

Grade 1 Creative Arts and sports Notes.

Term 2

PERFORMING AND DISPLAY

Jumping

This is a Locomotor activity in which someone springs from the floor into the air from one or both feet and returns to the floor with both feet simultaneously.

In a jump the body is briefly suspended in the air and

then drops to the ground, weight taken on one or both feet.

When teaching this skill emphasis the importance of learning to land safely by bending the ankles, knees and hips.

The jumping skill is important in playground games such as hopscotch, jumping the rope, dance and action songs.

Jumping is a skill applied in track and field events such as long jump and triple jump.

Teaching points for jumping skill.

- Stand with feet weight evenly distributed.
- Keep body erect, shoulders level and head high
- Look straight ahead
- Bend both knees bring arms down and back
- Bring arms forward and spring into the air toes leaving the floor last.
- Land on balls of the feet, then lower weight onto the soles and heels.
- Bend knees to cushion shock of landing.

Jumping skills

Jumping for a distance

- Bend knees – crouch position
- Swing arms back then quickly forward
- Explode forward from crouching position
- Push off from toes- toes are the last part to leave the ground.
- Land with heels first and knees bend to absorb the shock.

Jumping for height

- Bend knees – crouch position
- Explode backwards
- Swing your arms upwards quickly
- Stretch, reach and focus on target
- Land with knees bend to absorb the shock.

Jumping in different directions

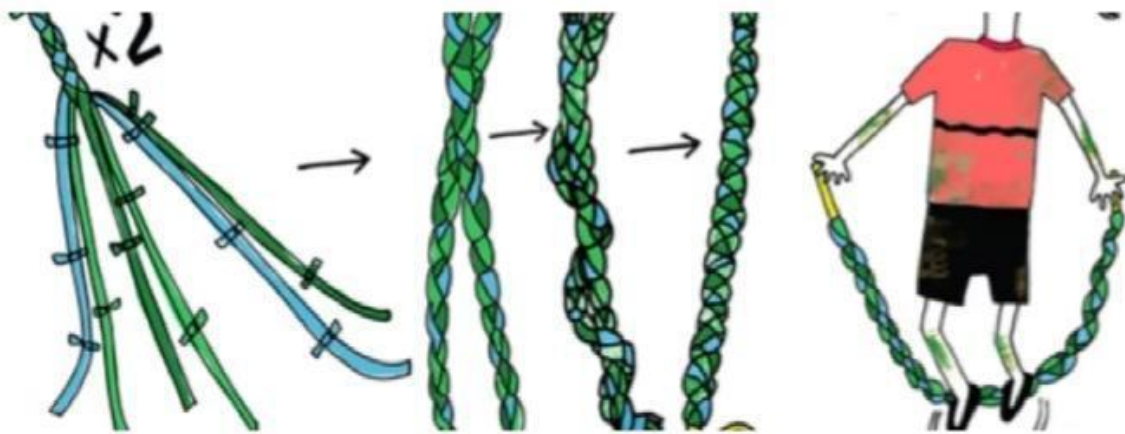
You can introduce a target, then learners jump to touch a sticker on the wall or to touch a hanging ball or balloon.

You can ask learners to jump like a frog or a kangaroo in different directions

Learners to jump over low obstacles like jumping over a rope or over a hoop.

Plaiting three strand rope for jumping

How to make a homemade skipping rope



Making a homemade skipping rope is a fun activity that gets kids moving and teaches them about recycling.

Learning by doing is often is always the best to develop new skills.

So encourage learners to get hands on great ideas of creativity.

Materials needed to make a three strand rope for jumping

Making a skipping rope using carrier bags

You will need: lots of carrier bags, a pair of scissors, a cello tape, a chair to use while plaiting the strips together

Procedure

- First cut to open the carrier bags into rectangular shapes
- Cut each rectangle into strips
- Knot the strips together end to end to make one long thin strip, the strips need to be long enough to skip. Repeat this activity to make various strips like 12 of them
- Take six of the strips and knot them together at one end. Tape the knotted end to the top of a chair.
- Now put the six strips into pairs so you have three pairs of double strips to plait, and once all strips are plaited, tie a knot at the bottom to stop unravelling.
- Repeat this activity with the other remaining six strips.
- Now you have ropes for jumping.

Use the ropes to perform jumping skills like jumping over a rope.

Put the rope at different levels so that learners can jump until a certain level.





Improvising uprights for jumping

An upright comprises of two vertical bats supporting a horizontal crossbar

Uprights with a crossbar

A pair of uprights



Improvising uprights

You will require to make uprights with pair of sticks with knots of branches

You can pierce the sticks in the ground then put a cross bar stick across the uprights so that learners can use it to jump

Learners to sing a familiar action singing games songs as they jump for enjoyment.

Learners can jump for height from very low heights to high heights according to their ability.

Learners to observe safety as they perform the skill of jumping in groups.

Learners to use safe tools and equipments while jumping

Western style singing games

A singing game is a children's game in which the players perform certain actions to the words of a song.

Singing games is usually performed when children are playing in field.

Singing games consist of playing, singing and making body movements.

Western style singing games are songs sung in English words by children when singing.

Singing games include the following features, selection, counting, clapping, skipping, action and ball games .

Examples of western style singing games are skipping ropes songs;

- Skip and I skip
- Babligan babligan
- Mingle,mingle,mingle
- The bus in the town

Guide learners in groups so that they can learn and sing any western singing games they have come across.

Props used in performing western style singing games

Props are moveable items that kids use while singing to help them maintain focus in a song. Examples of props used in western style singing games are;

- Ropes
- Bean bags
- Dolls
- Bottle tops

- Handkerchiefs
- Sticks

Costumes are also worn when playing singing games.

Why do we need costumes in singing games

- For safety
- Uniformity
- To make the game more interesting
- For identification
- For easy movement

Improvising paper costumes for use in singing games

Guide learners to collect locally available materials to use in making paper costumes from the immediate environment.

Materials needed

- Papers
- Glue
- Scissors/ razors.
- Rulers
- Cartons
- Strings
- Needles

Pictures showing paper costumes





Procedure for improvising paper costumes

Guide learners to collect the locally available materials and assemble before they start working. Learners should not buy anything for this purpose.

Let learners cut the pieces according to the sizes that they want.

Let them use different techniques to join the pieces together, they can use needle work, glue, cello tape, adhesives to join the pieces.

Guide learners to display Their work then put on the costumes.

Performing western style singing games

Guide learners into groups, then guide learners to practice any English singing game song they as they perform different body movements with their costumes.

You can have four groups, each group to have their own song. Encourage each group to have their props, costumes and display various body movements. The body movements including walking, swinging, swaying, turning, running, jumping and turning. Learners to move in different directions as they perform the singing games.

Now instruct each group to come and perform Infront of the class as others observe.

At this stage the teacher should assess the learner's performance and give feedback to each group.

Encourage learners to work in collaboration as they perform in groups.

Let learners observe safety while performing the singing game.

Throwing and Catching

Throwing

Throwing involves propelling an object away from the body and to the target. The overarm throw; also known as the overhand throw is commonly used in sports for throwing far and for making quick accurate passes. The skill is used in athletics field events, in throwing, catching activities and in ball games.

Teaching points for throwing

1. Eyes focused on target throughout the throw.
2. Stand with feet apart, facing sideways to the target.
3. Foot opposite to the throwing hand is forward .
4. Ball held with fingers, straightened the throwing arm and keep ball above the ear level.
5. Throwing arm moves in a downward and backward arc.
6. Steps towards target area with foot opposite throwing arms.

7. Rotate body to face target, transferring weight onto the front foot.
8. Release ball slightly above and Infront of head
9. Throwing arm follows through,down and across the body.

Catching

Catching is the manipulate skill that involves the learner being able to absorb and control the force of an object with hands.

The ability to catch is essential in most ball games such as netball, basketball, freesbee and in gymnastics.

Catching is a hard skill for learners in early years because they must track a moving object on its path and the fear of being hurt by the object.

Teaching points for catching

1. Eyes facing the direction of the incoming ball.
2. Feet move to place body in line with the ball.
3. The hands move to meet the ball.
4. Hands stretched and relaxed.
5. Fingers relaxed and slightly cupped to catch the ball.
6. The ball is caught and controlled in the hands only.
7. The hands and fingers closure well timed.
8. Elbows bend to absorb the force of the ball.
9. The knees bend as the ball is caught.

Improvising a ball for use in throwing and Catching.

Materials needed

The materials needed in improvising a ball are;

- . Waste papers
- Carrier bags
- Old clothes
- Banana fibres.

Guide learners to collect these materials in the local environment because they can be found easily.

Procedure

- . Individually each learner to make his or her own ball.
- Learners to collect waste papers from the school compound, then carry carrier bags, pieces of old clothes and banana fibres from home.

- Guide Learners to put waste papers or pieces of old clothes inside the carrier bag and then tie it with a knot.
- Use the banana fibres to tie round and round till the ball ready.
- Guide learners to observe safety while improvising the ball.
- Each learner to display her / his ball for assessment.

Performing Throwing and catching

Guide learners into two groups of equal number of learners.

The groups to practice the skill of throwing and Catching in a mini netball game.

The groups to sing familiar action songs as they practice throwing and Catching.

Any group that misses the ball and the ball falls to the ground loses the game.

Let learners compete amongst groups.

The group that wins should be appreciated.

