

## Grade 5

## Lesson 1

### Lesson plan

<b>Lesson theme</b>	Target practice	<b>Grade</b>	5
<b>Duration</b>	30 to 40 minutes	<b>Date/week</b>	
<b>Context</b>			
<ul style="list-style-type: none"> <li>Getting more physically active</li> <li>Ways in which to improve health and wellness.</li> </ul>			
<b>Linking with previous lesson</b>		<b>Linking with next lesson</b>	
N/a.		<ul style="list-style-type: none"> <li>Learning fun ways to get physically active.</li> </ul>	
<b>Core knowledge</b>			
N/a.			
<b>Learning activities and assessment</b>			
<b>Group work:</b>			
<ul style="list-style-type: none"> <li>Warm-up</li> <li>Learners participate in 2 target games. In 1 game, a learner is the target (lions and tigers), and in the other game a hoop is the target</li> <li>Cool-down.</li> </ul>			
<b>Individual work</b>			
<ul style="list-style-type: none"> <li>Introduce the worksheet for lesson 1.</li> </ul>			
<b>Forms of assessment</b>		<b>Resources</b>	
<ul style="list-style-type: none"> <li>Observe learners while they play</li> <li>Worksheet.</li> </ul>		<ul style="list-style-type: none"> <li>Large, flat area, ideally the size of a netball court</li> <li>Hula hoops</li> <li>Tennis or soccer balls (4 to 8)</li> <li>Beanbags</li> <li>Wall with a target square marked out using masking tape or cardboard</li> <li>6 to 10 cones</li> <li>Rope or chalk to mark the starting lines for the circuit</li> <li>Worksheets.</li> </ul>	
<b>Expanded opportunities</b>		<b>Teacher reflection</b>	
<ul style="list-style-type: none"> <li>Encourage learners to play these games at home and on the playground.</li> </ul>		<ul style="list-style-type: none"> <li>The activities show learners the benefits of getting physically active and enhancing their physically abilities.</li> </ul>	

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### Lesson 1: Target practice (30 to 40 minutes)

#### 1 Outcomes

By the end of this lesson the learners should be able to:

- Participate in a target game where they are the target (lions and tigers)
- Participate in a variety of target games using a ball or beanbag
- Be able to design their own game, including developing rules and showing their classmates (worksheet activity).

#### 2 Teacher's corner

The aim of lesson 1 is to provide the learners with an opportunity to participate in 2 target games. In 1 game, a learner is the target (lions and tigers) and in the other, a hoop is the target.

The main aim of target games is to throw a ball or object into targets, using the least number of shots, or getting as many balls as possible closest to the target.

The second part of the lesson is part theory. Learners have to work in groups to make up their own game. Ideally, they should have an opportunity to teach their classmates their new game. These activities can take 2 lessons instead of 1.

#### 3 Activities

For lesson 1 you'll need the following equipment:

- Large, flat area, ideally the size of a netball court
- Hula hoops
- Tennis or soccer balls (4 to 8)
- Beanbags
- Wall with a target square marked out using masking tape or cardboard
- 6 to 10 cones
- Rope or chalk to mark the starting lines for the circuit.

##### Activity 1: Warm-up (5 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

##### Activity 2: Lions and tigers (5 to 10 minutes)

Divide the class into 2 groups, the lions and the tigers.

- Ideally, this game should be played on a basketball or similar court, but the area should have lines and boundaries marked
- Have the learners stand near the centre of the court with their backs to the opposing team, about 5 to 8 metres apart.

Flip a coin and call out who won the toss (heads is lions and tails is tigers).

If tigers win the toss, they must turn around and try to get to the end line on the opposite side of the court. At the same time, the lions will chase the tigers and try to touch their arms. If touched, the tiger has to join the opposing team of lions.

If a tiger reaches the end line, they are safe from being captured by the lions.

The winning team is the one with the most players at the end of the game.

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### Activity 3: Target circuit (15 minutes)

Set up the circuit before the start of the class:

- Line 3 hoops up one behind the other with the third hoop at least 8 metres from the first hoop
- The learner has to aim to throw the beanbag into the furthest hoop without it touching the sides of the hoop
- Mark a target on a wall using cardboard: you can draw a smaller circle in the centre of your cardboard square. Make the starting line at least 8 metres away from the wall. The learner has to aim to hit the square. The more advanced learners can aim to hit the circle in the centre
- Basketball or netball hoop: each learner will have 3 opportunities to throw the ball in the basketball or netball hoop
- 10 cones: arrange 6 to 10 cones in a triangle with the base of the triangle furthest from the starting line
- The start line needs to be at least 10 metres from the cones. Roll a ball towards the cones, trying to knock as many down at a time as they can
- Each of the 4 target games outlined above must be set up at its own station.

Divide the class into groups of 4. Each group will start at a different station.

You will blow the whistle each time the group has to move to the next station. The timing may be a bit tricky as you don't want any groups having to wait before they can move to the next station. Therefore, you may need to be a bit creative to ensure that the learners are ready to move to the next station at more or less the same time.

Alternatively, they must keep marching on the spot at a station until you blow the whistle. If they don't, they'll be disqualified.

#### Tips for activity 3:

Set out the circuit for activity 3 before the start of the game. Explain what to do at each of the stations. Use one of the learners to demonstrate the activity before allowing the groups to start the circuit.

### Activity 4: Cool-down (3 minutes)

Choose a cool-down exercise from the list of warm-up and cool-down exercises.

### 4 Wrap-up (2 minutes)

Remind the learners of the benefits of the activities they have done and introduce the worksheet for lesson 1.





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Name: \_\_\_\_\_

**B: Can you draw how your game will be played?**



**C: What are the safety precautions you may need to consider when playing this new game?**

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You can teach members of your family your new game and play a few rounds.