

- Whistle
- Stopwatch
- Fitness score sheets from previous lesson.

#### 3 Activities

##### Activity 1: Warm-up (5 minutes)

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

##### Walking and running – curves and straights (5 minutes)

- Determine which areas will be the 'curved' and 'straight' areas of the field/ track. This is already done for you if you are using a standard athletics track as your playing area
- Learners are required to walk the curved section and sprint the straight section of the field or track for 5 minutes
- Learners should start with the curved section (that is, walking) as a means of warming up for the activity.

##### Activity 3: Sprint session (30 seconds per learner × 2)

- Learners are required to sprint for 30 seconds while their partners record the distances they completed on their score sheets. After learner 1 has completed the 30-second sprint, learner 2 completes it.

##### Activity 4: Relay activities (25 minutes)

- Divide the class into groups of 8 learners
- The class completes a series of relay activities where groups compete against each other, so developing team spirit
- These relay races should be completed twice each so that the groups can try to do better than the rival team(s) the second time around
- The relay races are as follows:

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### Relay race 1

Learner 1 sprints across a 25 metres to learner 2 and then performs 5 crunches. Only after learner 1 has completed the 5 crunches may learner 2 sprint back the 25 metres to where learner 3 is waiting. Learner 2 then has to complete 5 crunches before learner 3 is able to sprint the 25 metres to learner 4. This process is repeated until all 8 learners have completed the 25 metre sprint and the 5 crunches.

### Relay race 2

Learner 1 moves across the 25 metres using alternating lunges. On reaching learner 2, learner 1 simply touches learner 2 on the hand, who then moves down the track using alternating lunges to learner 3. This process repeats itself until all 8 learners have completed the 25 metres using alternating lunges.

### Relay race 3

Learner 1 moves across the 25 metres track sprinting backwards to learner 2, and then performs 5 push-ups. Only after learner 1 has completed the 5 push-ups, may learner 2 sprint backwards the 25 metres to where learner 3 is waiting. Learner 2 must then complete the 5 push-ups before learner 3 is able to complete the track distance. This process repeats itself until all 8 learners have completed the 25 metres distance and the 5 push-ups.

### Relay race 4

Learner 1 moves across the 25 metres using grapevine sprints. On reaching learner 2, learner 1 simply touches them on the hand and learner 2 then moves down the track using grapevine sprints to learner 3. This process repeats itself until all 8 learners have completed the 25 metres using grapevine sprints.

### Activity 5: Cool-down (10 minutes)

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

### Activity 6: Goal setting (4 minutes)

Learners are required to look at their fitness score sheet and see if their 30-second sprint test shows an improvement. They must reassess their goals to determine what they would like to improve, and by how much, when reassessed at the end of the term. Give clear guidelines on what percentage of improvement is expected by the end of the term. This is dependent on the individual learners in the class and their personal fitness levels. Learners are encouraged to seek advice on how to achieve this improvement.

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### 4 Assessment

- Learners peer-assess each other using their score sheets from the previous lesson.
- Complete the 'Learner assessment' according to the mark allocation on the table below ('Checklist for evaluation')
- Mark off participation in the lesson on the class list and complete the 'Checklist for evaluation'.

#### Lesson 2: Checklist for evaluation

Activity	Question	Yes	No
Walking and running	<ul style="list-style-type: none"> <li>• Were learners able to walk the sections and sprint the straight sections of the track for 5 minutes?</li> </ul>		
Sprint session	<ul style="list-style-type: none"> <li>• Were learners able to sprint for 30 seconds?</li> </ul>		
Relay activities	<ul style="list-style-type: none"> <li>• Did learners manage to complete all the relay races?</li> <li>• Were they able to sprint across 25 metres?</li> <li>• Were they able to do 5 crunches?</li> <li>• Were they able to move down the track using alternating lunges?</li> <li>• Were they able to move across a 25 metre track sprinting backwards?</li> <li>• Were they able to do 5 push-ups?</li> <li>• Were they able to move across the track using grapevine sprints?</li> </ul>		
Teacher reflection	<ul style="list-style-type: none"> <li>• Did the activities make learners more aware of their physical fitness and ways to improve it?</li> </ul>		
	<ul style="list-style-type: none"> <li>• If you had to repeat the lesson, what improvements would you make to it?</li> </ul>		
Learner assessment	<ul style="list-style-type: none"> <li>• Completed the relay races and worked very hard (9 to 10 marks)</li> <li>• Completed the relay races and worked quite hard (6 to 8 marks)</li> <li>• Completed the relay races but did not work too hard (3 to 5 marks)</li> <li>• Did not complete the circuit (0 to 2 marks)</li> </ul>		