

# Ventures Primary Physical Education Workbook

ECD  
B



**Ventures Primary Physical Education Workbook - ECD B**

© P. Shadrick and S. Kugara 2017

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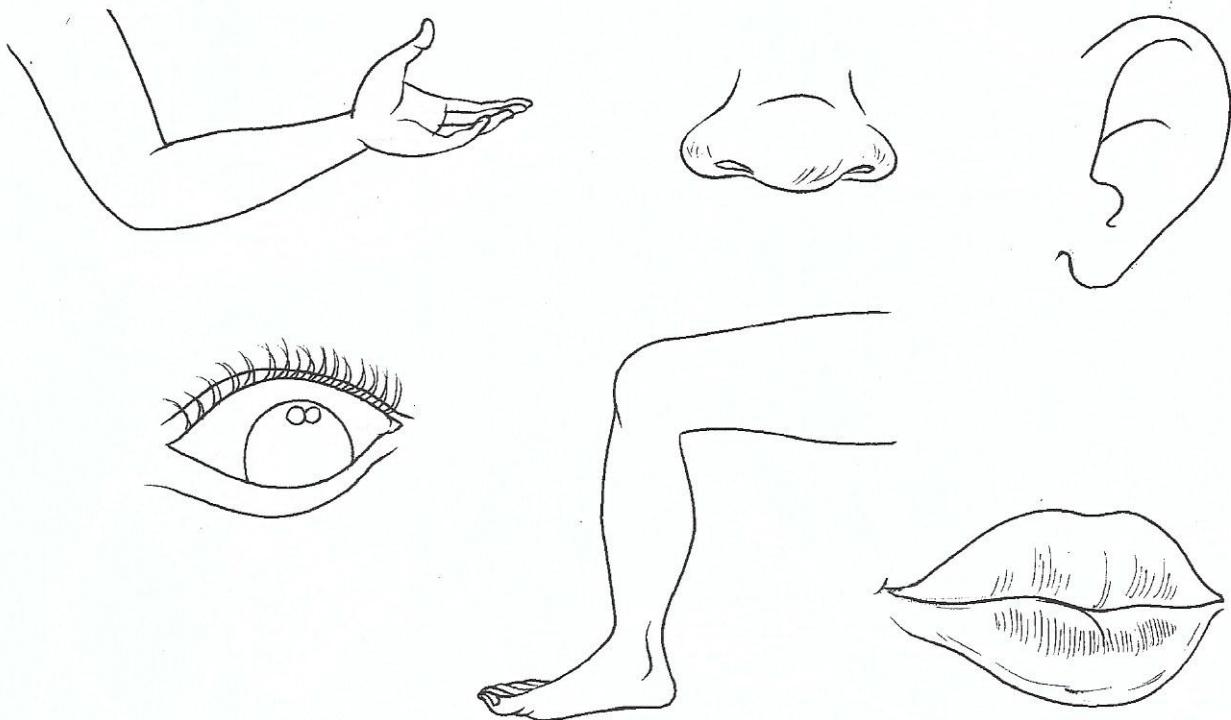
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Date: \_\_\_\_\_

## **My body**

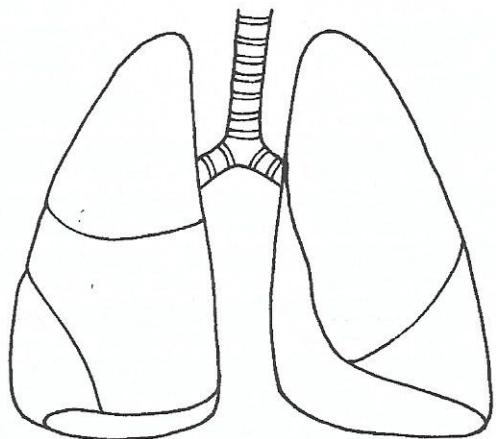
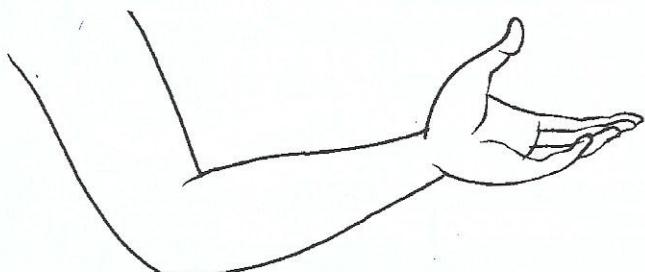
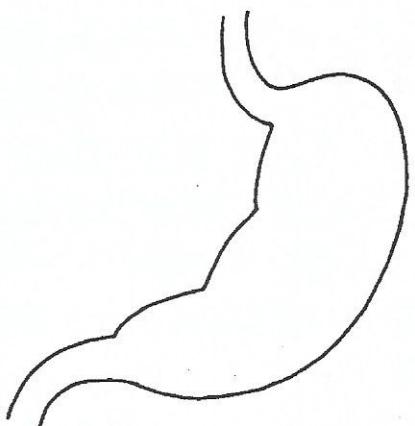
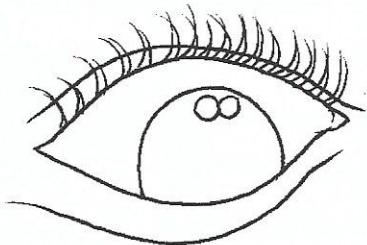


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Name the body parts.  
What do they do?  
Colour in the body parts.

Date: \_\_\_\_\_

## Body parts

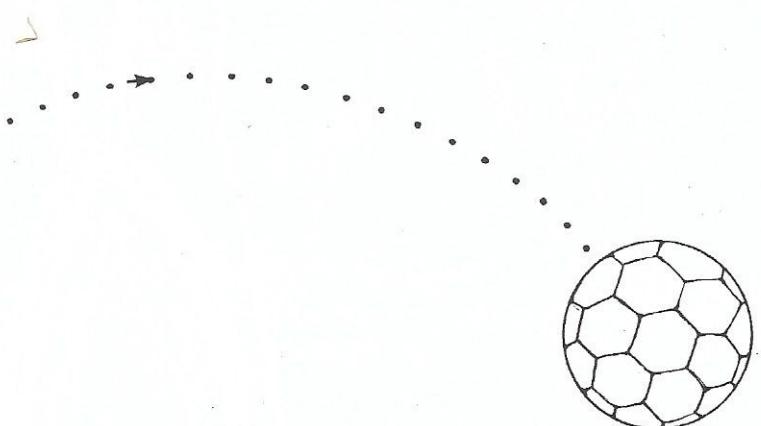


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Draw a circle around the external body parts.  
Then colour in internal body parts.

Date: \_\_\_\_\_

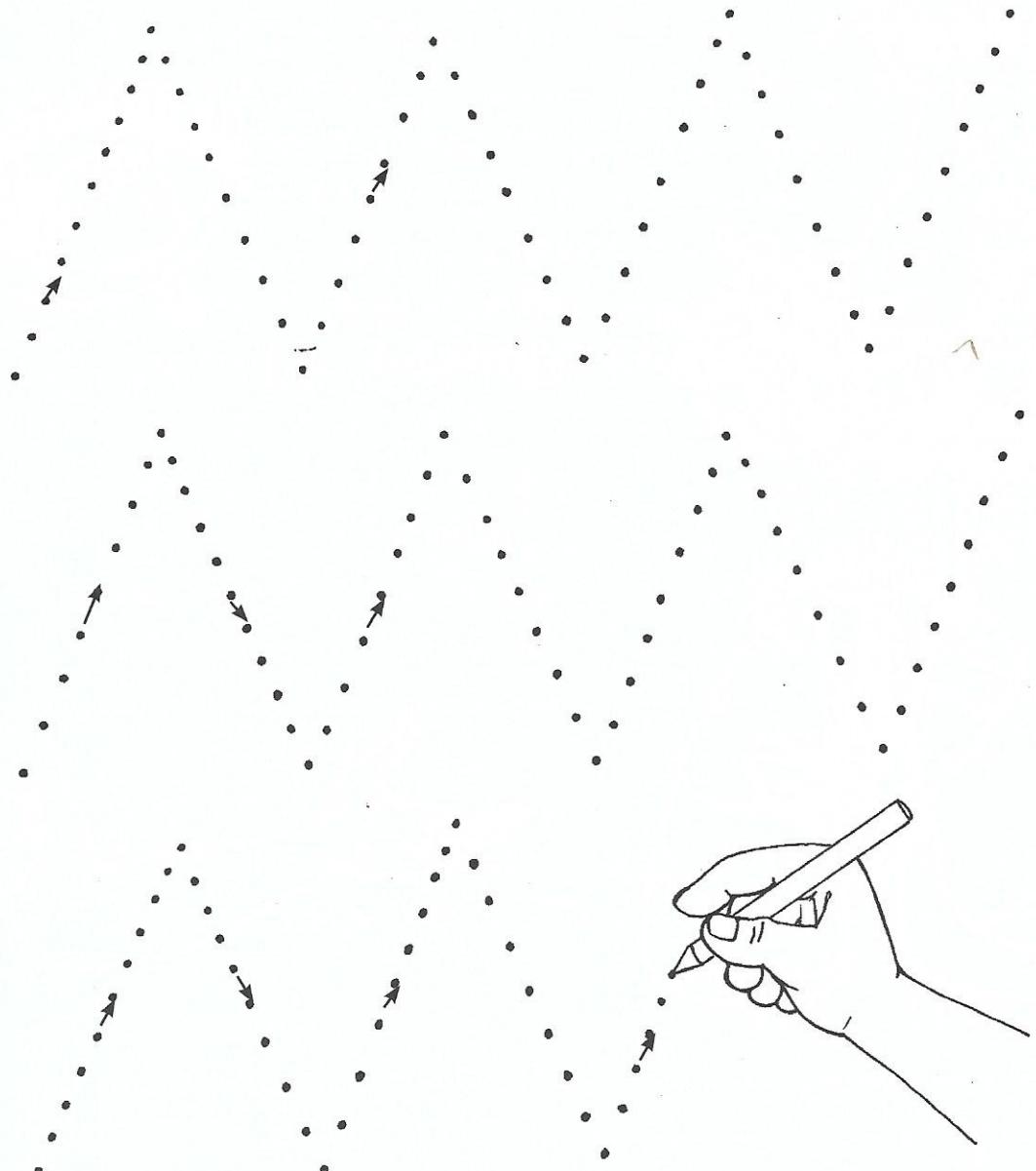
## Left to right orientation



Join the dots from left to right.

