

Grade 7 Life Orientation Worksheet

Balance movements

Practical balance exercise – tug of war (Group activity)

There are many exercises and activities that you can do to improve your balance, such as walking a balance beam, or skipping. Other exercises that improve balance are headstands, handstands, leg raises and balance ball (pilates ball) activities. Have you ever played tug-of-war? It is a fun exercise that combines strength and balance.

Divide into groups of approximately 10 learners per group. Try to divide the groups equally in terms of size and weight of the learners. You are going to play tug-of-war!

Follow these steps:

1. Find a level, grassy area to play on.
2. Make a line on the ground with flour or paint. This will be the centre line.
3. Your teacher can be the judge. His/her job is to mark the rope, start the pull, determine a winner, and watch for people breaking the rules.
4. Mark a 40-meter rope at the centre with tape.
5. Measure 5 meters from the centre in each direction and tape the rope at those points. When this line crosses the line on the ground, the team on that end has lost.
6. Make one more set of tape marks 1 meter further from the ones you've just made. This is as far as each team is allowed to get to the centre of the rope.
7. Place one team on each side of the rope. The teams should have equal numbers of people.
8. Make the largest person the anchor. This is the position at the end of the rope behind the rest of the team.
9. Line both teams up on their respective ends of the rope. Stagger each person so that one is to the right of the rope and the next is to the left.
10. Have everyone pick up the rope and hold it tight, taking up the slack between the two teams. The judge can now line up the centre tape over the line.
11. When the judge decides the teams are ready, he/she yells, "Pull!"
12. Each team pulls until one side's tape crosses the line.
13. The team that pulls the other side over the line is the winning team.

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An underhand grip, with the arms fully extended, is the best grip. Looping the rope around any body part isn't allowed and can also be very dangerous. Although the players pull the rope, they are required to push with the legs and drag the rope along. Keeping the arm and body completely straight allows the player to transfer the full strength of his or her legs to the rope. Tug of war is a team sport and all members of the team need to work together to win. Practise your balancing while you play this game. The team that stays on their feet will be able to pull the best!

Even though this is a fun activity, there is still knowledge, skills, values and attitudes built into it, and your teacher will assess that by using the following rubric.

Knowledge	Skills	Values and attitudes
Understands the concepts: <ul style="list-style-type: none"> • Balance movements • Game instructions • Group rights • Ethics of fair play 	Ability to: <ul style="list-style-type: none"> • Understand instructions • Compete in the activity • Work as a team • Balance 	Ability to: <ul style="list-style-type: none"> • Have team spirit • Play fair

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Suggested Solutions

Question number	Possible marks	Solution
1	10	1. Use the rubric in the Appendix of Assessment Tools to assess the learners' knowledge, skills, values and attitudes.

Appendix of Assessment Tools

Rubric for assessing participation in the tug-of-war game

Knowledge	Skills	Values and attitudes
Understands the concepts: <ul style="list-style-type: none"> • Balance movements • Game instructions • Group rights • Ethics of fair play 	Ability to: <ul style="list-style-type: none"> • Understand instructions • Compete in the activity • Work as a team • Balance 	Ability to: <ul style="list-style-type: none"> • Have team spirit • Play fair