



LIFE SKILLS PET TASK

GRADE : 5 TOTAL MARKS 30
DUE DATE : 15 February 2024

This assessment consists out of 2 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) The whole class is going to perform an elevation challenge.
- 2) Each learner will perform the following movements – tuck jumps, split jumps, and burpees. You need to transition seamlessly between each movement and control your landings. You will complete the sequence twice.

Split jumps

1. Start in the bottom of a lunge position with your upper body in an upright position.
2. Jump up out of that position and switch legs and land back in the bottom of a lunge position. So, if your left foot was in front, you want to jump the right leg forward this time. That is one rep – do 10 split jumps.
3. Alternate jumps and keep the momentum going until you achieve the desired rep or time count.



Tuck jumps

1. Start in a standing position with your feet shoulder width apart. Your toes should be pointed forward, and your weight should be on the heels of your foot.
2. Lower yourself down into a squat position, and then push up through your heels and jump up as high as possible.
3. Land softly back into the squat position. That is one rep – do 10 tuck jumps.



Burpees

1. Stand with your feet shoulder-width apart.
2. Drop into a squat.
3. Kick both legs back so that you are in a high plank position.
4. Do a push-up and then come back into a high plank position.
5. Return to a squat position and then jump up. That is one rep – do 10 burpees.



TASK 1 GRADE 5 LIFE SKILLS PET TASK FOR TERM ONE (2024)

3) You will be assessed according to the attached 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)