Date: \_\_\_\_\_

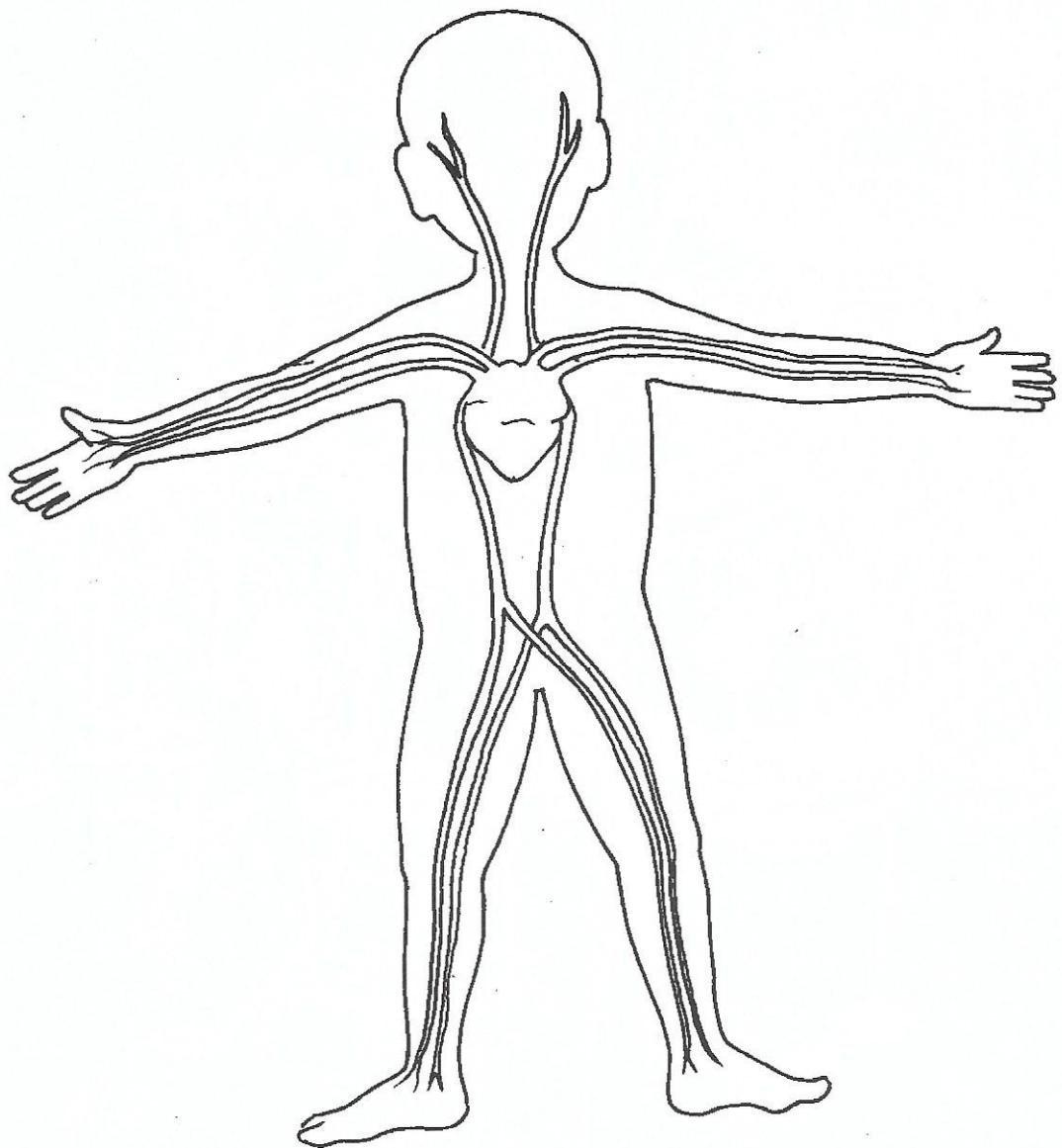
## Pattern



Join the dots to complete the pattern.

Date: \_\_\_\_\_

## My heart

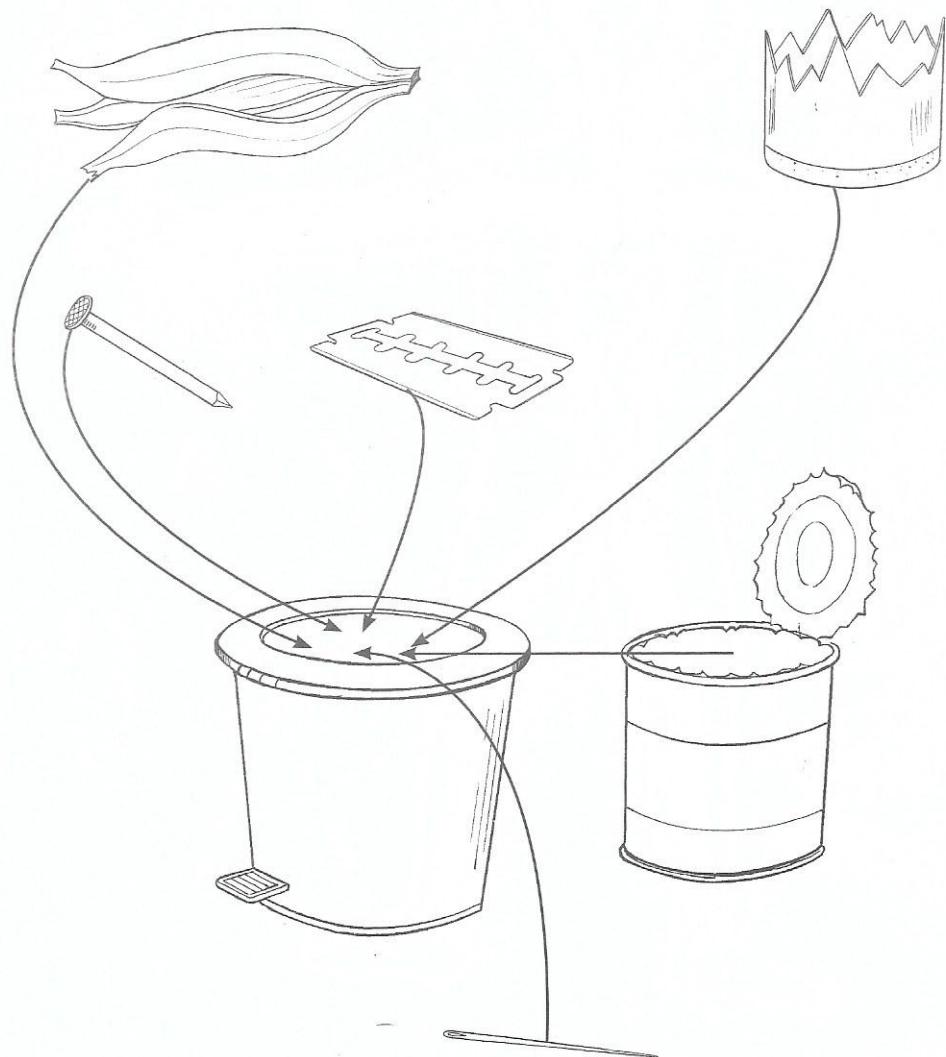


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Trace the paths followed by the blood from the heart to the different parts of the body.  
Colour in.

Date: \_\_\_\_\_

## Stop littering



Trace the paths followed by each of the objects to the bin.  
Colour in the pictures.

Date: \_\_\_\_\_

## Keep the environment clean

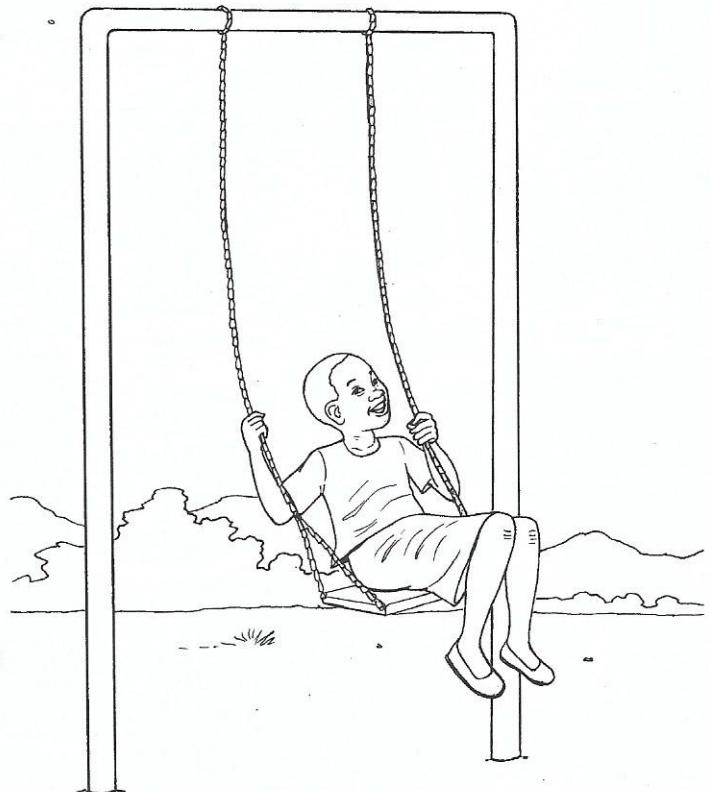
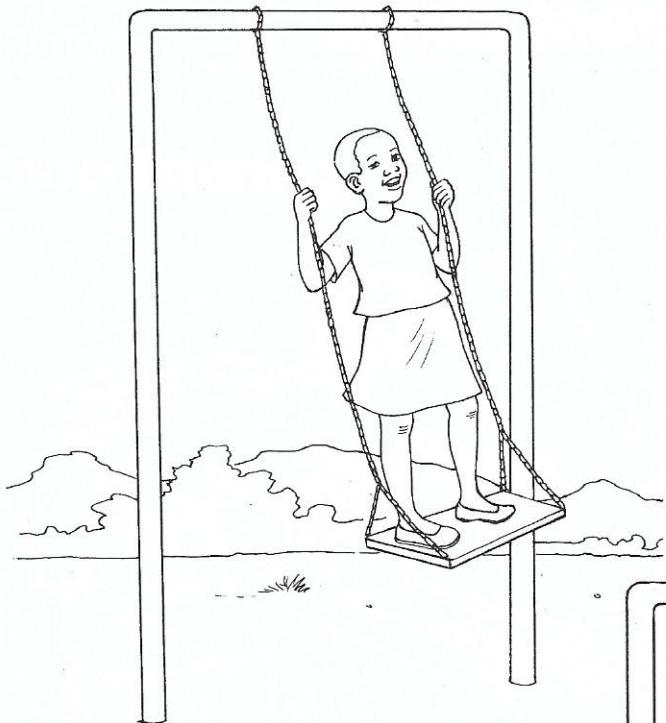


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Colour in the pictures.

