

Grade 7 Life Orientation Worksheet

Importance of a fitness programme

Written report on a fitness programme (Individual activity)

Getting fit might be easier than you think! But it is always easiest to follow a fitness programme so that you can be sure to get the best results.

Look at these two programmes from health24.com:

(www.health24.com/fitness/programmes/)

Walking: Beginner – 5km in 6 weeks Programme information: Cardio (walking) and stretches At completion you will be able to walk 5km at a medium pace and your body will be toned.			
Week 1			
Tuesday	Thursday	Saturday	Sunday
Full body stretch Walk for 20 minutes at an easy pace.	Lower body stretch Walk for 20 minutes at an easy pace.		Full body stretch Walk for 20 minutes at an easy pace.
Week 2			
Full body stretch Walk for 25 minutes at an easy pace.	Lower body stretch Walk for 20 minutes at moderate pace.	Quick stretch Walk for 25 minutes at moderate pace.	Full body stretch Walk for 20 minutes at a moderate pace.
Week 3			
Walk for 30 minutes at an easy pace.	Lower body stretch Walk for 25 minutes at moderate pace.	Walk for 30 minutes at an easy pace.	Full body stretch Walk for 15 minutes at a moderate pace and 10 minutes at a fast pace.
Week 4			
Full body stretch Walk for 35 minutes at an easy pace.	Lower body stretch Walk for 30 minutes at moderate pace.	Walk for 40 minutes at an easy pace.	Full body stretch Walk for 5 minutes at a moderate pace and 10 minutes at a fast pace.
Week 5			
Full body stretch	Lower body stretch	Walk for 50	Full body stretch

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Walk for 45 minutes at an easy pace.	Walk for 35 minutes at moderate pace.	minutes at an easy pace.	Walk for 30 minutes at a moderate pace and 10 minutes at a fast pace.
Week 6			
Full body stretch Walk for 50 minutes at an easy pace.	Lower body stretch Walk for 30 minutes at an easy pace.	Do a 5km fun walk	TARGET REACHED

Running – Intermediate – 10km in 6 weeks

Programme information:

Cardio (walking, then running) and stretches

At completion you will be able to run 10km at a medium pace and your body will be toned.

Week 1

Tuesday	Thursday	Saturday	Sunday
Full body stretch Run: 10min Walk: 2min Repeat	Lower body stretch Run: 8min Walk: 2min Repeat	Quick stretch Run: 10min Walk: 2min Repeat	Full body stretch Run: 8min Walk: 2min Repeat

Week 2

Full body stretch Run: 15min Walk: 2 min Run: 10min Walk: 2min	Lower body stretch Run: 10min Walk: 2min Repeat	Quick stretch Run: 15min Walk: 2min Run: 10min Walk: 2min	Full body stretch Run: 10min Walk: 2min Repeat
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Week 3

Full body stretch Run: 5km	Lower body stretch Run: 3km	Quick stretch Run: 6km	Full body stretch Run: 4km
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Week 4

Full body stretch Run: 7km	Lower body stretch Run: 4km	Quick stretch Run: 7km	Full body stretch Run: 4km
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Week 5

Full body stretch Run: 8km	Lower body stretch Run: 5km	Quick stretch Run: 8km	Full body stretch Run: 5km
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Week 6

Full body stretch Run: 9km	Lower body stretch Run: 4km	Quick stretch Jog: 20min	Full body stretch Run a 10km fun run! TARGET REACHED
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Now choose one of the fitness programmes shown above. Then write a report on it. In your report comment on:

- The type of programme you have chosen to evaluate.
- The length of the programme and the number of times exercises are conducted.
- The types of exercises in the programme.
- The effectiveness of the programme.

Follow the guidelines provided below for compiling a report:

Report writing format

Your report should contain the headings below in bold (if typed) and underlined (if handwritten). The section between the 'Introduction' and 'Conclusion' forms the main body of your report.

Title

The title should describe what your report is about.

Summary

Summarise the main points, main conclusions and recommendations. Keep your summary short. (Although your summary appears below the title, you should write it last.)

Introduction

State the problem you are investigating, e.g. modern lifestyle does not promote fitness and health, mental and physical. State the purpose of your report.

Problem and theory

Explain the problem you are investigating. Explain any theory that applies to the problem. (E.g.: Lack of exercise causes ...) Define your key concept, e.g. 'exercise' and 'fitness programme'.

Method and results

Explain the method(s) you are using to obtain your result. State what your results are. Include any tables, diagrams and graphs you may be using to record your results.

Discussion

Assess your results. (E.g.: State whether you were able to obtain sufficient information to explain how an exercise programme combats health problems.)

Conclusion

Summarise your results. Explain what you are doing to reach your exercise goals. Also mention how easy or difficult it is for you to persist with your exercise programme. Make

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recommendations about how solutions can be found to any time/motivation/other problems you investigated.

Your teacher will use the following rubric to assess your report.

Teacher assessment rubric: report

Criteria					Marks
Format of report [Marks out of 5]	The learner followed the format provided exactly. [5 marks]	The learner mostly followed the format provided. [4 marks]	The learner sometimes followed the format provided. [3 marks]	The learner did not follow the format provided. [1-2 marks]	
Information on starting with exercise programme contained in report [Marks out of 5]	The learner included all the relevant points in the report. [5 marks]	The learner included most of the relevant points in the report. [4 marks]	The learner included few of the relevant points in the report. [3 marks]	The learner left out most of the relevant points in the report. [1-2 marks]	
Language use in report [Marks out of 5]	Excellent language usage with no mistakes. Own words used. [5 marks]	Good language usage with only a few mistakes (fewer than five). Own words mostly used. [4 marks]	Acceptable language usage with more than five mistakes. Some sentences are copied from the lesson. [3 marks]	Little attempt to use correct language or no attempt to use own words. [1-2 marks]	
Total marks out of 15:					

Level 4: 11-15 marks (70–100%) – Outstanding

Level 3: 7-10 marks (50–69%) – Achieved

Level 2: 5-6 marks (35–49%) – Partially achieved

Level 1: 1–4 marks (1–34%) – Not achieved

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Suggested Solutions

Question number	Possible marks	Solution
1	Levels 1 – 4	Use the rubric in the Appendix of Assessment Tools to assess learners' reports.

Appendix of Assessment Tools

Teacher assessment rubric: report

Criteria					Marks
Format of report [Marks out of 5]	The learner followed the format provided exactly. [5 marks]	The learner mostly followed the format provided. [4 marks]	The learner sometimes followed the format provided. [3 marks]	The learner did not follow the format provided. [1-2 marks]	
Information on starting with exercise programme contained in report [Marks out of 5]	The learner included all the relevant points in the report. [5 marks]	The learner included most of the relevant points in the report. [4 marks]	The learner included few of the relevant points in the report. [3 marks]	The learner left out most of the relevant points in the report. [1-2 marks]	
Language use in report [Marks out of 5]	Excellent language usage with no mistakes. Own words used. [5 marks]	Good language usage with only a few mistakes (fewer than five). Own words mostly used. [4 marks]	Acceptable language usage with more than five mistakes. Some sentences are copied from the lesson. [3 marks]	Little attempt to use correct language or no attempt to use own words. [1-2 marks]	
Total marks out of 15:					

Level 4: 11-15 marks (70–100%) – Outstanding

Level 3: 7-10 marks (50–69%) – Achieved

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Level 1: 1–4 marks (1–34%) – Not achieved