



GR 7: LIFE ORIENTATION TERM 1: PHYSICAL EDUCATION

(30 marks)

DATE ISSUED: 24 January 2024

DUE DATE: 7 February 2024

EXAMINER: Ms. Dube

ONLINE SUBMISSION TIME: 8:00am

INSTRUCTIONS:

1. We will focus on fitness with the exercises below.
2. **SELECT ONLY 5 EXERCISES OF THE FOLLOWING 11 EXERCISES**
3. Remember to always do at least 5 minutes warm-up before any exercise and 5 minutes cool-down after any exercise
4. **Do the exercises by demonstrating them in your video. The video should be at least 2 -5 minutes long.**

SELECT ONLY 5 EXERCISES OF THE FOLLOWING 11 EXERCISES



You will be assessed according to the following rubric:

Level	Limited	Adequate	Proficient	Excellent
Criterion 1: Frequency of Participation during Physical Education Periods (20 marks)	0% = 0 marks (did not participate at all) 1-5% = 1 mark 6-10% = 2 marks 11-15% = 3 marks 16-20% = 4 marks	21-25% = 5 marks 26-30% = 6 marks 31-35% = 7 marks 36-40% = 8 marks 41-45% = 9 marks 46-50% = 10 marks	51-55% = 11 marks 56-60% = 12 marks 61-65% = 13 marks 66-70% = 14 marks 71-75% = 15 marks	76-80% = 16 marks 81-85% = 17 marks 86-90% = 18 marks 91-95% = 19 marks 96-100% = 20 marks
Criterion 2: Outcome of Movement Performance (10 marks)	Requires significant attention: Movements do not produce the desired outcome at all (0-1 mark)	Requires attention and refinement: lapses in movement which do not always produce the desired outcome (2-3 marks)	Efficient, effective, and appropriate: movements mostly produce the correct desired outcomes (4 marks)	Exceptional level of skill: movements always produce the desired outcome (5 marks)