Date: \_\_\_\_\_

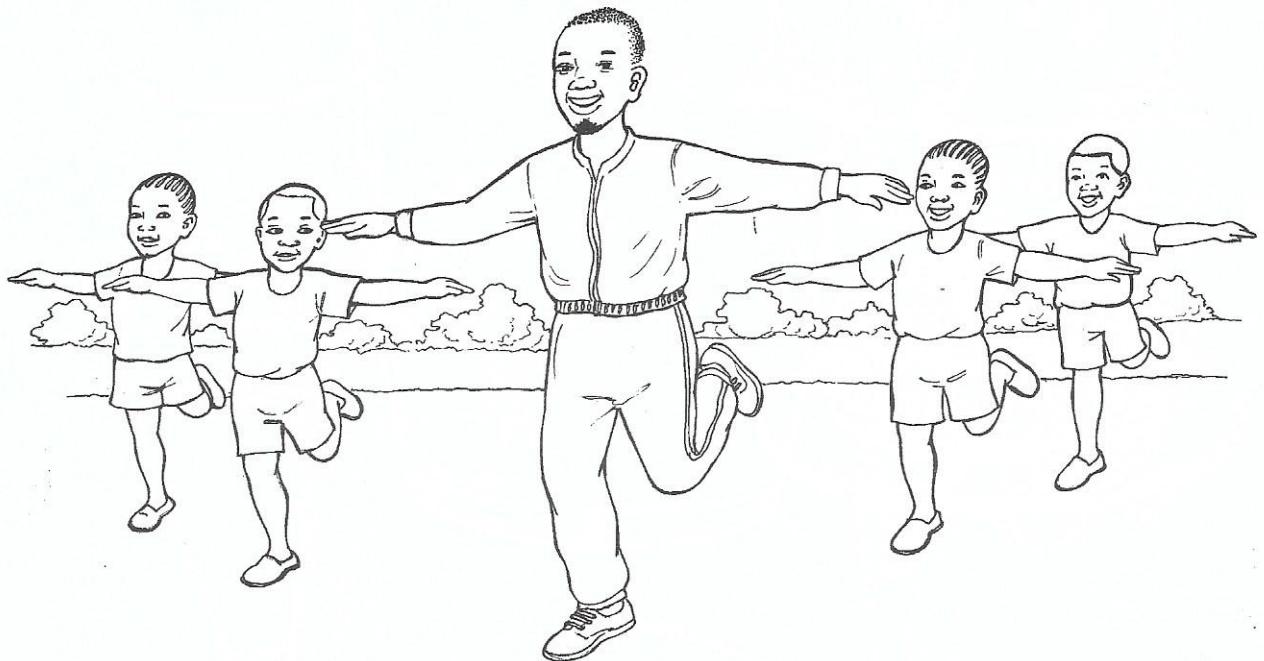
## Safety rules



Colour in the picture where safety rules are being followed.

Date: \_\_\_\_\_

## Safety rules are good

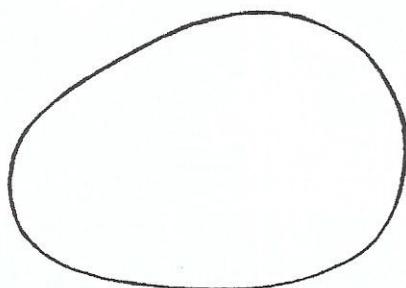
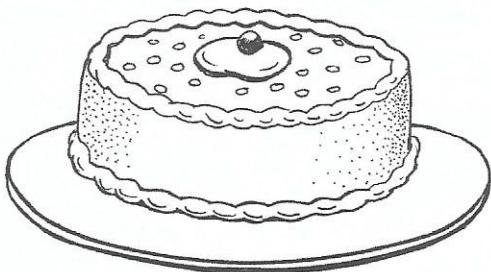
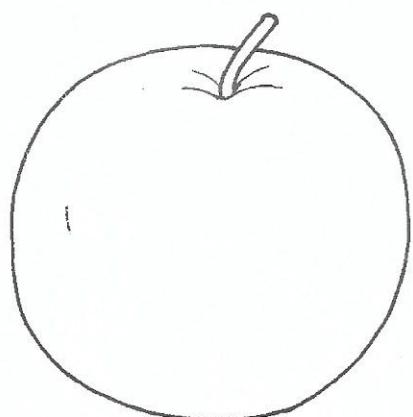
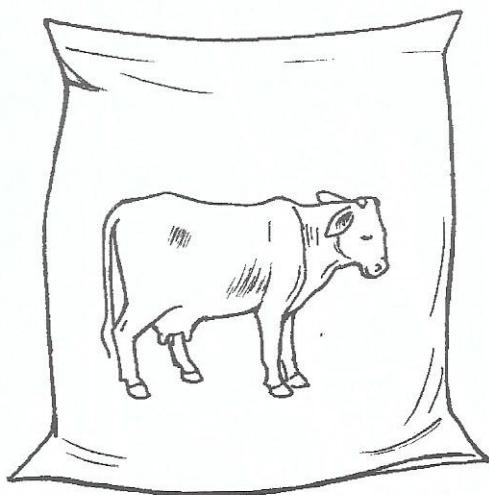


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Colour in the picture.

Date: \_\_\_\_\_

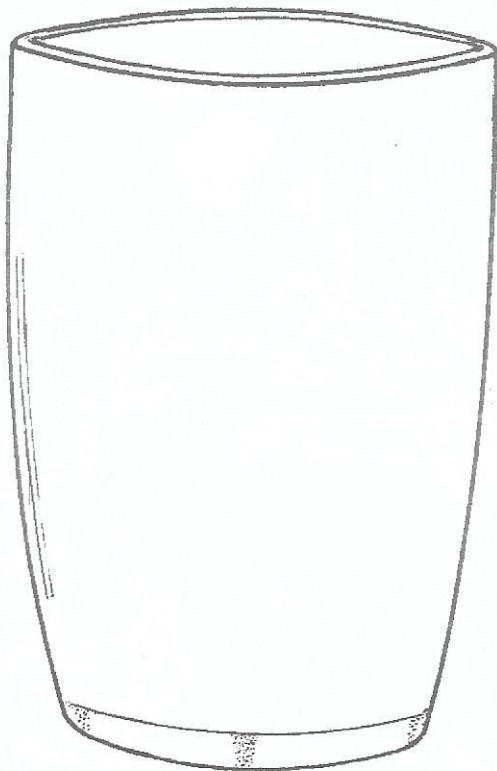
## Eat healthy



Look at the pictures.  
Colour in all the healthy foods.

