

Grade 8 Life Orientation Worksheet

Physical activity - balance movements

There are many exercises and activities that you can do to improve your balance, such as walking a balance beam, or skipping. Other exercises that improve balance are headstands, handstands, leg raises and balance ball (pilates ball) activities.

Activity 1: Perform balance movement

Read through the following instructions and then try the exercise. Rate yourself using the self-assessment checklist below.

A quick exercise to improve strength and balance:

1. Stand up.
2. Gently and lightly, sit down on the floor without using your hands to get down.
3. Sit by crossing your ankles and lowering into a cross-legged sit, or by squatting straight down, or by slowly kneeling on one knee, then sitting. Experiment until you can do all three ways.
4. Don't thump down hard on the floor. Use your leg muscles to lower yourself softly with shock absorption. Balance yourself using your core muscles.
5. Sit straight without rounding your back forward or curling your hip under you.
6. Stand up again without using your hands to get up.

Repeat this "sit and rise" exercise 8 times. It is more useful and effective than doing little leg raises or presses in a gym. Don't be put off if you can't do this right away. Practise and you will quickly get stronger and more flexible, with better balance. When your strength improves so much from practising sitting and rising from the floor that your body weight is not enough to give you exercise, sit and rise from the floor holding books or weights!

Self-assessment checklist			
	Criteria	Yes	No
1	I understand the need to stretch before exercising.		
2	I read through the exercises to improve strength and balance.		
3	I tried the 'sit and rise' exercise 8 times.		
4	I could feel the improvement in my muscles.		
5	I enjoyed doing the exercises.		
6	I feel that I have stretched those joints and muscles well.		
7	I will try to remember to always stretch before exercising.		

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Activity 2: Discuss balance movements

Think of all the activities you perform daily that require you to have good balance. Even walking up and down stairs would end in constant injury if you could not balance your body! Many daily activities require balance and all sporting activities require balance.

Divide into groups and discuss the importance of balance.

Discuss examples of how you practise balance:

- In your daily activities
- In your sporting activities

Your teacher will assess your group discussion using the following checklist.

Checklist for observation of group discussion			
Name: _____ Date: _____			
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker and then do so politely?		
2	Accept alternative points of view?		
3	Show evidence of having understood the concept of balance?		
4	Show evidence of having understood how to practise balance?		
5	Discuss balance in daily activities?		
6	Discuss balance in sporting activities?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
2 marks for every 'yes' answer: 20 total			

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Suggested Solutions

Task number	Possible marks	Solution
1	N/A	See self-assessment checklist 1 in Appendix of Assessment Tools.
2	20	See checklist 2 in Appendix of Assessment Tools.

1. Self-assessment checklist

Self-assessment checklist			
	Criteria	Yes	No
1	I understand the need to stretch before exercising.		
2	I read through the exercises to improve strength and balance.		
3	I tried the 'sit and rise' exercise 8 times.		
4	I could feel the improvement in my muscles.		
5	I enjoyed doing the exercises.		
6	I feel that I have stretched those joints and muscles well.		
7	I will try to remember to always stretch before exercising.		

2. Checklist to assess participation in the group discussion

Checklist for observation of group discussion			
Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker and then do so politely?		
2	Accept alternative points of view?		
3	Show evidence of having understood the concept of balance?		
4	Show evidence of having understood how to practise balance?		
5	Discuss balance in daily activities?		
6	Discuss balance in sporting activities?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
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