

LIFE SKILLS P.E FOR HOME BASED STUDENTS

GRADE 4

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:

Fitness activities:

1. Dynamic stretching:

Walking knee to the chest 2 laps.

jumping jack, Stand upright with your legs together, arms at your sides.

Bend your knees slightly and jump into the air.

As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.

This should be repeated for 10 times.

2. Volleyball technique:

Serving: practise of stance without the ball. For right-handed learner, learner to stand left foot forward, right foot back. Weight should be on the back leg. Learner to rock forward. Action to be repeated for 2 -3 min, to ensure learner retains motion memory. Next step, learner to hold their left hand in front of their body waist high as though holding a ball. Right arm to move from back to forward as a pendulum and towards the left hand as though hitting the ball off. This movement is to be done in rhythm with the foot motion. As the learner leans back, right arm should be pulled back. As the learner moves forward, [i.e step forward], the right arm should swing forward. Repeat until learner is comfortable with the motion and movements are in sync.

Learners who are left-handed will reverse the above stance.

Digging: Learners to hold out both arms straight with forearms facing outward. Feet shoulder width apart. Knees slightly bent, upper body leaning forward. Learners to place one hand into the palm of the other, arms straight and forearms still facing outward. Fold the thumbs into the palm. Arms to swing from between the legs upward to chest height while continuing to lean forward. This motion to be practised for 3 – 4 minutes without a ball.