Date: \_\_\_\_\_

## Healthy drinks

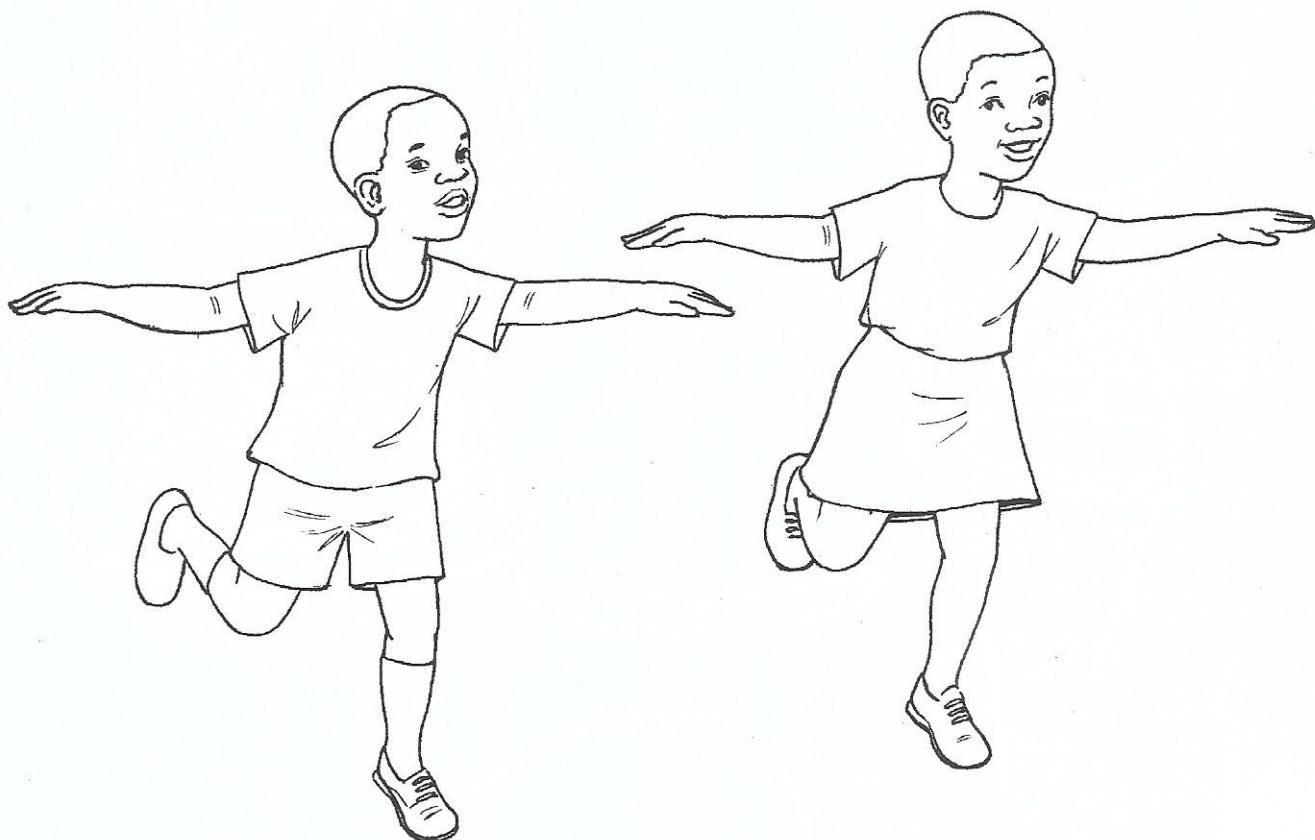


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Fill the glasses with milk by pasting strips of white paper onto the water glass picture.

Date: \_\_\_\_\_

## Stork balance

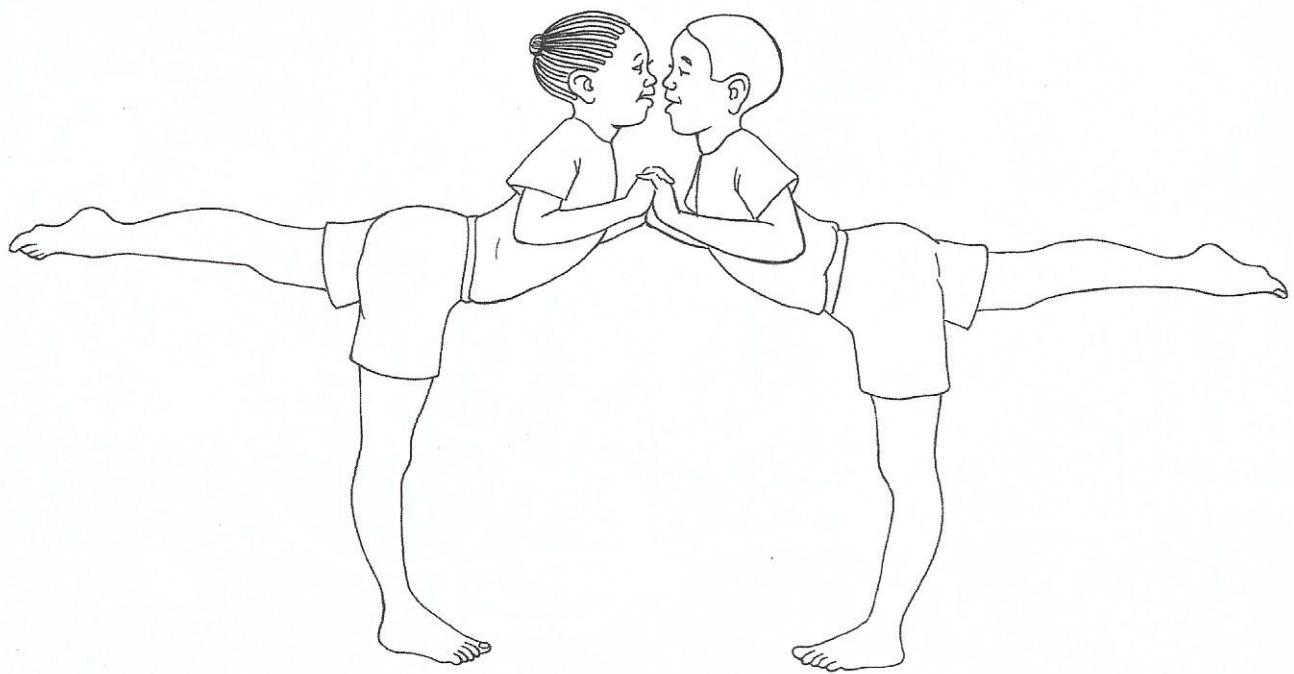


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Colour in and show the skills that the children in the picture are doing.

Date: \_\_\_\_\_

## Balance with a friend



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Do what the children in the picture are doing.

Date: \_\_\_\_\_

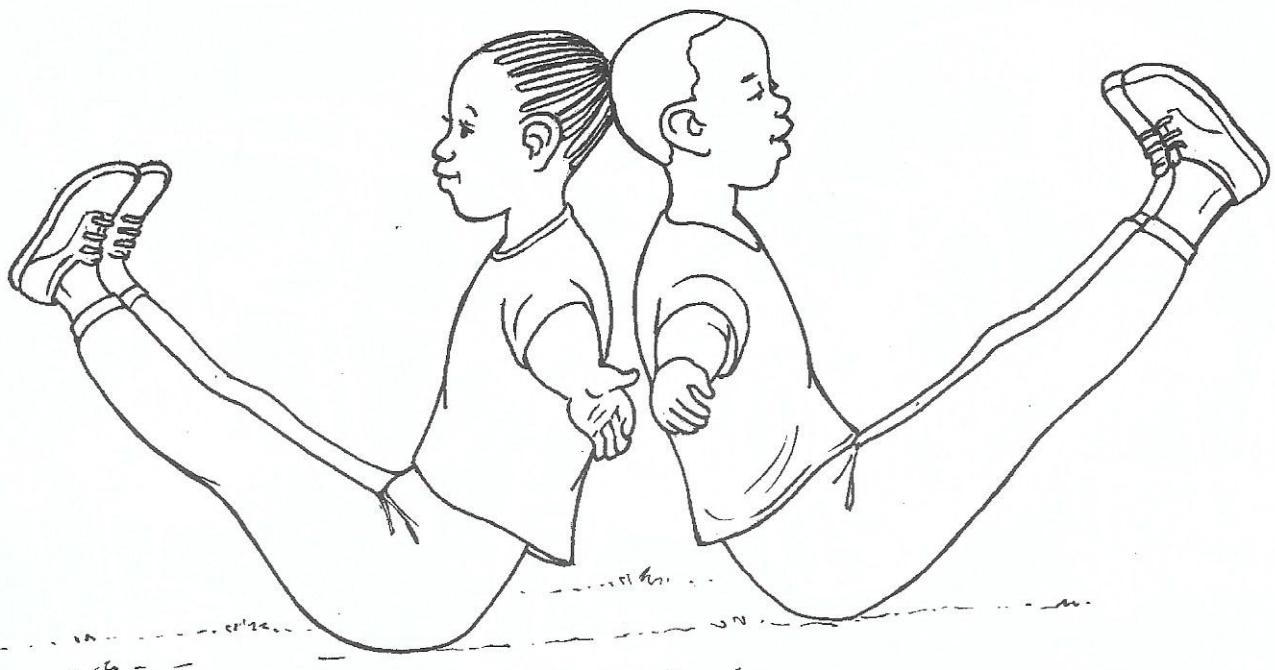
## Balance by yourself



Join the dots and colour in.  
Demonstrate the type of balance shown in the picture.

Date: \_\_\_\_\_

## V-sit balance

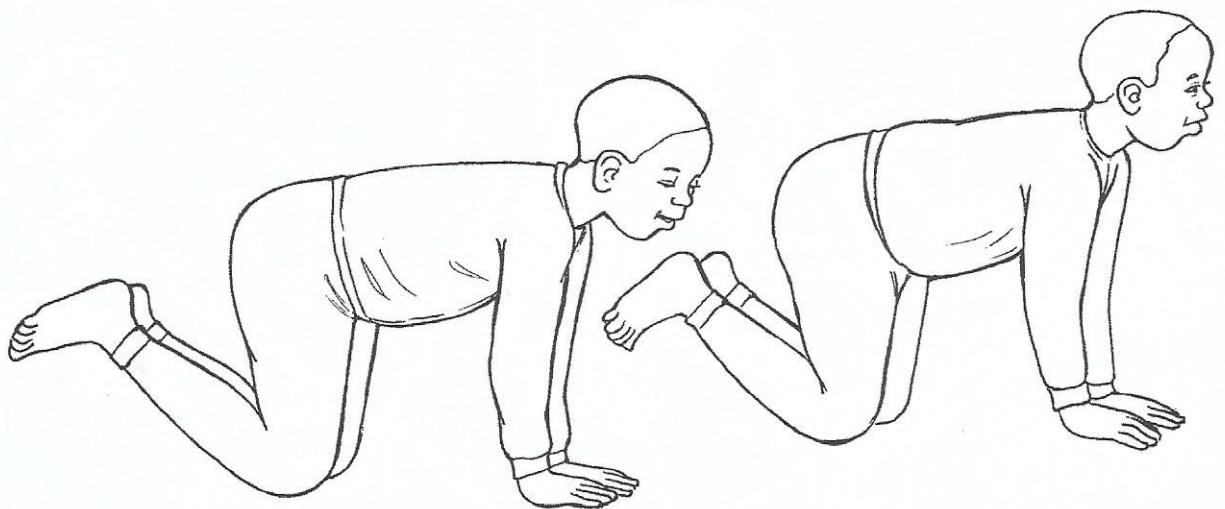


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Draw a pattern using the shape formed by the body.  
Demonstrate the type of balance shown in the picture.

