

# Grade 7 Life Orientation Worksheet

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## Rotation movement

### **Rotation activities (Group activity)**

Your teacher will demonstrate a series of rotation activities.

As a class, you may try to do these rotation activities as well.

Say which part of your body is being exercised or warmed up because of this rotation activity.

Discuss your ideas with your teacher.

- What sports could you do that would use the same rotation activity, for example, rowing?
- What household activity or daily activity could you do that would use the same rotation activity, for example, washing clothing?

Your teacher will assess your participation in this activity using the rubric below.

Knowledge	Skills	Values and Attitudes
Understands the concepts: <ul style="list-style-type: none"> <li>• Rotation movements</li> <li>• Body areas exercised by rotation activities</li> <li>• Sports/activities associated with rotation activities</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Perform rotation activities</li> <li>• Identify body areas exercised by rotation activities</li> <li>• Express own ideas verbally</li> <li>• Work effectively as a group</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Believe in own abilities</li> <li>• Participate showing a positive attitude</li> <li>• Motivate answers</li> </ul>

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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 to assess knowledge, skills, values and attitude

Knowledge	Skills	Values and Attitudes
Understands the concepts: <ul style="list-style-type: none"> <li>• Rotation movements</li> <li>• Body areas exercised by rotation activities</li> <li>• Sports/activities associated with rotation activities</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Perform rotation activities</li> <li>• Identify body areas exercised by rotation activities</li> <li>• Express own ideas verbally</li> <li>• Work effectively as a group</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Believe in own abilities</li> <li>• Participate showing a positive attitude</li> <li>• Motivate answers</li> </ul>