

Grade 8 Life Orientation Worksheet

Physical activity - elevation movements

Discuss and demonstrate elevation movements

Elevation movements include activities such as climbing stairs, leg raises, arm raises and rising up onto the balls of your feet. Reaching up for something on a high shelf is an elevation movement. Jumping to catch a netball is also an elevation movement.

Can you think of other activities that require elevation movements?

Divide into small groups of four to six learners per group.

- Discuss various elevation movements.
- Put together a sequence of at least 5 different elevation movements.
- Write down your plan.
- Perform the elevation movements for the other groups in your class.

Your teacher will assess your group work using the rubric below.

Criteria	Level 4 Outstanding	Level 3 Achieved	Level 2 Partly achieved	Level 1 Not achieved
Discussion of elevation movements	Group co-operated very well in the discussion. [5]	Group co-operated well in the discussion. [3, 4]	A little co-operation in the discussion. [2]	Poor co-operation in the discussion. [1]
Sequence of movements	The sequence included 5 or more elevation movements. [5]	The sequence included 4 elevation movements. [3, 4]	The sequence included 2 or 3 elevation movements. [2]	The sequence included only 1 or 0 elevation movements. [1]
Written plan	The plan was well written and designed. [5]	The plan was adequately written and designed. [3, 4]	The written plan needs improvement. [2]	Plan not well written. [1]
Performance of elevation movements	The elevation movements were very well performed. [5]	The elevation movements were adequately performed. [3, 4]	The elevation movements need more practise. [2]	The elevation movements were poorly performed. [1]
Total marks 20:				

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Suggested Solutions

Task number	Possible marks	Solution
1	20	See rubric in Appendix of Assessment Tools.

Rubric to assess the practical activity

Criteria	Level 4 Outstanding	Level 3 Achieved	Level 2 Partly achieved	Level 1 Not achieved
Discussion of elevation movements	Group co-operated very well in the discussion. [5]	Group co-operated well in the discussion. [3, 4]	A little co-operation in the discussion. [2]	Poor co-operation in the discussion. [1]
Sequence of movements	The sequence included 5 or more elevation movements. [5]	The sequence included 4 elevation movements. [3, 4]	The sequence included 2 or 3 elevation movements. [2]	The sequence included only 1 or 0 elevation movements. [1]
Written plan	The plan was well written and designed. [5]	The plan was adequately written and designed. [3, 4]	The written plan needs improvement. [2]	Plan not well written. [1]
Performance of elevation movements	The elevation movements were very well performed. [5]	The elevation movements were adequately performed. [3, 4]	The elevation movements need more practise. [2]	The elevation movements were poorly performed. [1]
Total marks 20:				