

LESSON PLAN

Learning Area: Life Orientation Grade: 5

Date: _____ Completed: _____

Core Knowledge/ Content (Theme)	I am High on Life, I eat, learn and Play for health	Duration:	Lesson No. 1
Topic (Sub – topic) Physical Activity and Healthy Eating (Physical Education)			
Outcome(s)	LO	4	
	AS	1	
Resources: Plastic strips, pairs of scissors, plastic bags (to make own balls – will cut plastic into strips), tennis balls, etc			

SKAV's
<ul style="list-style-type: none"> • Skills: Ability to aim and set sight on target • Knowledge: Focus and patience beneficial to development • Values: Physical Activity as a way of life • Attitudes: Learners who exhibit independent, supportive and encouraging behaviour

EDUCATOR	LEARNERS
<ul style="list-style-type: none"> • Divide learners into groups of six(6) 	<ul style="list-style-type: none"> • Sit in groups of six
<ul style="list-style-type: none"> • Demonstrate to learners how to cut plastic into strips in preparation to make own small balls. 	<ul style="list-style-type: none"> • Observe how to cut plastic strips in preparation to make own small balls (cut as shown by educator)
<ul style="list-style-type: none"> • Demonstrate how to roll plastic strips using sellotape to create a round object. 	<ul style="list-style-type: none"> • Observe how the educator roll plastic strips into a round object and use of sellotape (do as educator)
<ul style="list-style-type: none"> • Show learners a complete sample of a ball. 	<ul style="list-style-type: none"> • Learners present their completed products (balls)
<ul style="list-style-type: none"> • Lesson 1 ends 	<ul style="list-style-type: none"> • Lesson 1 ends

ASSESSMENT

Assessor (Method) : Educator, Group, Peer, Self (Circle)
Evidence:
Form of Assessment

REMARKS:
Reflection:
Expanded Opportunities:

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Date: _____ Completed: _____

Core Knowledge/ Content (Theme)	I am High on Life, I eat, learn and Play for health	Duration:	Lesson No. 2
Topic : Physical Activity and Healthy Eating (Physical Education)			
Sub-Topic: Target games,			
Outcome(s)	LO 4		
	AS 1		
Resources: Plastic strips, pairs of scissors			

SKAV's

- **Skills: Ability to aim and set sight on target**
- **Knowledge: Focus and patience beneficial to development**
- **Values: Physical Activity as a way of life**
- **Attitudes: Learners who exhibit independent, supportive and encouraging behaviour**

EDUCATOR	LEARNERS
<ul style="list-style-type: none"> • Ask learners to take positions in groups of 6 	<ul style="list-style-type: none"> • Take positions in their groups
<ul style="list-style-type: none"> • Engage learners in warm up exercise (for 5 minutes) 	<ul style="list-style-type: none"> • Engage in warm up exercise (for 5 minutes)
<ul style="list-style-type: none"> • Introduces the first Target game (e.g. shumpu) 	<ul style="list-style-type: none"> • Get to understand the first target game (shumpu)
<ul style="list-style-type: none"> • Explain to learners that this game is played by having individual aiming at another to hit them using the balls they made in lesson 1. 	Get to understand how the game is played as they look for ways to earn themselves points in the game
<ul style="list-style-type: none"> • Since all games have rules, this game as well is no different. If the player is hit by the ball the player is out of the game. If the player manages to evade the hit the player earns 5 points for the group. 	Listen to the rules of the game and have input (learners may know the game)
<ul style="list-style-type: none"> • Allow learners to start playing 	Choose who gets to play first as they prepare to earn points for their groups.
<ul style="list-style-type: none"> • Assess progress and enter points to groups as per individual performance 	Play in turns and earn points for their respective groups and get assessed.
Lesson 2 ends	Lesson 2 ends

ASSESSMENT

Assessor (Method) : Educator, Group, Peer, Self (Circle)
Evidence:
Form of Assessment

REMARKS:
Reflection:
Expanded Opportunities:

LESSON PLAN

Learning Area: Life Orientation Grade: 5

Date: _____ Completed: _____

Core Knowledge/ Content (Theme)	I am High on Life, I eat, learn and Play for health	Duration:	Lesson No. 3
Topic : Physical Activity and Healthy Eating (Physical Education)			
Sub – topic: Target games,			
Outcome(s)	LO	4	
	AS	1	
Resources: Plastic strips, pairs of scissors			

SKAV's	
<ul style="list-style-type: none"> • Skills: Ability to aim and set sight on target • Knowledge: Focus and patience beneficial to development • Values: Physical Activity as a way of life • Attitudes: Learners who exhibit independent, supportive and encouraging behaviour 	
EDUCATOR	LEARNERS
Divide learners into their groups of 6	Get into their groups of 6
Engage learners in a warm up exercise	Engage in warm up exercise
Allow learners to choose a type(s) of target game(s) they want to play (should be modified and indigenous)	Mention to the educator the choice of game each group chooses.
Ask learners to give points to one another as they play (about 5 points)	Learners having played more games choose the one they like.
Ask each group to hand over their score sheet(s)	Score one another in points (5 points)
Allow for cool down exercise.	Hand over to the educator the score sheets.
	Engage in cool down exercise
Lesson 3 ends	Lesson 3 ends

ASSESSMENT

Assessor (Method) : Educator, Group, Peer, Self (Circle)
Evidence:
Form of Assessment

REMARKS:
Reflection:
Expanded Opportunities: