



Lesson two: Building basic sporting skills (30 minutes)

1. Outcomes

By the end of this lesson the learners should be able to:

- show improved skill at hitting a target with a ball
- learn and demonstrate throwing and catching techniques.

2. Teacher's corner

The benefits of physical activity were introduced in the previous grades. In grade 3, you need to revise these benefits. Most of this session involves ball skills and aims to further develop hand-eye and hand-foot coordination, with improved dynamic balance.

3. Activities

For lesson two you'll need the following equipment:

- Large area (about the size of a soccer or hockey field)
- A whistle
- Hula hoops or targets
- Soccer balls (ideally, one soccer ball for every eight learners).

Activity one: Warm up (8 minutes)

Choose a warm up activity from the list of warm up and cool down exercises.

Activity two: Mini soccer (10 minutes)

- Divide the learners into groups of 8 to 10
- Each group needs their own playing area. For example, you can divide a soccer field into three equal parts.
- Place two cones or markers at each end of the playing area to make the goals
- Further divide each group of learners into two teams
- Each team has to try to score a goal
- Rotate which learner plays the goal keeper position.

Activity three: Bull's eye (8 minutes)

Teach the learners the following techniques using a soccer ball (or netball if you prefer).

Catching the ball

- The learners should face their palms upwards in the direction of the ball and curve their fingers and relax them
- Let the pads of their fingers receive the ball, not their palms
- Instruct them to watch the ball until it lands in their hands
- They should pull their hands into their body to absorb the force of the ball as it reaches them.

Overhead pass

How to pass:

- They should hold the ball with their hands a comfortable distance apart
- While still holding the ball, they must lift their arms behind their head. As they bring their arms forward, they should release the ball.



Divide the learners into four groups

- Place a hoop on a wall or mark out a square target on a wall
- Have each group form a row
- Have the learners in each group line up one behind the other
- Each learner will take a turn trying to throw the ball into the target.

To make the exercise more interesting, you can ask the learners to keep score of how many times they hit the target.

Activity four: Cool down (3 minutes)

Choose a cool down activity from the list of warm up and cool down exercises.

4. Wrap up (2 minutes)

Revise the benefits of an exercise session. Emphasise that a ball is one of the most fun pieces of equipment to use and you can play lots of games with it, either in groups of people or on their own.

Introduce the learners to the worksheet for lesson two.

Name _____

Worksheet: Grade three lesson two

Task one:

1. List two activities that count as exercise. _____

2. List any two benefits of physical activity. _____

3. Which of the following is a cardiovascular activity? (Remember cardiovascular activities exercise your heart and lungs, so it makes your heart beat faster and you tend to huff and puff). Mark your answer with a cross.
 - a. Walking
 - b. Stretching
 - c. Watching TV
 - d. Push ups
4. True or false: Children should try to watch more than two hours of TV per day. _____
5. True or false: Children should try to play (physical activity or sports) for at least one hour per day. _____
6. List three ways in which you can include physical activity in your day. _____

Task two: Catch

Teach members of your household the proper throwing and catching technique. Ask them to play catch with you.