



GR 9: LIFE ORIENTATION
TERM 3: PHYSICAL EDUCATION

(30 marks)

DATE ISSUED: 19 July 2024

DUE DATE: 1 August 2024

TASK 5: P.E

EXAMINER: Ms. Dube

ONLINE SUBMISSION TIME: 17:00pm

INSTRUCTIONS:

1. We will focus on aerobic exercises.
2. **SELECT ONLY 4 EXERCISES OF THE FOLLOWING 9 EXERCISES BELOW**
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.**

Plyometric exercises

Plyometric exercises are aerobic exercises that increase your speed, endurance, and strength. They require you to exert your muscles to their maximum potential in short periods of time.

1 Squat jumps

Stand with your feet slightly wider than your hips.
Lower your body to squat down.
Press up through your feet, engage your abdominals, and jump up explosively.
Lift your arms overhead as you jump.
Upon landing, lower yourself back down to the squatting position.



2 Reverse lunge knee-ups

Start in a standing lunge with your left foot forward.
Place your right hand on the floor next to your front foot and extend your left arm straight back.
Explosively jump up to bring your right knee up as high as you can, lifting your left arm and dropping your right arm back and down.
Upon landing, move back into the starting lunge position.
Continue for 30 seconds.
Then do the opposite side.



3 **Pop Squat**

Start with your feet wider than hip-width and do a squat by sending your hips back, bending both knees, and bringing your palms together in front of your chest. Keep your core engaged and push through your glutes to stand.

As you stand, let your arms fall by your sides and jump to bring both feet together, taking a hop in place.

Immediately jump the feet apart and sink into a squat again. That's 1 rep.



4 **Alternating Lunge Jump**

Stand with your feet shoulder-width apart. With your core engaged, jump your left foot forward and your right foot back, and bend both knees so you drop into a lunge. Hop both feet back to starting position. Now hop your right foot forward, and left foot back, and drop into a lunge on the other side. That's 1 rep.



5 **Tuck Jump**

Stand with your feet about hip-width apart. With your arms at your sides close to your body, bend your elbows so that your forearms are pointed straight out. Bend your knees and push your butt back into a squat, shifting your weight back as you do so. Don't let your hips sink below your knees.

Jump as high as you can. As you jump, engage your abdominal muscles and drive the top of your knees toward your forearms. Keep your back upright; try not to lean forward.

Land with your feet hip-width apart, with soft knees, and then immediately sink back down into the squat.



6 **Jump Squat With Heel Tap**

Stand with your feet shoulder-width apart, toes pointed out slightly. Interlace your hands behind your head and open up your chest to bring your elbows out wide. Bend your knees, hinge forward at your hips, and push your butt back to lower into a squat. Keep your chest lifted, core engaged, and back flat. Push through your heels and jump up, bringing your heels together for a quick tap at the top. Land with your feet in the starting position and lower immediately into the next squat.



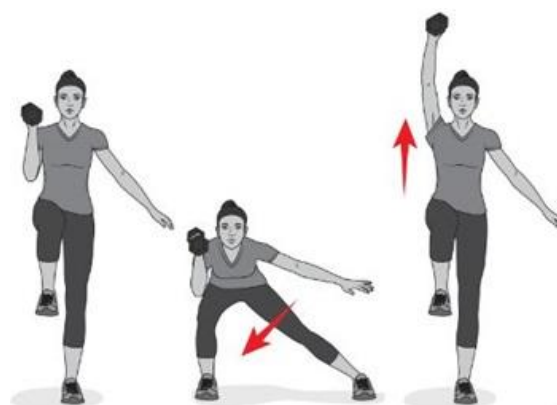
7 **Skater Hop**

Stand with your feet hip-width apart. Lift your right leg and jump to the right. Let your left leg straighten and follow. As you land on your right foot, swing your left foot behind you but keep it off the floor. Swing your left hand in front of your body as your right arm swings behind your back. Swing your left leg back to the left and jump, landing lightly on your left foot and allowing your right foot to swing behind you. Swing your right arm in front of your body as your left arm swings behind. Continue, alternating sides.



8 **Lateral Lunge to Single-Leg Hop**

Stand with your feet hip-width apart. Take a big step out to the left. Bend your left knee, hinge forward at the hips, and sit your butt back to lower into a lateral lunge. Keep your chest lifted and core engaged. Push through your left heel to return to standing, but instead of placing it back on the ground, immediately bring your knee toward your chest and hop up toward the ceiling. Land on your right foot with a soft knee



No weights necessary.

and immediately move into the next rep.

9

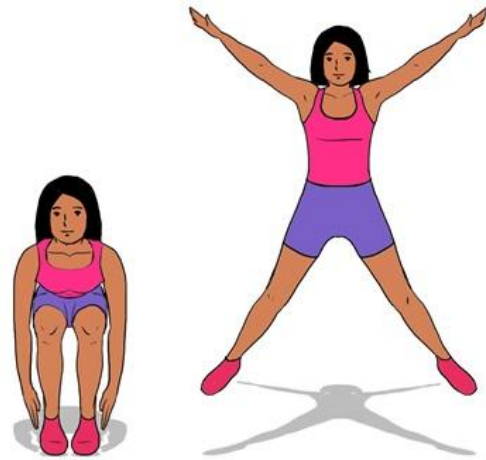
STAR JUMPS

Stand with feet together with your arms at your side

Slightly bend your knees then explode up by pushing through the balls of your feet, spread your legs out to the sides while you raise your arms up and out to shoulder level

Bring your arms and legs down to starting position as you land gently

Immediately repeat movement from above



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)

TOTAL: 30 MARKS