

Grade 8

Lesson 7

Lesson plan

Lesson theme	Design and participate in an obstacle course	Grade	8
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Physical development and movement.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Learners increase their physical activity and fitness levels.		<ul style="list-style-type: none">Learners learn how to lead a healthy lifestyle.	
Core knowledge			
N/a.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upIn groups, learners complete an obstacle courseThey then complete the worksheet for lesson 2 and design their own adventure gamesCool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">See “Learner assessment” in the “Checklist for evaluation” at the end of the lesson.		<ul style="list-style-type: none">Large, flat surface areaEquipment for obstacle course (eg benches, rope, nets, vaulting table and other gymnastic equipment such as larger mats, tyres and hoops)Rope or string to tie learners together for the obstacle courseWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to play safe adventure games with friends and family, at home or on the playground.		<ul style="list-style-type: none">The activities show learners new ways to get physically active and fit.	

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Lesson 7: Design and participate in an obstacle course (40 minutes)

1 Outcomes

By the end of lesson 2 the learners should be able to:

- Design and teach 1 adventure game
- Plan and implement a grade-based adventure tournament.

2 Teacher's corner

The main focus of lesson 2 is on playing adventure games safely. The learners will also have an opportunity to design their own game and to teach it to their class mates. The worksheet will require the learners to work in groups as the main outcome is to plan and implement an adventure Olympics for all grade 8s at the school.

If you find that this lesson plan is too long, plan activity 3 in a separate lesson. However, please ensure that you include a warm-up and cool-down exercise in the additional lesson.

Tip for lesson 2

The first half of the lesson involves physical activity, while most of the second half is written work. Ensure that there are no groups standing doing nothing during the obstacle course. If they are waiting their turn, introduce another game while they wait. It doesn't have to be an adventure game – they can play basketball or mini-soccer.

3 Activities

For lesson 2 you'll need the following equipment:

- Large, flat surface area (the lesson can be indoors or outdoors)
- Equipment for obstacle course (for example, benches, rope, nets, vaulting table and other gymnastic equipment such as larger mats, tyres and hoops)
- Rope or string to tie learners together for the obstacle course.

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: Obstacle course (10 minutes)

Plan an obstacle course on a large flat area. The obstacles in the obstacle course depend mainly on the equipment available.

Suggestions for obstacles:

- Long pieces of wood or benches for learners to crawl over and under
- A big net suspended a few centimetres off the ground for learners to crawl under
- Tyres placed in a zigzag formation for learners to hop from 1 to the other or over
- A high wall or similar structure for learners to climb over
- A rope swing to swing over water or a mat
- A gymnastic vaulting table for the learners to jump over.



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Divide learners into teams of about 6.

- Round 1: Have each team member complete the obstacle course. Encourage them to work as a team and to help weaker team members
- Round 2: Tie the team members together. This time they have to complete the circuit as a unit.

You can determine the winners in a number of ways. For example:

- See which team can complete the circuit in the fastest time
- See who gets the dirtiest
- See which team is able to complete the circuit in the most unique way, for example, instead of walking they hop and sing.

Inform the learners of the method you will use to judge the winners before the activity starts. You can have more than 1 team on the course at 1 time, but they have to start a few seconds apart.

Tip for activity 2

If you have access to a children's play park, you can use the existing equipment for the circuit. This will save you the time needed to set up and clear the circuit before and after each lesson!

Activity 3: Our game plan (15 to 20 minutes)

Keep the learners in their groups of 6 and instruct each group to design their own adventure game. Emphasise the importance of safety in the game.

- This activity will be easier to do if you have information on current adventure sports to discuss with the learners
- They need to draw up a list of rules, illustrate the playing area and provide guidelines for scoring.

Depending on the time available, get 1 or 2 of the groups to explain their game to the rest of the class. Alternatively, this could be done in a separate lesson.

Pair the groups up. Each group must explain their game to their partner group.

Activity 4: Cool-down (3 minutes)

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



4 Wrap up (5 minutes)

Introduce the learners to the worksheet for lesson 2. It involves a group activity and they should stay in the same 6-person group.

Remind them that they need to consider safety when developing their game.

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Lesson 7: Checklist for evaluation

Activity	Question	Yes	No
Design and participate in an obstacle course	<ul style="list-style-type: none">• Did learners manage to design and teach 1 adventure game?• Did learners manage to plan and implement a grade-based adventure tournament?		
Teacher reflection	<ul style="list-style-type: none">• Do you think the activities have shown learners new ways to get physically active and fit? <p>If you had to repeat the lesson, what improvements would you make to it?</p>		
Learner assessment	<ul style="list-style-type: none">• Learner completed the entire worksheet with no elements missing (8 to 10 marks)• Learner completed the worksheet with few elements missing (5 to 7 marks)• Learner completed the worksheet with a lot of elements missing (2 to 4 marks)• Learner did not complete worksheet (0 marks).		

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Name: _____

Worksheet: Grade 8, lesson 7

Task 1: Design an adventure game

Stay in your same group from the lesson and try to improve the game you designed in class.

Task 2: Design an adventure tournament

You will now plan an adventure tournament for all the grade 8s at your school.

Consider some of the following aspects in your planning:

- Advertising
- Entry and registration
- Safety precautions
- Emergency medical personnel
- Space required
- Permission required (school, traffic authority, etc)
- Prizes
- The game should be suitable for all grade 8s, even if they are not very athletic
- The length of your game should not exceed 10 to 15 minutes
- Will your tournament take place during school time or will it be over the weekend? How will this influence your planning?

Task 3: Design an adventure day

Work together with the rest of the class to bring all your ideas together with the other groups.

Work with your teacher to make the adventure day a reality.