Date: \_\_\_\_\_

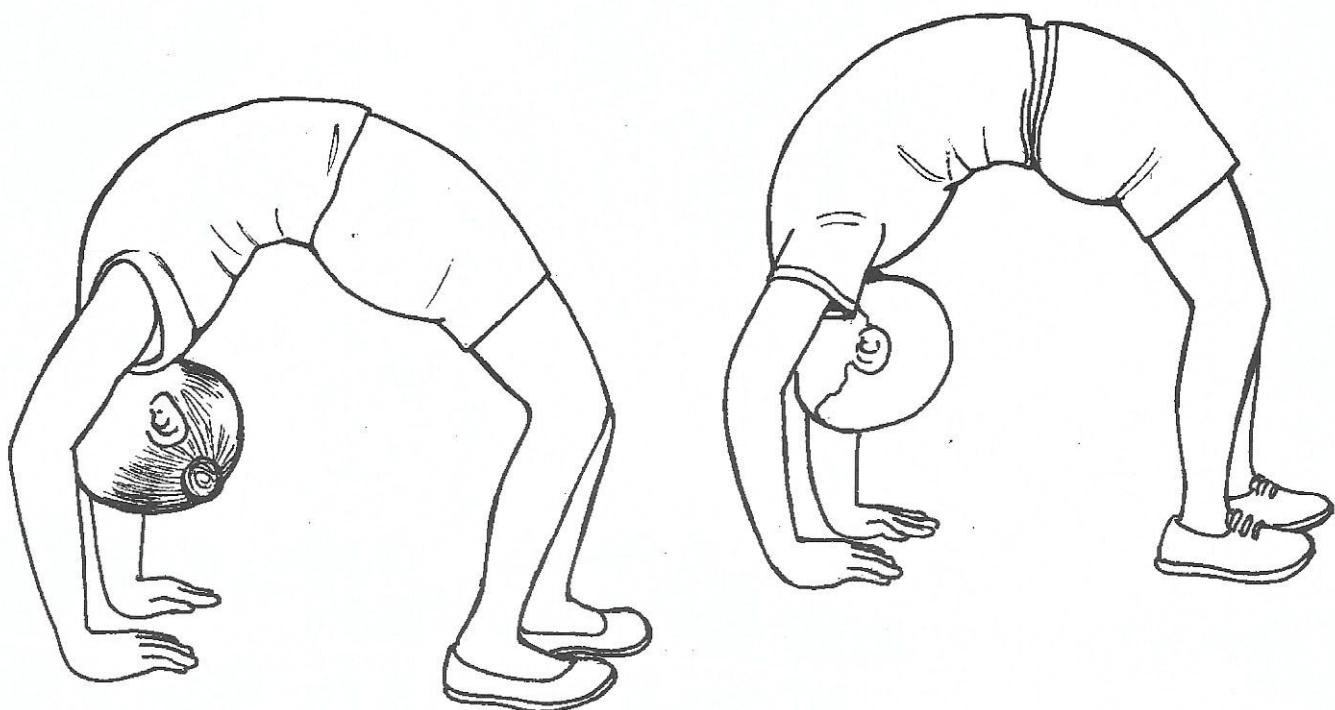
## Crawl play



Colour in.

Date: \_\_\_\_\_

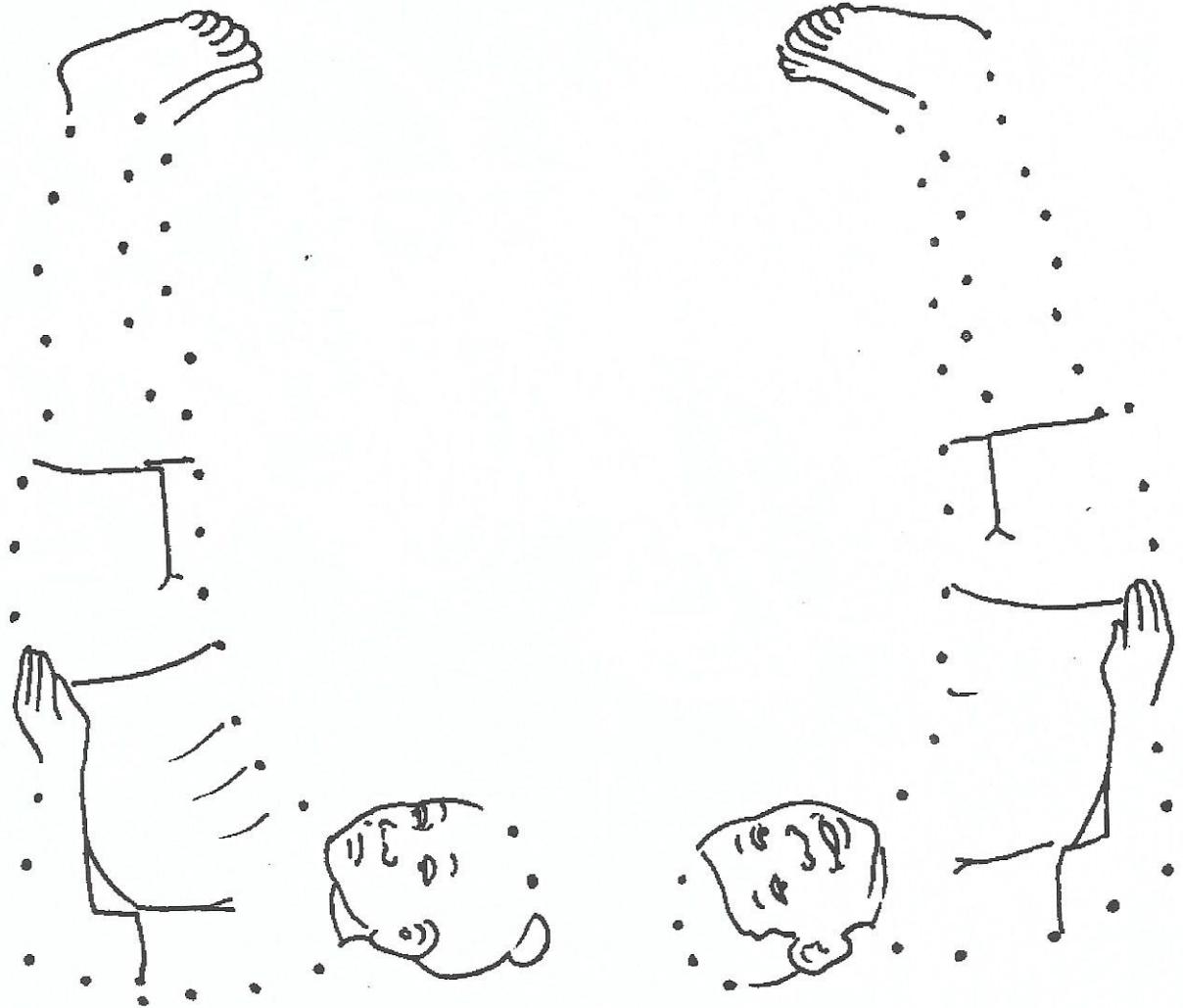
## Bridge balance



Build a shape as shown on the picture using building blocks and demonstrate the balance shown. Colour in the picture.

Date: \_\_\_\_\_

## Shoulder balance

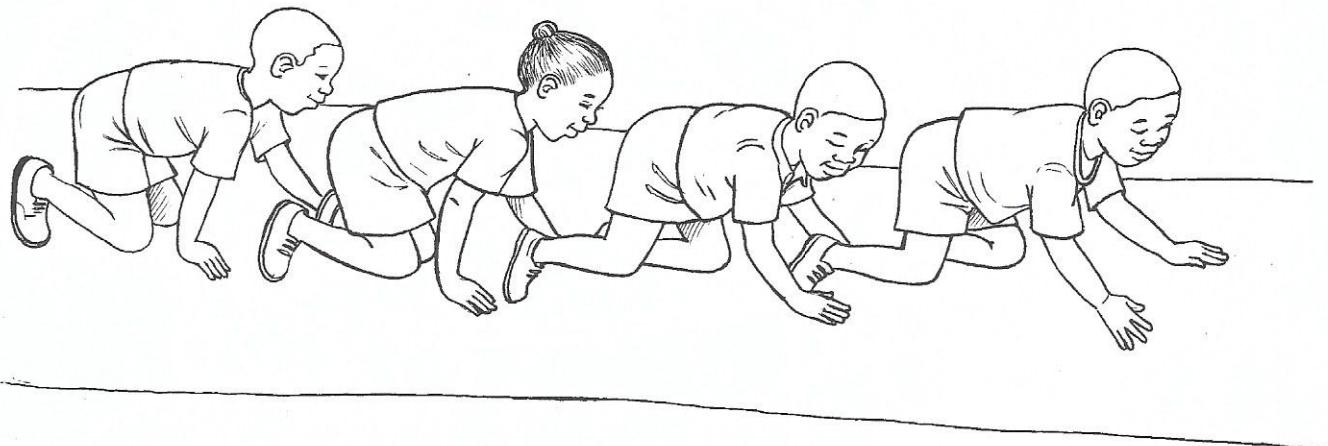


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Join the dots to form a shape shown in the picture.  
Demonstrate the balance shown in the picture.

