

LIFE SKILLS P.E FOR HOME BASED STUDENTS

GRADE 1

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

Each activity is accompanied by a video, which can be found on the school website/mum's group.

Please use this as a guide on how the activity should be carried out.

ACTIVITIES:

EQUIPMENT: ladder or any usable object, 5 cones or any usable objects.

Fitness activities:

1. Weaving through cones or objects:

Lay out 5 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.

2. Balancing:

Draw a shape of a figure 8 on the ground.

Learner must walk on the line, hands out, back and neck straight, maintaining balance while stepping on the line.

3. Hopping:

Lay out cones/ladder/rings or hoops in a hopscotch pattern.

Learner must hop over and between, alternating with hopping on 1 foot to 2 feet.

The activities above need to be practiced for 10 minutes.