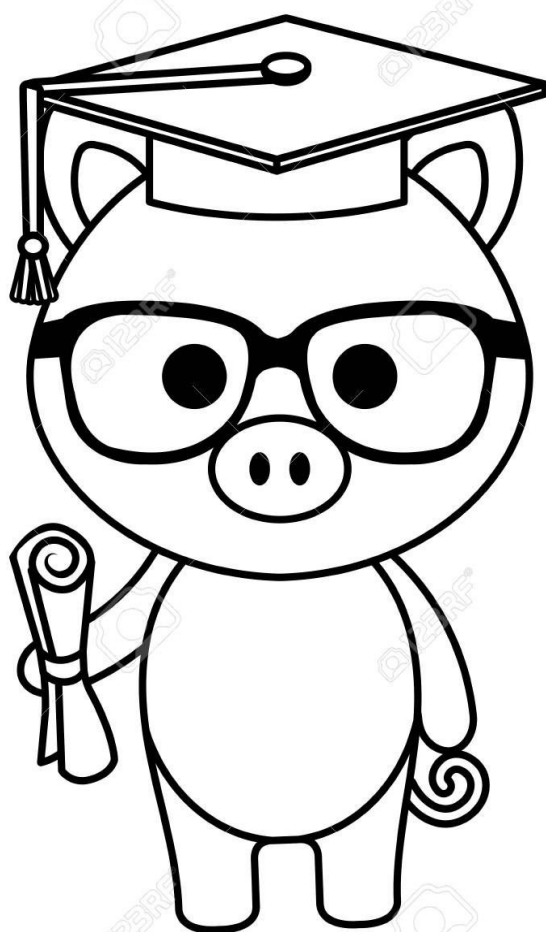


GRADE R – TERM 4

LIFESKILLS



NAME: _____

GR R _____

Grade R Term 4

Lifeskills

Task 1 Physical Education

Activity 1

Obstacle Course

Crocodile Alley Obstacle Course

Quicksand: set a blanket across a section for kids to leap over

Poisonous vines: tape a towel in a doorway to crawl under.

Bat cave: bring a few chairs together throw a blanket over for crawling under.

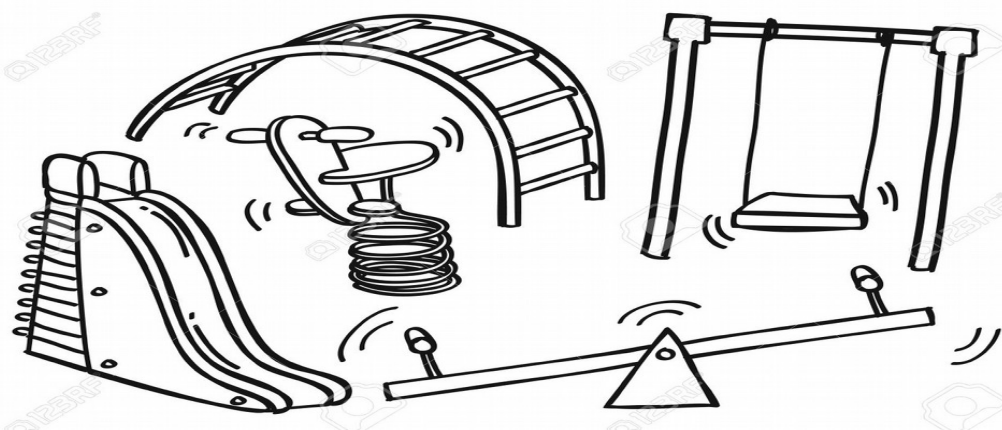
Crocodile territory: warn kids not to step on the tape marked area.

Spider nests: make dashes with the tape kids have to hop over

Piranha pond: lay an area rug on the line for kids to jump over.

Hungry jungle creatures: line up stuffed toys all along the way for kids to avoid.

Criteria	1	2	3
Completes a simple obstacle course.	Learner is unable to perform in all the stations in the obstacle course.	Learner is able to perform in some stations in the obstacle course.	Learner is able to perform in all the stations in the obstacle course with ease.