Date: \_\_\_\_\_

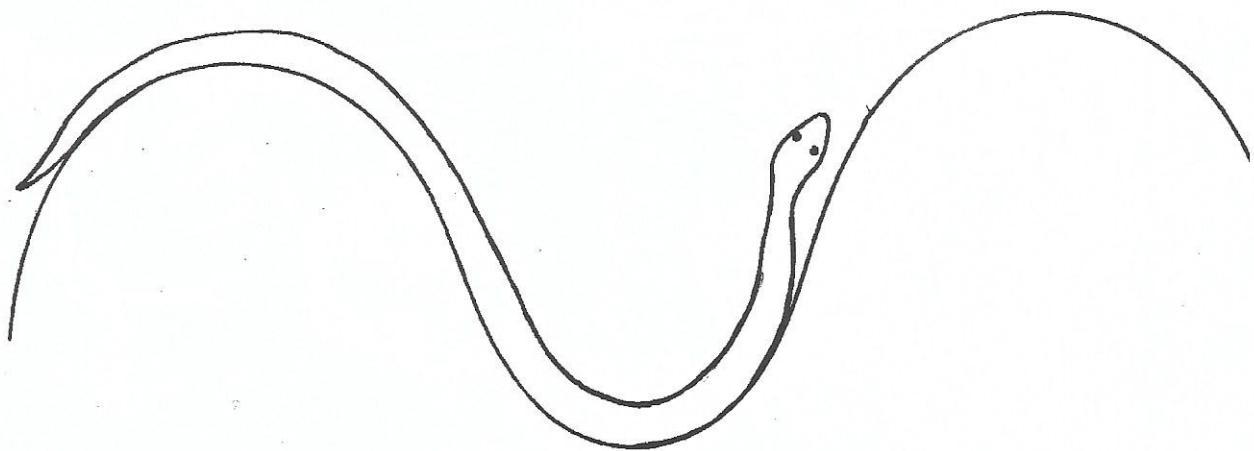
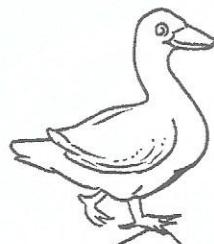
## Crawl play



Colour in and then demonstrate the movements with your friends.

Date: \_\_\_\_\_

## Walking in contrasting qualities



Colour in and then demonstrate the movements of the animals.

Date: \_\_\_\_\_

## Continuous motion



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Demonstrate the movements shown in the picture.

Date: \_\_\_\_\_

## Hopping over

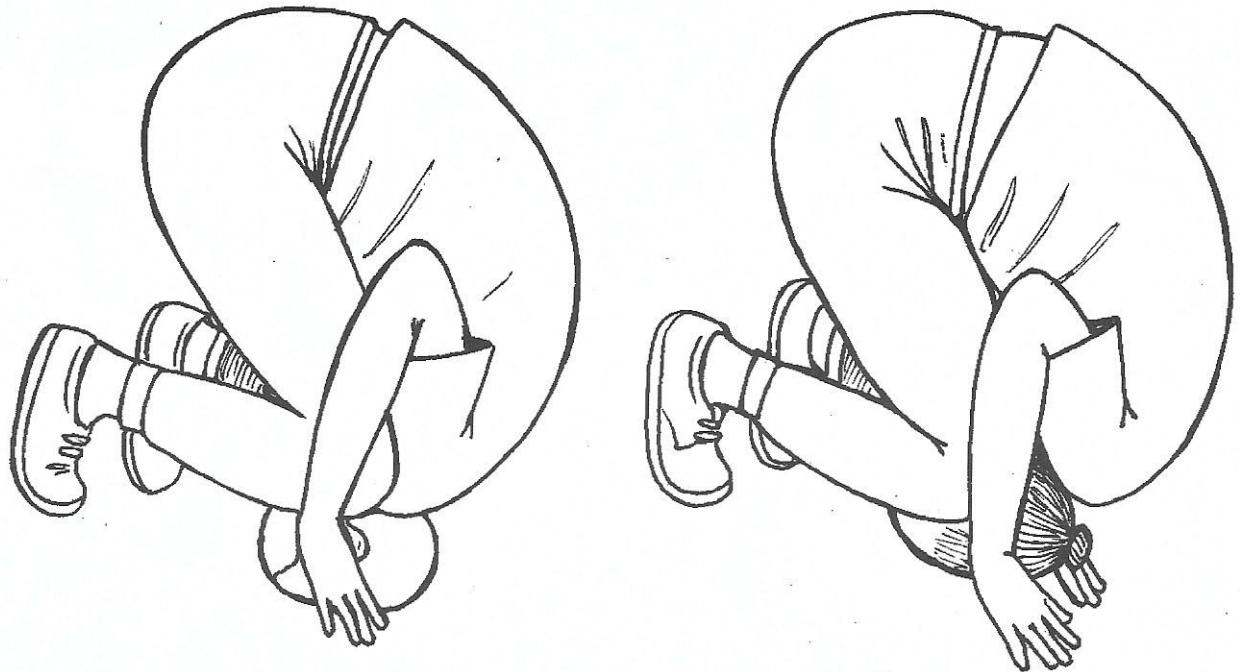


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Colour in the pictures the way you want.  
Then demonstrate the movements shown in the picture.

Date: \_\_\_\_\_

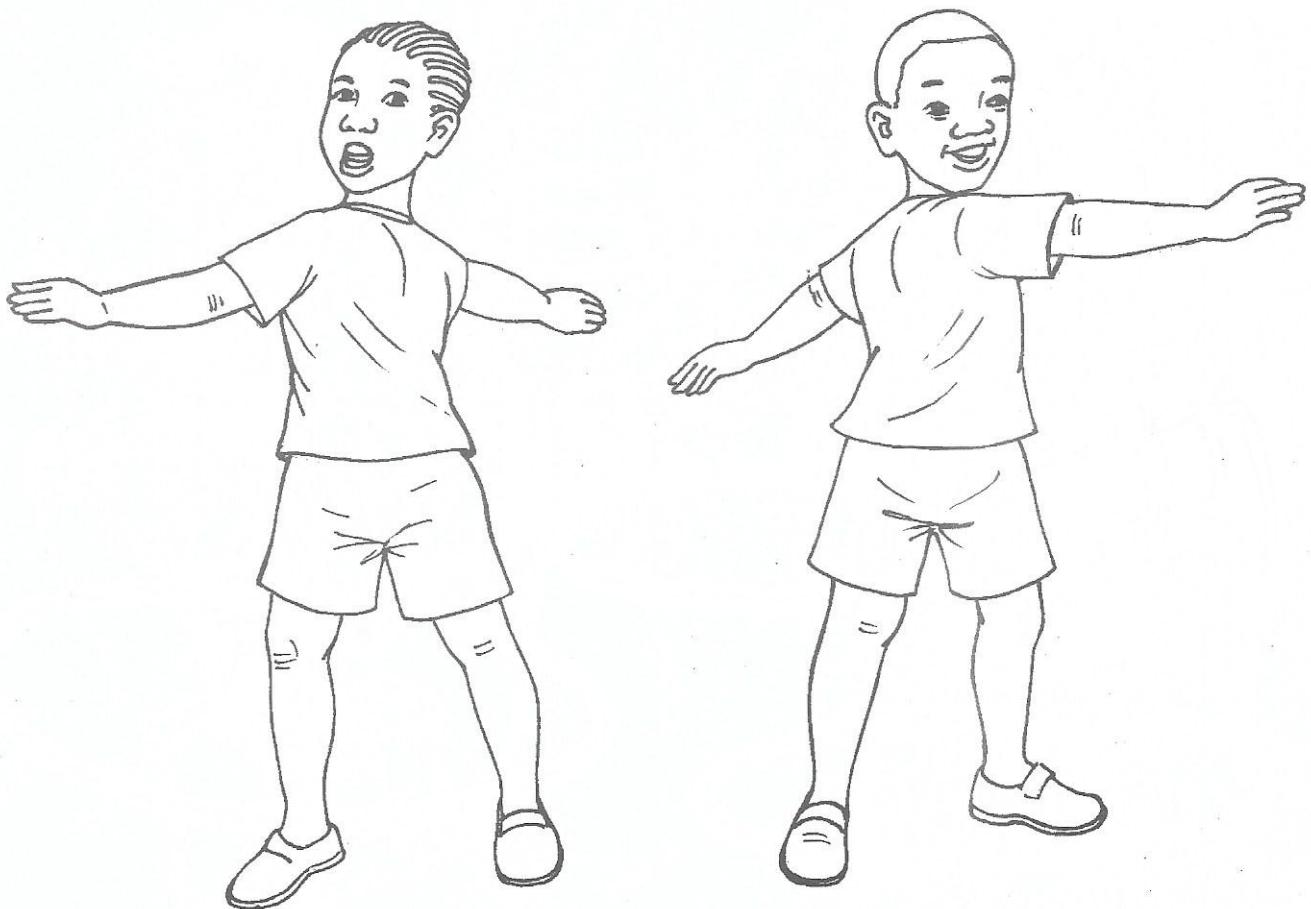
## Rolling



Demonstrate the type of movement shown in the picture.  
Colour in the picture.

Date: \_\_\_\_\_

## Twist and turn



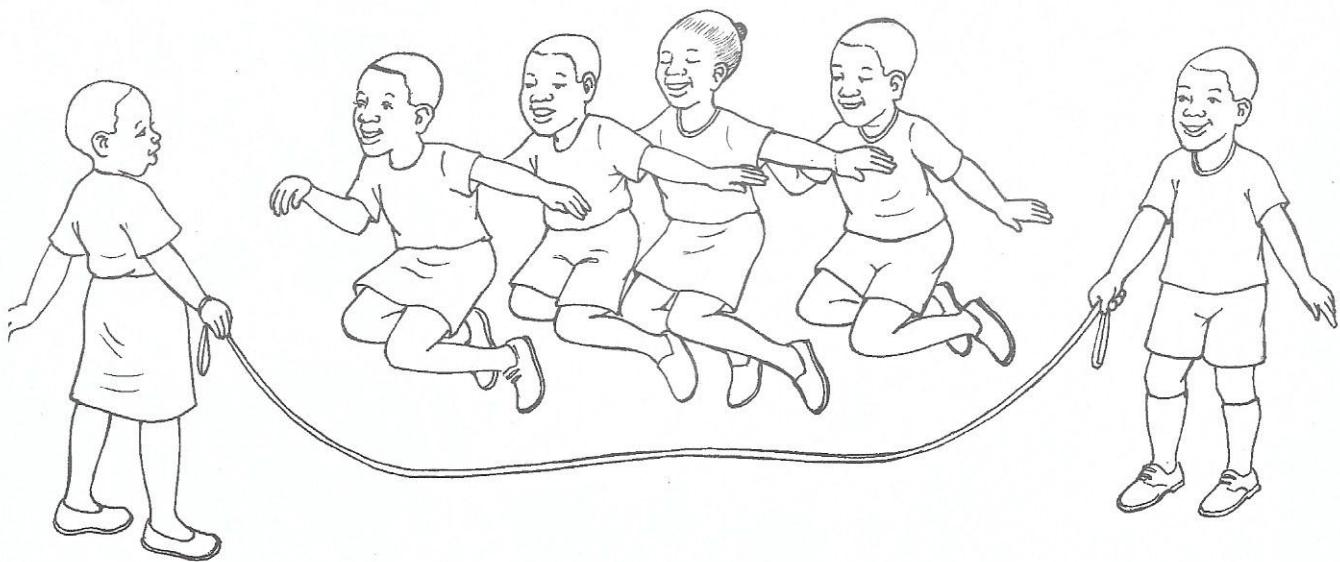
Make a pattern using paint and string by twisting and turning string on paper.  
Demonstrate the different twisting and turning using your body as shown in the picture.