Rolls and Balances

Rolls

Rolls are the basic skills in gymnastics. They promote body awareness and control which leads to increased coordination of the body and the mind. Rolls are similar to flips in the fact that they are a complete rotation of the body, but the rotation of the roll is usually made on the ground .

Teaching points

1. Lying down and the body perpendicular to the path of the rolling.
2. Knees are brought up to the chest and held with hands
3. The chin lowered towards the knees as much as possible and elbows kept tight to the side .
4. Rock back and forwards. Enough momentum is gathered to carry roll on to the side.
5. The momentum is kept so as to keep rolling on until the face- down, then onto your other side and back onto the back.
6. Roll down the mat until you reach the end below.

Pictures showing log roll

HOW TO DO A LOG ROLL



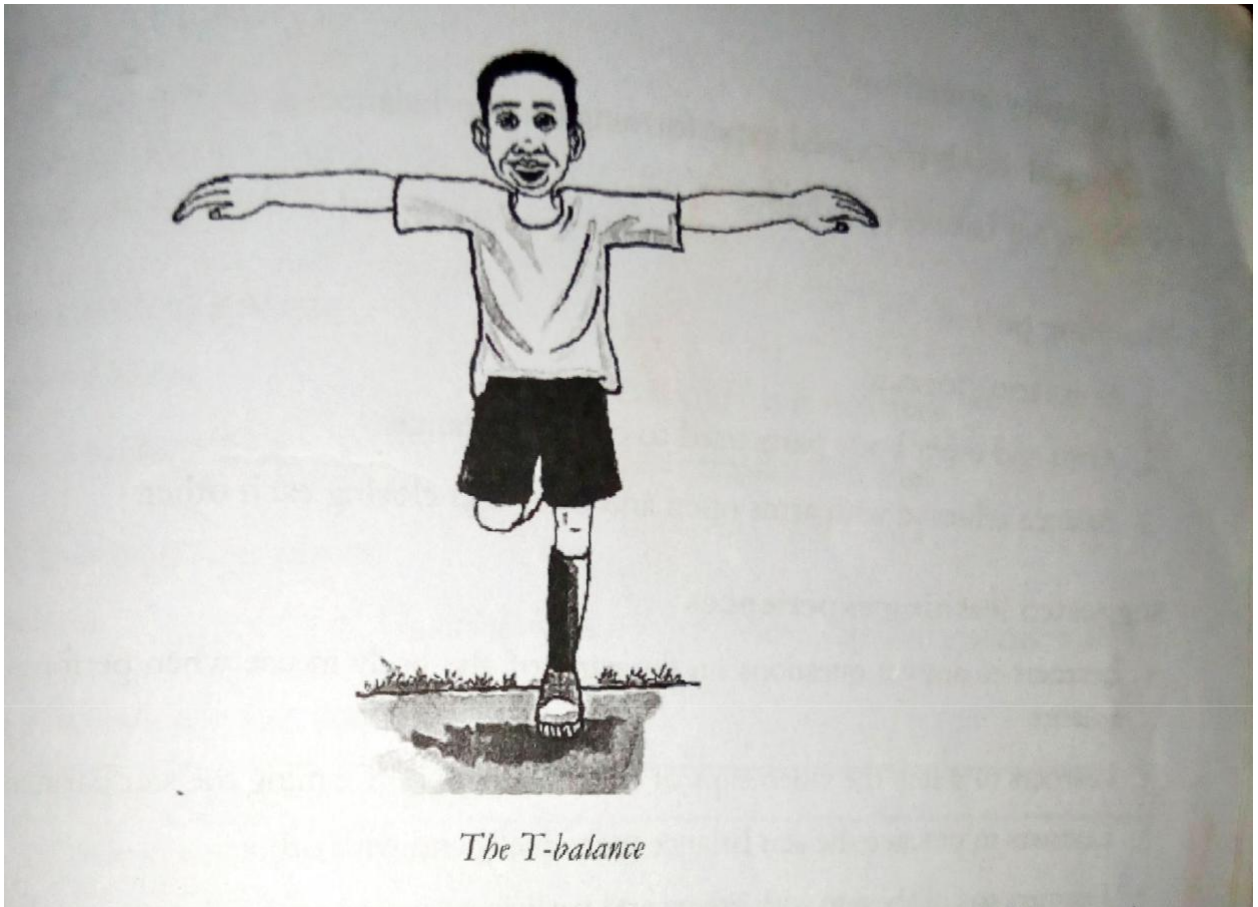


T-Balances

T- balance is an effective exercise for improving balance. T- balance is important in every day activities and in sports performance and it may help to prevent falls that can cause serious injuries.

Teaching points

- Head and stable eyes looking forward.
- The support leg still and foot flat on the ground
- The non- support leg bent and not touching the support leg.
- The trunk stable and upright
- No excessive arm movements.



Improvising markers