

Grade 7 Life Orientation Worksheet

Physical activity

1. Work in groups of 4 – 6 learners. Each person in the group will think of an activity that could be used as part of an outdoor adventure programme. Try to use props that are easy to find, for example balls, scarves, hula hoops, classroom chairs, etc.

Once each person in the group has thought of an activity, each group will do their activities.

When the group have completed all the activities that they have thought up, they will choose their best or most fun activity and hand the instructions to the teacher. Now all the groups will do those activities together.

For example: Tail tag

- You will need: 2 ties per person in the group.
- Divide the team into 2 groups.
- Each person will have 2 scarves tucked into the back of their pants.
- The object of the game is for each team to try and catch the other team's 'tail'.
- If you catch a tail, put it in your team's bucket. The team with the most tails at the end of the game wins.
- Rules: You may not remove you own tail.
- You may not take any tails out of your opponents' bucket. (That's cheating.)

Your teacher will assess your participation using the following checklist.

Checklist for assessing games design. One checklist per group.

	Criteria	Yes	No
1	Did the group design at least one activity for an outdoor programme?		
2	Did the group try out the activity first?		
3	Did they use props for the activity?		
4	Did they write the activity down?		
5	When the teacher gave the instructions to the whole class to do, were the instructions clear?		
6	Was the activity do-able or was it too difficult?		
7	Was the activity challenging enough to engage the other students?		
8	Did the other students appear to enjoy the activity?		
9	What didn't work in the activity?		
10	How could the activity be improved?		

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Suggested Solutions

During this activity, learners are required to demonstrate the following skills/knowledge/actions:

- Design activities to be used in an outdoor adventure programme.
- Take part in the activities.
- Work as a team.

Use the checklist in the Appendix of Assessment Tools to assess the groups' games designs.

Appendix of Assessment Tools

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