**Topic  
5**

**Coordination**

Date: \_\_\_\_\_

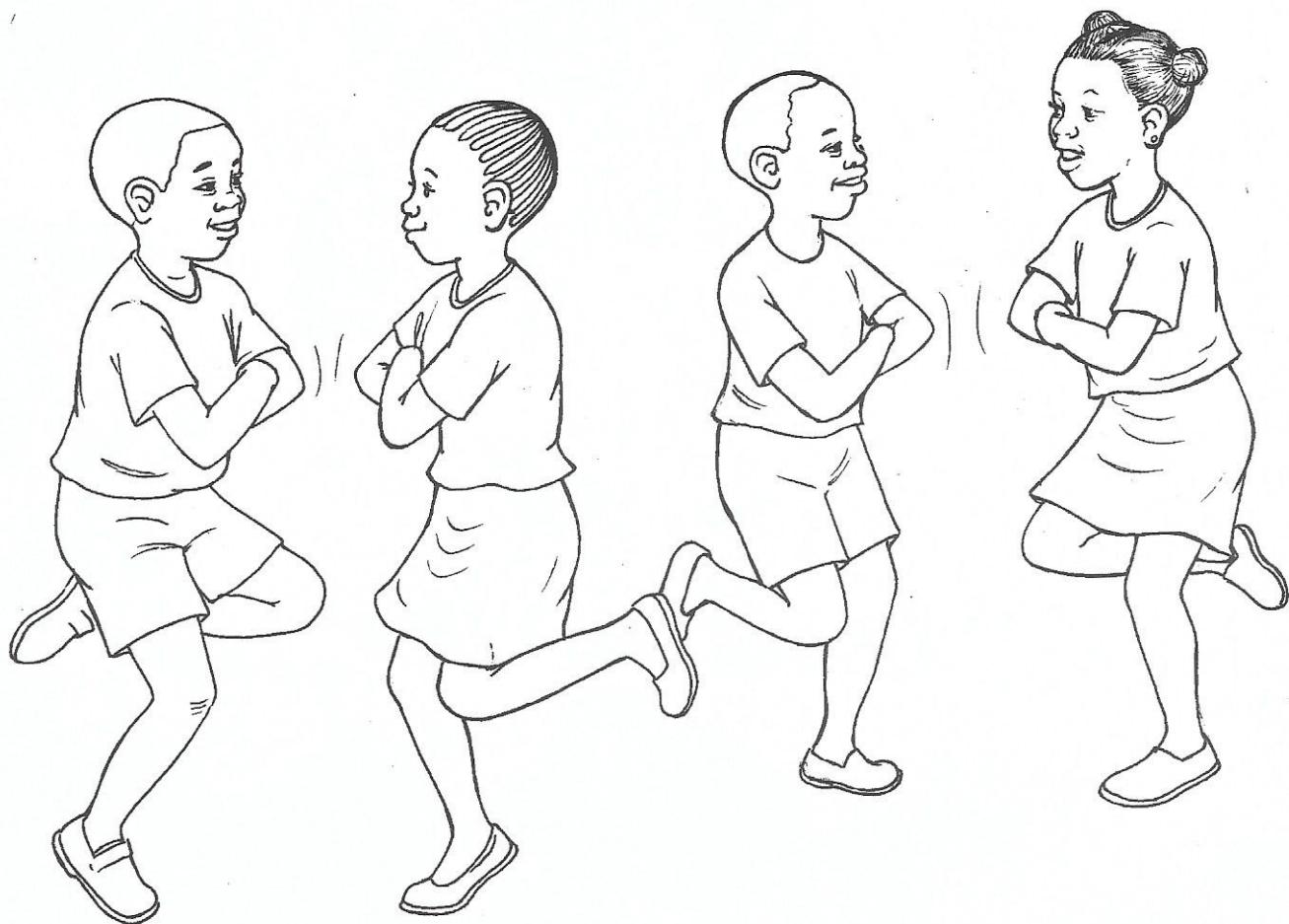
**“Fish-Fish”**



Play the game with your friends as shown in the picture.  
Colour in the picture.

Date: \_\_\_\_\_

## Cock fighting

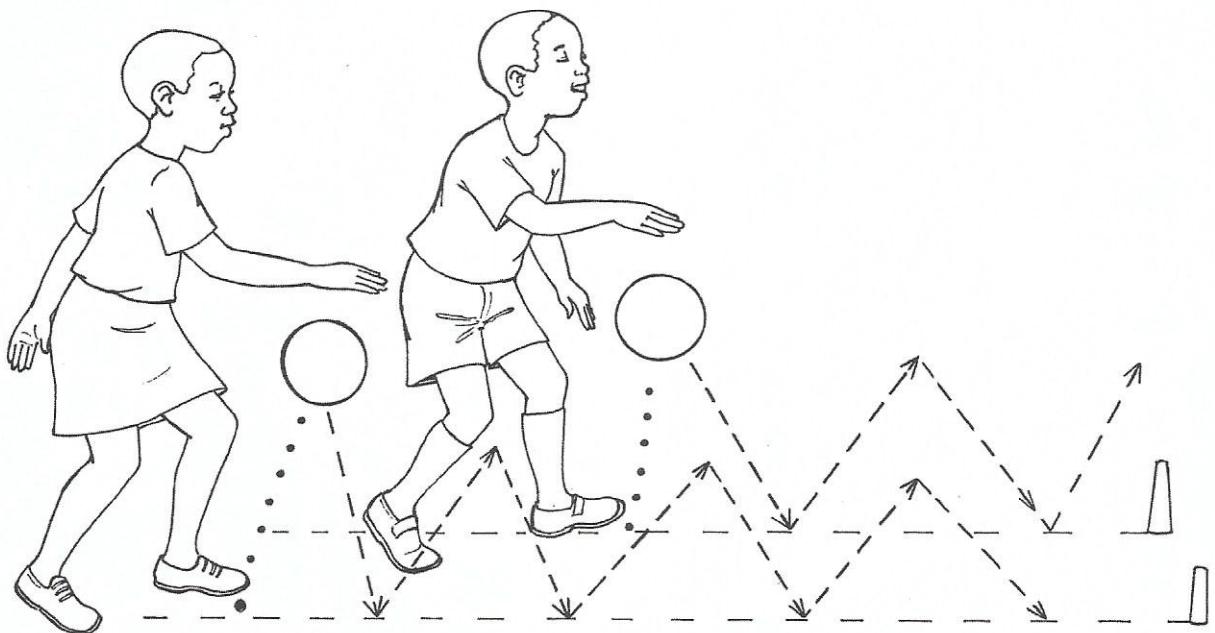


Play the game as shown in the picture with your friend.

Colour in the picture.

Date: \_\_\_\_\_

## Coordination



Trace the paths of the balls by joining the dotted arrows.  
Colour in the pictures and demonstrate the bouncing skill.

Date: \_\_\_\_\_

## Throwing and rolling



Colour the balls using crayons provided by the teacher.  
Demonstrate the throwing and rolling skills.

