

## WEEKLY PROGRAMME

20 – 24 April 2020

SUBJECT: LIFE ORIENTATION

GRADE 7 LIFE ORIENTATION

EDUCATOR: MISS LANDSBERG

All written work must be done in your LIFE ORIENTATION (WORKBOOK).

POWERPOINTS in the form of pdf's will be provided for each section of work- make sure to go through those carefully before completing the activity.

| <u>DAY</u>        | <u>CONCEPT</u>                                      | <u>ACTIVITY</u>   | <u>RESOURCES</u>   |
|-------------------|---|---|--|
| MONDAY            | LESSON 1- REVISION ( ASSERTIVE SKILLS)              | Practice all terms linked to appropriate responses to Peer Pressure. Memorize the two – ( Coping skills & Tips to help you stay assertive) Look at all the definitions; Assertiveness, aggressive, passive etc..                | This work is in your L.O textbook Pg.38 & 39<br>PowerPoint/PDF also summarizes this info.                              |
| TUESDAY           | LESSON 2- REVISION (MEMORY)                         | Work through PowerPoint provided, labelled L.O revision. Practice drawing the ( Skills to Develop memory Mindmap). Work through all terminology in this section eg:( Short-term & Long Term memory & Recall).                   | The mindmap is in your L.O workbook. Pg.49 (Textbook)<br>The Mindmap is also provided in the PowerPoint/PDF.           |
| WEDNESDAY         | LESSON 3- NEW WORK (S.A CONSTITUTION)               | Work through the Rights associated with their meanings in the PowerPoint provided. Familiarize yourself with why we have a Constitution in place and the terminology in this section.   | There is a full PowerPoint/PDF that is summarizes the work for you to work through. Textbook Pg.67 & 68.               |
| THURSDAY<br>16/04 | LESSON 4- CONTINUE FROM LESSON 3 (S.A CONSTITUTION) | Now with the knowledge gained from Lesson 3- Fill in the blank table provided. Fill in the rights associated with the meanings and highlight or underline the key word in each meaning. Stick the table into your L.O workbook. | PowerPoint/PDF provided ( S.A Constitution)<br>Blank table provided to use online/ to be printed- labelled Activity 1. |
| FRIDAY 17/04      | MEMO & MARKING DAY:                                 | We will be marking the S.A constitution table that you completed in Lesson 4.   | Memo for the table provided. Labelled Memo 1.  |

## WEEKLY PROGRAMME

27 April – 1 May 2020

SUBJECT: LIFE ORIENTATION

GRADE 7 LIFE ORIENTATION

EDUCATOR: MISS LANDSBERG

All written work must be done in your LIFE ORIENTATION (WORKBOOK).

POWERPOINTS in the form of pdf's will be provided for each section of work- make sure to go through those carefully before completing the activity.

| <u>DAY</u>                 | <u>CONCEPT</u>                                  | <u>ACTIVITY</u>   | <u>RESOURCES</u>   |
|----------------------------|---|---|--|
| <b>MONDAY<br/>27/04</b>    | <b>LESSON 5- REVISION (FAIR PLAY IN SPORTS)</b> | What is Fair play? What are Values in sport? What does Trust mean? What does Respect mean? Learn the 6 ways to show respect in sports.  | Information is in your textbook- Pg:70 & 71 PowerPoint provided (labelled revision) can assist you in your revision. |
| <b>TUESDAY<br/>28/04</b>   | <b>LESSON 6- REVISION (FAIR PLAY IN SPORTS)</b> | Work carefully through all concepts in this Unit, ensure you understand all <u>definitions</u> . You need to be able to provide a definition for each as well as a <u>sporting</u> example for each.  | Information is in your textbook- Pg:70 & 71 PowerPoint provided (labelled revision) can assist you in your revision. |
| <b>WEDNESDAY<br/>29/04</b> | <b>LESSON 7- NEW WORK ( DEALING WITH ABUSE)</b> | All types of abuse are serious and sensitive. Read through 1.1, 1.2 (Abuse of children by adults & Abuse between peers).  | Information from your textbook (Pg. 78 & 79) PowerPoint/ PDF provided ( revision )                                   |
| <b>THURSDAY<br/>30/04</b>  | <b>LESSON 8- NEW WORK ( DEALING WITH ABUSE)</b> | Read through all definitions in blue in your textbook. Write a paragraph in your workbook explaining the <u>5 types of abuse</u> , an <u>example</u> for each and how you should <u>deal</u> with abuse if you experience or witness it. ( 15 marks ) | Information from your textbook (Pg. 78 & 79) PowerPoint/ PDF provided ( revision )                                   |
| <b>FRIDAY<br/>01/05</b>    | <b>MEMO &amp; MARKING DAY</b>                   | We will be marking the paragraph in your workbook about the types of abuse, examples and how to deal with it.   | Memo provided ( table form ) .   |

## WEEKLY PROGRAMME

20 – 24 April 2020

SUBJECT: PHYSICAL EDUACTION

GRADE 4-7

EDUCATOR: MISS LANDSBERG

All physical activities need to be completed on a safe (non-slippery) surface or outside on grass.

Stay safe while completing these exercises and push yourself.

POWERPOINTS in the form of pdf's will be provided for each grade to complete.

| <u>DAY</u> | <u>CONCEPT</u>             | <u>ACTIVITY</u>   | <u>RESOURCES</u>  |
|------------|----------------------------|---|---|
| MONDAY     | GRADE 4 – INTRO TO FITNESS | <b>WARM-UP-</b> Running on the spot ( 2 minutes )<br><b>ACTIVITY-</b> Jumping jacks, high knees, squats and lunges.<br><b>COOL DOWN-</b> Stretching ( Hold all stretches for at least 10 seconds)                                 | PowerPoint/PDF provided with the program.                                 |
| TUESDAY    | GRADE 5 – INTRO TO FITNESS | <b>WARM-UP-</b> Running on the spot ( 3 minutes )<br><b>ACTIVITY-</b> Jumping jacks, squats and lunges.<br><b>COOL DOWN-</b> Stretching ( Hold all stretches for at least 10 seconds)   | PowerPoint/PDF provided with the program.                                 |
| WEDNESDAY  | GRADE 6 – INTRO TO FITNESS | <b>WARM-UP-</b> Running on the spot ( 4 minutes )<br><b>ACTIVITY-</b> Jumping jacks, high knees, squats and lunges.<br><b>COOL DOWN-</b> Stretching ( Hold all stretches for at least 10 seconds)                                 | PowerPoint/PDF provided with the program.                                 |
| THURSDAY   | GRADE 7- INTRO TO FITNESS  | <b>WARM-UP-</b> Running on the spot ( 5 minutes )<br><b>ACTIVITY-</b> Jumping jacks, high knees, squats and lunges & burpees.<br><b>COOL DOWN-</b> Running on the spot & stretching ( Hold all stretches for at least 10 seconds) | PowerPoint/PDF provided with the program.                                 |
| FRIDAY     | STRETCHING DAY- ALL GRADES | <b>FULL BODY STRETCHING:</b> Work from your head down to your toes.<br>Stretch your head and neck, move to your arms, hips and legs, and lastly calves and ankles.  | Use YouTube if you can to watch a full stretch or use your own knowledge. |