

Grade 7 Life Orientation Worksheet

Elevation movements

Elevation movements (Group activities)

Elevation movements include activities such as climbing stairs, leg raises, arm raises and rising up onto the balls of your feet. Reaching up for something on a high shelf is an elevation movement. Jumping to catch a netball is also an elevation movement. Can you think of other activities that require elevation movements?

Activity 1

Divide into small groups of four to six learners per group.

Discuss various elevation movements.

Put together a plan of at least 5 different elevation movements.

Write down your plan.

Perform the elevation movements for the other groups in your class.

Your teacher will assess your participation in the group work using the rubric below.

Knowledge	Skills	Values and Attitudes
<p>Understands the concepts:</p> <ul style="list-style-type: none"> • Elevation movements • Body areas exercised by elevation activities • Sports/activities associated with rotation activities 	<p>Ability to:</p> <ul style="list-style-type: none"> • Put together a plan with at least 5 different elevation movements • Express own ideas in writing • Perform elevation activities • Identify body areas exercised by elevation activities • Work effectively as a group 	<p>Ability to:</p> <ul style="list-style-type: none"> • Believe in own abilities • Participate showing a positive attitude

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Activity 2

During this activity you will observe the groups performing elevation movements.

Make notes of exactly which elevation movements you observe.

Once each group has completed their demonstration, compare your observations with the class. Did you all notice the same movements?

Your teacher will assess your groups' observation abilities using the rubric below.

ASSESSMENT RUBRIC	
Score	Description
8 – 10	Excellent observation techniques. Analytical observation. Noted all elevation movements. No factual inaccuracies. Included all necessary information.
5 – 7	Good observation techniques. Noted most elevation movements. Few factual inaccuracies. Included most information.
1 - 4	Does not observe well. Noted only a few of the elevation movements. Many factual inaccuracies. Did not include enough information.

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Suggested Solutions

1.

Item number	Possible marks	Solution
1	10	Use the rubric in the Appendix of Assessment Tools to assess individual participation in the group work. Give 1 mark for each 'yes' answer.
2	10	Use the rubric in the Appendix of Assessment Tools to assess the learners' knowledge, skills, values and attitudes.

Appendix of Assessment Tools

1. Rubric to assess knowledge, skills, values and attitude

Knowledge	Skills	Values and Attitudes
<p>Understands the concepts:</p> <ul style="list-style-type: none"> • Elevation movements • Body areas exercised by elevation activities • Sports/activities associated with rotation activities 	<p>Ability to:</p> <ul style="list-style-type: none"> • Put together a plan with at least 5 different elevation movements • Express own ideas in writing • Perform elevation activities • Identify body areas exercised by elevation activities • Work effectively as a group 	<p>Ability to:</p> <ul style="list-style-type: none"> • Believe in own abilities • Participate showing a positive attitude

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2. Rubric to assess group observation techniques

ASSESSMENT RUBRIC	
Score	Description
8 – 10	Excellent observation techniques. Analytical observation. Noted all elevation movements. No factual inaccuracies. Included all necessary information.
5 – 7	Good observation techniques. Noted most elevation movements. Few factual inaccuracies. Included most information.
1 - 4	Does not observe well. Noted only a few of the elevation movements. Many factual inaccuracies. Did not include enough information.