

Grade 7 Life Orientation Worksheet

Movement – exercises

Design and performance of rotation activities (Group activities)

First read this information about rotation movements.

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Our body movements are divided into three basic areas: The first divides the upper and lower body, the second divides the right and left halves, and the third divides front and back. It is best to include exercises that work all these areas of your body.

WHAT ARE ROTATION MOVEMENTS?

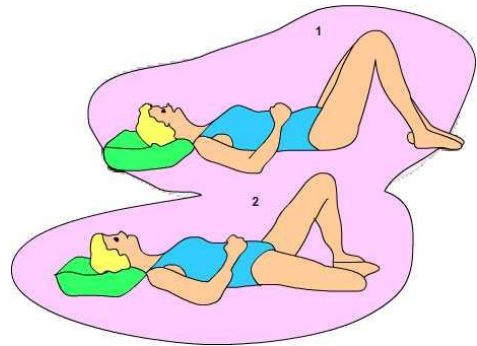
Examples of rotation movements are swinging a golf club or rotating your head from left to right as if trying to look over your shoulder.

Here are some examples of rotation exercises:

The single hip rotation exercise stretches your pelvic and inner thigh muscles.

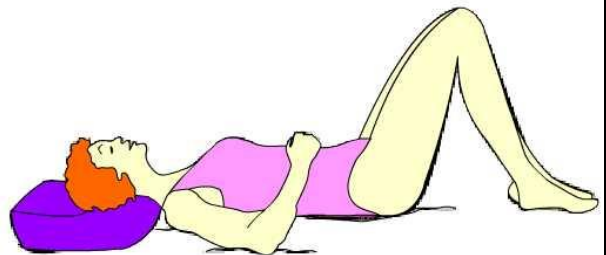
Lie on your back and bend your knees.

1. Let your right knee slowly lower to the right, keeping your left leg and your pelvis in place.
2. Hold the position for 10 to 30 seconds.
3. Bring your right knee slowly back to place.
4. Repeat the exercise with your left leg.
5. Repeat 8-12 times on each side.
6. Keep your stomach muscles tight throughout the exercise.
7. Keep your shoulders on the floor throughout the exercise.



The double hip rotation exercise stretches the outer muscles of hips and thighs.

1. Lie on your back with the knees bent and the feet flat on floor.
2. Keeping your shoulders on the floor, with your knees bent and together, gently lower both knees to one side as far as possible without forcing them.
3. Hold the position for 10 to 30 seconds.
4. Bring your knees back to centre and repeat the same movement on the opposite side.
5. Repeat 8-12 times on each side.

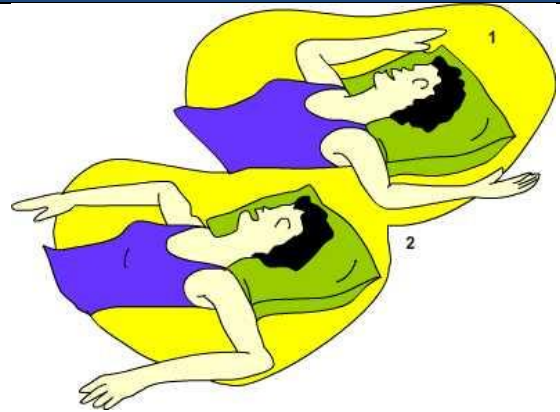


The shoulder rotation exercise stretches shoulder muscles.

1. Lie on the floor with a pillow under your head and legs straight.
2. Stretch your arms out to the side, on the floor. Your upper arms will remain on the floor throughout this exercise.
3. Bend your arms at the elbow so that your hands are pointing toward the ceiling.
4. Let your arms slowly roll backwards from the elbow. Stop when you feel a stretch or slight discomfort.

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5. Slowly raise your arms, still bent at the elbow, to point toward the ceiling again.
6. Then let your arms slowly roll forward, remaining bent at the elbow, to point toward your hips. Stop when you feel a stretch or slight discomfort.
7. Alternate pointing above your head, then toward the ceiling, then toward your hips in this manner. Begin and end with the pointing-above-the-head position.
8. Hold each position 10 to 30 seconds. Keep your shoulders flat on the floor throughout.
9. Keep your stomach muscles tight throughout the exercise.
10. Repeat 8-12 times.



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Activity 1

1. Physical exercise can be done anywhere, with very little equipment. In this first activity, you are going to divide into small groups of 4 to 6. Within your group, discuss ways of performing a sequence of physical activities that include rotation movements, such as those described above.

2. After the discussion, write down your list of activities and describe the rotation activities that will be performed. Do this activity as a group.

3. Your teacher will assess your planned activities out of 60 using the rubric below.

Criteria (Marks out of 20)	Outstanding 15-20 marks	Achieved 10-14 marks	Partially achieved 7-9 marks	Not achieved 1-6 marks	Marks given
Design of activities	Excellent. Many varied activities.	Good. Many activities.	Fair. Several activities.	Very few activities.	
Inclusion of rotation activities	Included many of the rotation activities.	Most of the rotation activities included.	Some of the rotation activities included.	Very few activities included.	
Practicality	Very practical. Understandable and workable.	Practical. Easy to perform.	Not very practical or understandable.	Totally impractical and unworkable.	
Total marks available: 60 Total marks achieved:					

Activity 2

In the second activity your teacher will combine your list of activities and will draw up a new list of activities for you to perform. Perform the rotation activities together, in groups. After observing the activities you will grade each other's performance, using the following checklist. Give 1 mark for each 'Yes' answer.

	Criteria	Yes	No
1	The learner followed the instructions well.		
2	The learner was able to perform most of the activities.		
3	The learner understood how to perform the rotation exercises.		
4	The learner did not overstrain muscles.		
5	The learner is flexible when performing activities.		

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Suggested Solutions

Item number	Possible marks	Solution
1	60	Use the rubric in Appendix of Assessment Tools to assess the learners' planned movement activities.
2	5	Use the checklist in Appendix of Assessment Tools to assess the learners' physical performance of rotation activities.

Appendix of Assessment Tools

1. Analytical rubric to assess planned movement activities

Criteria (Marks out of 20)	Outstanding 15-20 marks	Achieved 10-14 marks	Partially achieved 7-9 marks	Not achieved 1-6 marks	Marks given
Design of activities	Excellent. Many varied activities.	Good. Many activities.	Fair. Several activities.	Very few activities.	
Inclusion of rotation activities	Included many of the rotation activities.	Most of the rotation activities included.	Some of the rotation activities included.	Very few activities included.	
Practicality	Very practical. Understandable and workable.	Practical. Easy to perform.	Not very practical or understandable.	Totally impractical and unworkable.	
Total marks available: 60		Total marks achieved:			

2. Checklist to assess physical performance of rotation activities

	Criteria	Yes	No
1	The learner followed the instructions well.		
2	The learner was able to perform most of the activities.		
3	The learner understood how to perform the rotation exercises.		
4	The learner did not overstrain muscles.		
5	The learner is flexible when performing activities.		