

Grade 8

Lesson 4

Lesson plan

Lesson theme	Take part in a sporting scavenger hunt	Grade	8
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none">Physical development and movementMovement focus: Recreation			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learners improve their fitness levels.		N/a.	
Core knowledge			
N/a.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upLearners complete a scavenger hunt and do various activities along the wayCool-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">WorksheetsSports-related locations such as rugby posts, soccer goals, tennis/netball court, basketball court/hoop etc.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to find activities that will help them improve their overall fitness levels.		<ul style="list-style-type: none">The scavenger hunt is a great way for learners to get fit and have fun.	

Grade 8

Lesson 4: Take part in a sporting scavenger hunt (50 minutes)

1 Outcomes

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

- Participate in group work actively
- Work through a series of cryptic clues that will lead them to a number of destinations
- Race against other groups to complete the scavenger hunt course in the quickest time.

2 Teacher's corner

Setting up

- Decide on a number of sports-related locations that you wish learners to locate
- Create a cryptic clue for each location and have these printed on a worksheet similar to the one included in this lesson plan. Alternatively, adapt the worksheet included here
- Divide the class into groups of equal size with approximately 5 or 6 learners per group, depending on your class size
- The winning group is the one to complete the scavenger hunt course in the quickest time

For lesson 4 you'll need the following equipment:

- Worksheets
- Sports-related locations such as rugby posts, soccer goals, tennis/netball courts, basketball court/hoop etc.

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.

Activity 2: Instructions and administration (5 minutes)

1. Provide each group with the worksheet containing the cryptic clues that you have designed as well as a control card (see 'Control Card' on page 26). All learners are required to assess their team mates and hand the Control sheet back at the end of the lesson.
2. Inform learners that the clues on the sheet all relate to sports-related locations.
3. Inform them that they are to work out the location, move to it and then perform the activity there which is hinted at in the clue.
4. If learners find that they need to measure something at a location, inform them that they should pace this measurement out and record the number of paces as the measurement.
5. Provide learners with a time by which they must have returned to the learning area, regardless of whether they have managed to visit all the locations or not.
6. The winning group is the one that completes the scavenger hunt course in the quickest time and has carried out the activity at each location correctly.



Grade 8

Activity 3: Scavenger hunt (25 minutes)

Learners work in their groups to complete the scavenger hunt.

Answers to locations included in worksheet:

Location 1: Tennis court

Location 2: Rugby posts

Location 3: Soccer goals

Location 4: Cricket wicket

Activity 4: Cool-down (10 minutes)

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

4

Wrap up (5 minutes)

Collect all the worksheets to assess which group is the winner.

5

Assessment

- Peer assessment: The team rates the learner's level of performance using the criteria on the control card below
- Mark off participation in lesson on the class list and complete the 'Checklist for evaluation' below.

Lesson 4: Checklist for evaluation

Activity	Question	Yes	No
Scavenger hunt	<ul style="list-style-type: none"> • Were learners able to work as a group to complete the scavenger hunt? • Were they able to work through a series of cryptic clues to lead them to a number of destinations? • Were they able to race against other groups to complete the scavenger hunt course? • Did all groups complete the course in the time allocated? 		
Teacher reflection	<ul style="list-style-type: none"> • Did the activity help learners have fun while getting fit? • If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	<ul style="list-style-type: none"> • The team rates the learner's level of performance using the criteria on the control card. Add up each individual's score and generate an average score for each learner. 		

Control card	
Learner's name:	Wow (10) / looking good (7) / needs improvement (4) / limited input (2)
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Worksheet: Grade 8, lesson 4

Clue 1: Singles or doubles, ladies, men or mixed. The ace is always a winner. How many rectangles make up this playing area?

Location:

Number of rectangles:

Instruction: Complete 20 sit-ups.

Clue 2: Where Webb Ellis stopped running and spoiled a game of soccer, he raised the bar. How many learners in your group can jump and reach the bar?

Location:

Number of learners jumping the distance:

Instruction: Jump as high as possible 15 times.

Clue 3: In the USA it is called the 'onion bag'. England calls it the 'net'. South Africa screams 'Laduma'. How wide is it?

Location:

Measured width in paces:

Instruction: Perform 15 push-ups.

Clue 4: It is flat, rolled, has cracks, can be dead, lively, turning or dry. Would you like to score a run on it? How many paces would it take you to do this?

Location:

Number of paces:

Instruction: Jump as far as you can 15 times.