

Grade 8 Life Orientation Worksheet

Physical activity - rotation movements

It is important to know and understand your body in order to avoid injury. It is just as important to understand what muscle groups and physical movements are being performed when exercising so that you can warm up properly.

Activity 1: Perform rotation movements

Read through the instructions below on how to perform the rotation movements.

Practise the rotation exercises shown.

Assess yourself using the checklist at the bottom of the activity.

Rotation movements

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.

What are rotation movements?

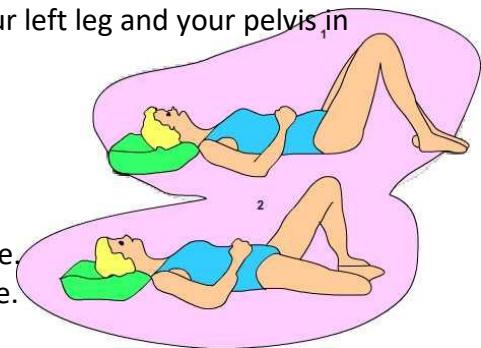
Examples of rotation movements are swinging a golf club or rotating your head from left to right as if trying to look over your shoulder.

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.

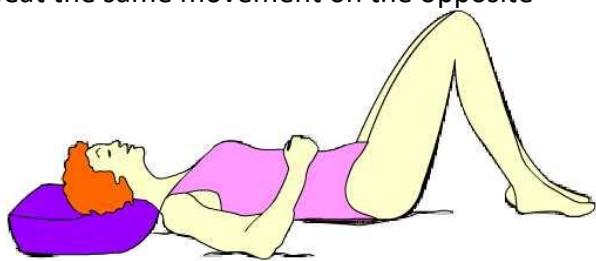
1. Let your right knee slowly lower to the right, keeping your left leg and your pelvis in place.
2. Hold the position for 10 to 30 seconds.
3. Bring your right knee slowly back to place.
4. Repeat the exercise with your left leg.
5. Repeat 8-12 times on each side.
6. Keep your stomach muscles tight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



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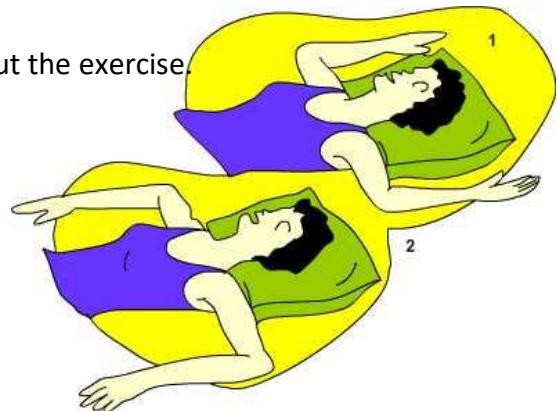
The double hip rotation exercise stretches the outer muscles of hips and thighs:

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.
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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Self-assessment checklist		Yes	No
Criteria			
1	I know it is important to understand how my body moves.		
2	I understand the need to stretch before exercising.		
3	I understand what is meant by rotation exercises.		
4	I read and understood all the rotation exercises.		
5	I tried all the rotation exercises.		
6	I enjoyed doing the exercises.		
7	I feel that I have stretched those joints and muscles well.		
8	I will try to remember to always stretch before exercising.		

Activity 2: Relate rotation movements to sports and activities and demonstrate

Divide into groups and discuss the various sports, physical activities and movements that you perform.

Which of these activities require rotation movements? (For example, to kick a soccer ball requires hip rotation. You know that you need to warm up your hips and inner thighs before playing soccer. To hit a golf ball requires shoulder rotation. And so on.)

Demonstrate the rotation activities to the rest of the class. Explain why you think the activity is a rotation activity.

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Your class will assess your group demonstration using the following rubric.

Criteria	Level 4 Outstanding 5 marks per criterion	Level 3 Achieved 3, 4 marks per criterion	Level 2 Partially achieved 2 marks per criterion	Level 1 Not achieved 1 mark per criterion	Marks given
Design of activities [5 marks]	Excellent. Many varied activities.	Good. Many activities.	Fair. Several activities.	Very few activities.	
Inclusion of rotation activities [5 marks]	Included many of the rotation activities.	Most of the rotation activities included.	Some of the rotation activities included.	Very few rotation activities included.	
Explanation of activities [5 marks]	Rotation activities very well described.	Rotation activities fairly well described.	More description needed.	Unable to describe rotation activities.	
Practicality [5 marks]	Very practical. Understandable and workable.	Practical. Easy to perform.	Not very practical or understandable.	Totally impractical and unworkable.	
Total marks available: 20 Total marks achieved:					

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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 rubric 2 in Appendix of Assessment Tools.

1. Self-assessment checklist

Self-assessment checklist		Yes	No
	Criteria		
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2. Rubric to assess rotation activities

Criteria	Level 4 Outstanding 5 marks per criterion	Level 3 Achieved 3, 4 marks per criterion	Level 2 Partially achieved 2 marks per criterion	Level 1 Not achieved 1 mark per criterion	Marks given
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Inclusion of rotation activities [5 marks]	Included many of the rotation activities.	Most of the rotation activities included.	Some of the rotation activities included.	Very few rotation activities included.	
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