

Grade 9

Lesson 2

Lesson plan

Lesson theme	Participate in a fun fitness class	Grade	9
Duration	50 minutes	Date/week	
Context			
<ul style="list-style-type: none"> Physical development and movement Movement focus: Fitness 			
Linking with previous and next lesson			
<ul style="list-style-type: none"> Learners improve their fitness levels. 			
Core knowledge			
N/a.			
Learning activities and assessment			
<ul style="list-style-type: none"> Warm-up Learners work as a team to complete various relay races Cool-down. 			
Forms of assessment		Resources	
<ul style="list-style-type: none"> Checklist See 'Learner assessment' in the 'Checklist for evaluation' at the end of the lesson. 		<ul style="list-style-type: none"> Whistle Rope for tug of war Potatoes (1 potato between 6 learners) Spoons of a suitable size for the potato to rest on (1 for each group of 6 learners) Sacks (1 for each group of 6 learners) Rope or cloth to tie learners legs for 3-legged race (3 for each group of 6 learners). 	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"> Explain to learners the importance of doing a range of activities to develop their overall fitness levels. 		<ul style="list-style-type: none"> The activities show learners that getting physically fit and active can be lots of fun. 	

Grade 9

Lesson 2: Participate in a fun fitness class (50 minutes)

1 Outcomes

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

- Participate in a range of fitness-related activities.

2 Teacher's corner

Setting up

This lesson can be repeated in 6 weeks, or at the end of the term, to assess whether learners' fitness levels have improved.

- Set up a track, approximately 50 metres in length, by demarcating the start and finish line with painted lines, chalk or cones
- Relay races, of which there are 4, should take a maximum of 30 minutes in order for other components of the lesson to be carried out effectively. Organisation and rest time should be built into these 30 minutes.

For lesson 2 you'll need the following equipment:

- Whistle
- Rope for tug of war
- Potatoes (1 potato between 6 learners)
- Spoons of a suitable size for the potato to rest on (1 for each group of 6 learners)
- Sacks (1 for each group of 6 learners)
- Rope or cloth to tie learners legs for the 3-legged race (3 for each group of 6 learners).

3 Activities

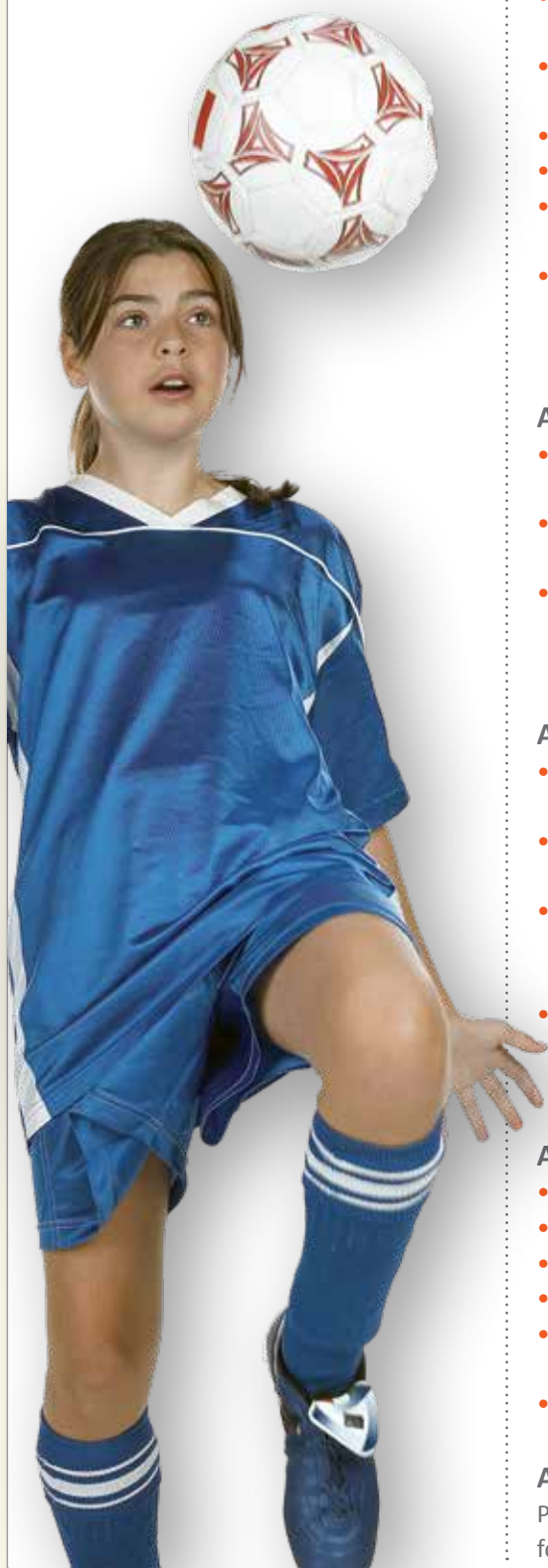
Activity 1: Warm-up (5 minutes)

