



LIFE SKILLS PET TASK

GRADE : 4 TOTAL MARKS 30
DUE DATE : 15 February 2024

This assessment consists out of 4 pages:

INSTRUCTIONS

Before taking part in any exercise, make sure that you warm up before stretching any muscles, to avoid injuring them.

Do not hold your breath while doing any physical exercise, including during warm up and cool down. Breathe smoothly.

Ensure that you do stretching exercises at the end of any physical activity.

- 1) You are going to do each of the following gymnastic moves/exercises whilst your teacher assesses you. Every learner will finish the first one and then wait for everyone to finish before moving onto the next one. Your teacher may choose to break you up into smaller groups and then let each group complete the sequence before moving onto the next group.
- 2) Follow the instructions given below for each exercise.
- 3) You will be assessed according to the attached rubric.

1. Forward roll

Stand up straight and then bend your knees with your arms straight out in front of you.

Put your hands on the floor in front of you and tuck your chin onto your chest.

Rock forward and straighten your legs. Then transfer your body weight to your shoulders and roll over.

Rock forward, keeping your back rounded until both your feet are back on the floor.

Using your arms for balance, stand up without letting your hands touch the floor.

This move helps develop agility and coordination.

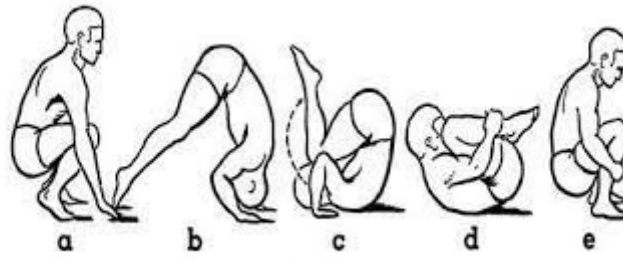


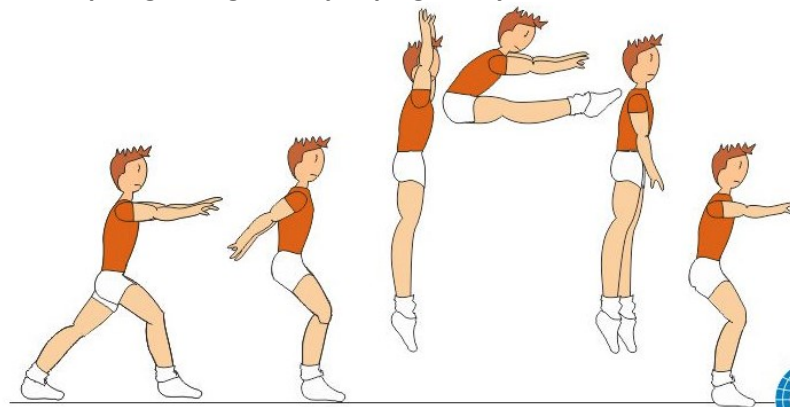
Fig. 1

<https://www.quora.com/How-do-you-perform-a-forward-roll-in-gymnastics>

2. Pike jump

Stand up straight and then jump off both feet with your legs straight and together. When you get to the top of the jump, try and touch your toes up in the air.

This move develops leg strength and jumping ability.



https://www.fig-aerobic.com/B-564-PIKE-JUMP_a1495.html

3. Handstand

Keeping your legs straight, bend forward and put your hands, palms flat on the floor.

Lift up one leg and go up onto your toes on the leg still on the floor.

While straightening the leg you lifted first, slowly bring the leg that was on the ground up at right angles to your body. Find your balance and then slowly lift the second leg up to join the first leg in the handstand position.

You can do this against a wall for support until you learn to find your balance and so that you don't hurt yourself.

This move builds core and upper body strength while improving balance.



<https://gmb.io/handstand/>

4. Cartwheel

Lunge forward with your lead leg and raise your arms above your head.

Lower your arms to the floor and at the same time raise your back leg.

Place your hands on the floor and turn your body sideways.

Push off of the ground on your front leg and bring your legs up into a V shape.

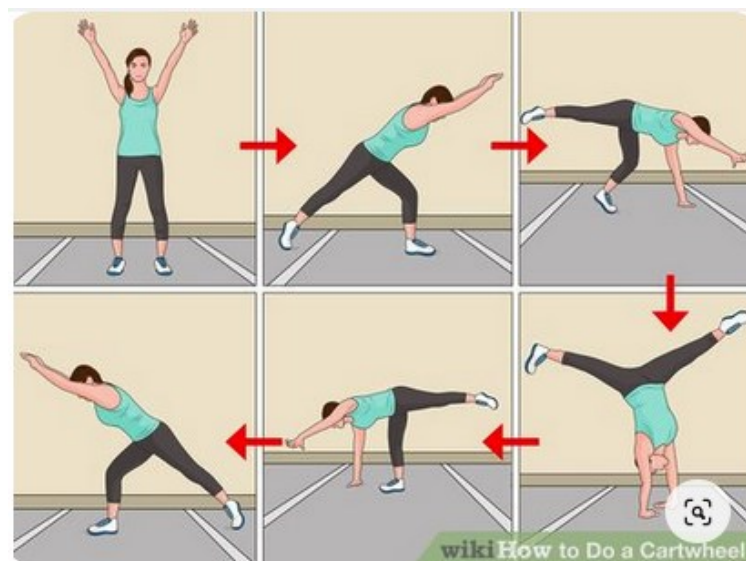
As you lower your lead leg to the ground, you are going to lift the hand that you first put down on the floor.

Bring the back leg down while lifting your other hand off the mat.

Land in the lunge position. You should be facing in the opposite direction from which you started.

Keep your body straight and toes pointed throughout the movement.

Cartwheels help improve balance and upper body strength.



<https://www.wikihow.com/Do-a-Cartwheel>

Task 1 Grade 4 Life Skills PET Task for Term 1 (2024)

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)