

**LIFE SKILLS P.E FOR HOME BASED STUDENTS**

**GRADE 3**

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.

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

**ACTIVITIES:**

**EQUIPMENT:** hurdle or any similar usable object, 10 cones or any usable objects, wooden beam.

**Fitness activities:**

**1. Weaving through cones or objects:**

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.

This should be repeated for 7 minutes.

**2. Balancing:**

Learners walk across the beam with hands out to the side, maintaining balance without falling.

**3. Hopping:**

Lay out hurdle or any similar usable object.

Learner must stand near the hurdle, and from the standing position hope over the lower hurdle to land on both feet (5times) and then jump over higher hurdle or any similar usable object (5times) landing on both feet.

This should be repeated 4 times.