

## PE ASSESSMENT FOR HOME BASED LEARNERS

### GRADE 4/5

#### Volley ball

Dear Parents, please assist the learner with the following activities, as it will be used for assessments.

#### Fitness

Weaving between cones:

Lay out 10 cones or similar usable objects three feet apart on the line.

Learners to weave (run/walk) between the cones in a zigzag pattern, maintaining body balance.

#### Ball skills

volley the ball

- Leg position

Your feet should be shoulder width apart in a comfortable balanced position with knees bent so that you are in a slight squat. Your feet should be slightly staggered so that your right foot is two-three inches in front of your left foot and you can move quickly in any direction.

- Hand position

The fingers should be spread to imitate the **shape** of the **ball**; make a triangle with the thumbs and first fingers.

- Rhythmic movement

Push your fingers up and outward as the ball connects. The motion should feel more like a gentle push than a slap. The arms should cushion the weight of the ball when it connects, leaving the fingers to guide it only. Volley straight into the air, directing the ball only by the position of your hands.