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

Activity 2: Administration and information (10 minutes)

1. Divide the class into groups of 6 learners and ensure that these groups are balanced in terms of ability and fitness levels.
2. Inform learners that each group will be competing against all the other groups in the relay races.
3. Inform learners that each relay will be performed twice, which will give them the opportunity to do better than a rival team the second time round.
4. Outline what each relay race entails based on the information given on the next page.

Grade 9



Activity 3: Egg 'n spoon relay

- Learners line up in their groups, with 3 learners from each group standing 1 behind the other on opposite ends of the 50 metre track
- On your whistle, learner 1 is required to run the length of the 50 metre track balancing the potato on the spoon
- The spoon is held in 1 hand with the learner's other hand behind her back
- The potato may not be held on the spoon by a finger
- If the potato falls, the learner is required to stop and pick up the potato using only the spoon, before continuing down the track
- On reaching the other side of the 50 metre track, learner 1 passes the spoon and potato to learner 2 who runs back down the track in the same way as learner 1 did. The spoon and potato is then passed to learner 3. The process repeats itself until all learners in the group have run the 50 metres.

Activity 4: Sack race

- Learners line up in their groups, with 3 learners from each group standing one behind the other on opposite ends of the 50 metre track
- On your whistle, learner 1 climbs into the sack and moves down the length of the 50 metre track remaining in the sack for the entire distance
- On reaching the other side of the track, learner 1 climbs out of the sack and hands the sack to learner 2, who moves back down the track in the same way as learner 1 did. The sack is then handed to learner 3 and the process repeats itself until all learners in the group have completed the 50 metres.

Activity 5: 3-legged race

- Learners pair up in their groups with 2 pairs standing behind the start line and the other pair standing on the opposite side of the 50 metre track
- Each pair of learners in the group is required to tie 2 of their legs together (ie learner 1 ties her left leg to the right leg of learner 2)
- On your whistle, the first pair of learners in the team is required to moves down the length of the 50 metre track, remaining tied to each other for the entire distance
- On reaching the other side, the next pair of learners in the team moves down the 50 metre track, returning to the start line where the third pair of learners is waiting. The third pair then completes the distance in the same way; the race ends when the third pair reach the other end of the 50 metre track.

Activity 6: Tug o' war

- Pair up groups of learners so that 2 groups of 6 learners are assigned 1 rope
- Mark 2 lines 5 metres apart for each tug o' war game
- Assign each group 1 of the lines, which demarcates the 5 metres
- Ensure that each group stands with the entire team behind their 5 metre line
- Learners are required to hold the rope and attempt to pull the entire opposing team over their 5 metre line
- This is repeated 3 times so that the team that is successful the most times out of the 3 chances is the winning team.

Activity 7: Cool-down (5 minutes)

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

Grade 9

4 Assessment

- 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
Egg 'n spoon relay	<ul style="list-style-type: none"> • Did the learners manage to run the 50 metres balancing the potato on the spoon? 		
Sack race	<ul style="list-style-type: none"> • Did they manage to move down the track in a sack? 		
3-legged race	<ul style="list-style-type: none"> • Were they able to move down the track remaining tied to each other? 		
Tug 'o war	<ul style="list-style-type: none"> • Were the learners able to work as a team to compete against another team in 'Tug 'o war'? 		
Teacher reflection	<ul style="list-style-type: none"> • Do you think the activities showed learners that getting physically fit and active can be lots of fun? 		
	<ul style="list-style-type: none"> • If you had to repeat the lesson, what improvements would you make to it? 		
Learner assessment	<ul style="list-style-type: none"> • Exceptional level of skill – movements always produce the desired outcome (8 to 10 marks) • Efficient, effective and appropriate – movements mostly produce the correct desired outcome (5 to 7 marks) • Requires further attention and refinement – lapses in movements which do not always produce the desired outcome (3 to 4 marks) • Very clumsy and / or ineffective – movements do not produce the desired outcome at all (0 to 2 marks) 		