Activity 2

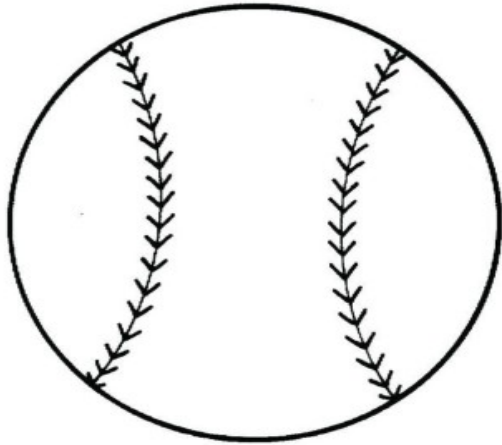
Criteria	marks	
Learner can hop	1	
Learner can walk on a line	1	
Learner can run and stop on command	1	

The walking game
Walking, walking,
Walking, walking,
Hop, hop, hop!
Hop, hop, hop!
Running, running, running,
Running, running, running.
Now we stop.
Now we stop



Activity 3

Through the ball towards a target



Criteria

marks

learner can through the ball with his/her left hand	1	
learner can through the ball with his/her right hand	1	
Learner can reach the target	1	

Task 2 Beginning Knowledge

Activity 1

1.1 Teacher will read the story on Keeping the Environment Clean.



Ben lives on the top floor of the building. He is 5 years old. Ben is a lovely boy who loves two things more than anything else in the world, his pup Neo and candies. In fact he loves them so much that they both go everywhere with him. One is always in his pocket and the other at his feet. There is just one problem. Each time Ben eats a candy or chocolate he does not bother looking for a dustbin to throw his wrappers into. Instead he just throws it on the ground. Definitely not a good habit!

All his neighbours are tired of his bad habit of littering. Even the boys and girls who play on the pavement below him are very upset because each time he eats a candy, unwrap - unwrap, chomp - chomp and down goes the wrapper through the balcony or the window onto the pavement. So they all thought of a plan to teach him a lesson. The next evening the children collected all the candy and chocolate wrappers from the pavement. They dumped it outside Ben's door and ran away. "Ben will never find out who dumped the wrappers here!" giggled one of the girls.

Oh! But who is that, at the door sniffing the wrappers?! Why it's Neo, Ben's pup. What is he doing now? Oh, he is eating one of the wrappers! He is choking!!! Someone help!!! Luckily Ben's dad arrived on time. They rushed Neo to the vet. The vet managed to remove the paper from Neo's throat. He was saved. Ben finally learnt his lesson. He realised that what happened to Ben could happen to other animals as well and that littering makes the environment dirty. Ben promised to be more careful in the future and never to litter again.

Practical/Oral - Rubric 1

1.2 Learners can briefly discuss the following:

- The importance of a clean environment
- Ways in which people pollute the environment
- The importance of recycling



Activity 1 : Rubric 1 - Beginning knowledge & Personal & Social Wellbeing.			
Criteria	1	2	3
Participates and engages in discussions related to topics (BKN/PSW)	Learner is unable to participate and discuss the related topic.	Learner participates and discusses when supported by the teacher.	Learner participates actively and contributes to discussions.

Activity 2

Did you know?

- Crocodiles is big reptiles that live in water
- Crocodiles live in rivers, lakes and ponds
- Saltwater crocodiles is larger than fresh water crocodiles
- Their colour varies from brown to grey and there's a difference in patterns
- Crocodiles eat animals that come to drink water.
- The crocodile will lie very still in the water. When the animal is close enough the crocodile will catch the animal and turn round and round while dragging the animal into the water. The spinning is so that the animal's resistance is minimal



Answer the following statements true or false

Statement	True	False
Crocodiles eat meat		
Crocodiles are small		
Crocodiles live in water		

Criteria	1	2	3
Participates and engages in discussions related to topics (BKN/PSW)	Learner is unable to participate and discuss the related topic.	Learner participates and discusses when supported by the teacher.	Learner participates actively and contributes to discussions.

Activity 3

Discuss the following picture Grade I 2023



Criteria	1	2	3
Participates and engages in discussions related to topics (BKN/PSW)	Learner is unable to participate and discuss the related topic.	Learner participates and discusses when supported by the teacher.	Learner participates actively and contributes to discussions.

Task 3 Creative Art

Activity 1 Visual art

Crafts



What you'll need

Project board

Scissors

Glue

Paint/crayons/glitter

Egg and dinosaur 'template'

Criteria marks

Learner participates in the activity	1	
Learner completes the task	1	
Learner made it colourful	1	

Activity 2 Performing art

Criteria	1	2	3
Using body percussion and/or percussion instruments to perform simple rhythm patterns.	Learner is unable to perform simple rhythm patterns using body percussion and/or percussion instruments.	Learner can perform a few simple rhythm patterns using body percussion and/or percussion instruments.	Learner can easily perform simple rhythm patterns using body percussion and/or percussion instruments.

2.1 Uses body percussion and/or body percussion instruments to perform simple rhythm patterns.

I can hear my hands go clap, clap, clap

I can hear my feet go stamp, stamp, stamp

I can hear my legs go slap, slap, slap

But I can't hear my eyes go blink, blink, blink

I can hear my knees go knock, knock, knock

I can hear my tongue go click, click, click

I can hear my fingers go snap, snap, snap

But I can't hear my head go nod, nod, nod