Date: \_\_\_\_\_

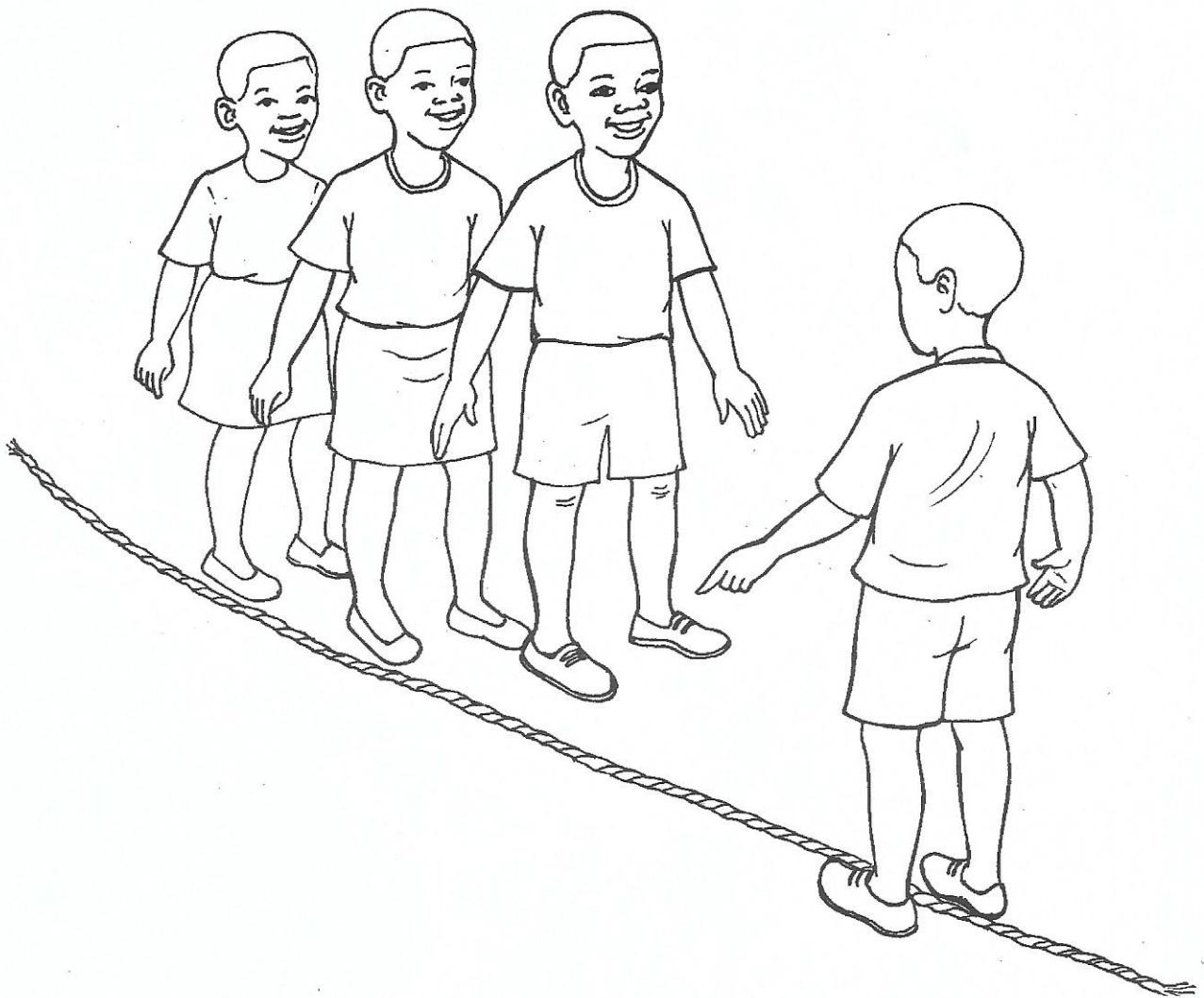
## Jumping over



Colour the different bean bags.  
Demonstrate the jumping and hopping skills.

Date: \_\_\_\_\_

## River bank

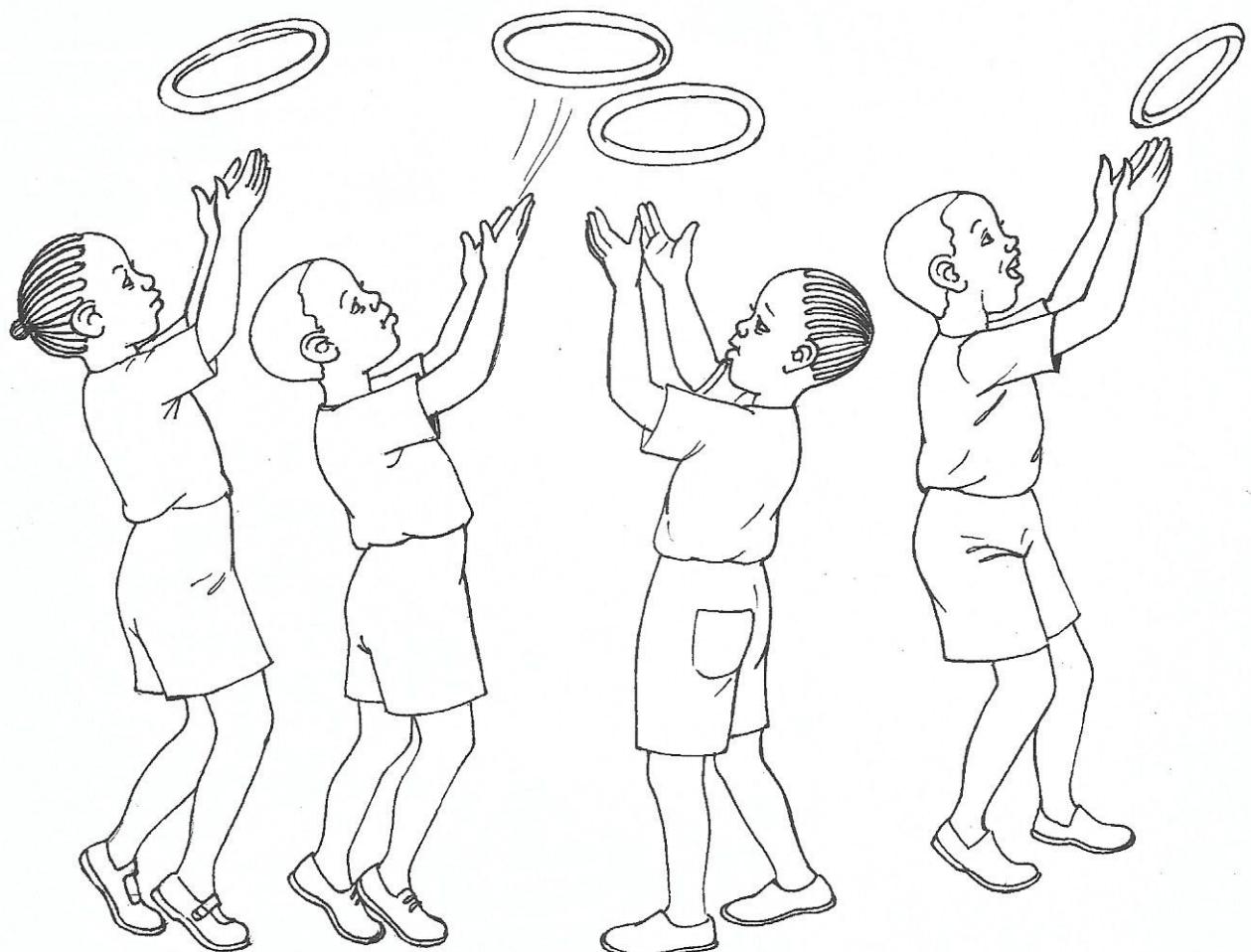


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Colour in.  
Play the game 'River bank'.

Date: \_\_\_\_\_

## Throwing hoops

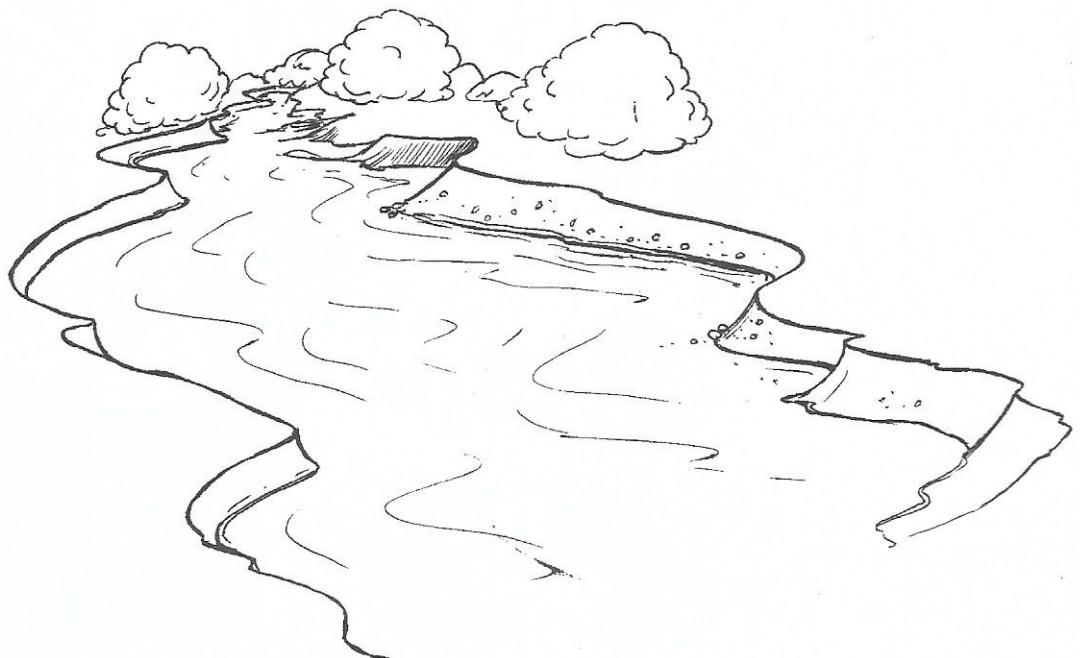
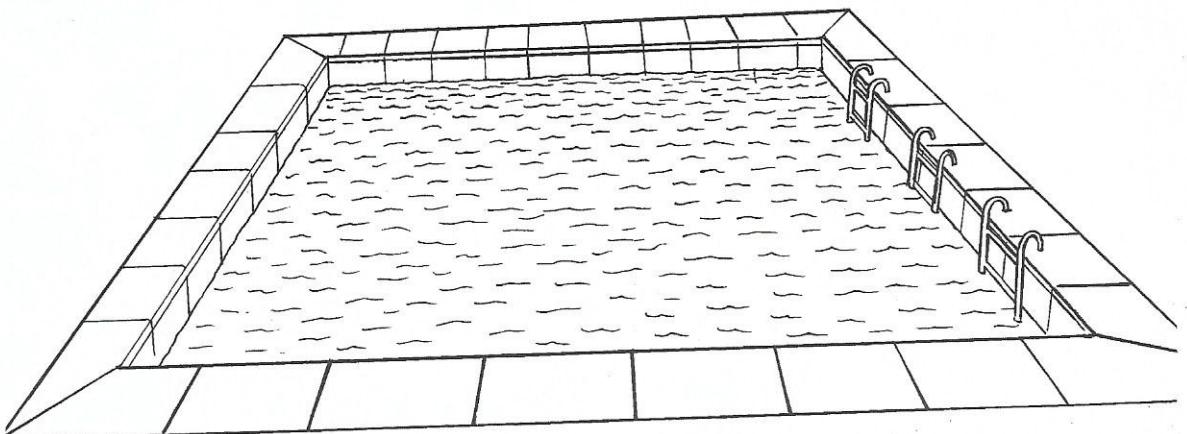


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Demonstrate the throwing and catching skills.

Date: \_\_\_\_\_

## Swimming places



Colour in a safe swimming place.

Date: \_\_\_\_\_

## Safe pool entry



Colour the boys and girls and use the arrow to label the correct entry into the pool.  
When you go to the pool with your teacher, demonstrate the correct entry into the pool.

Date: \_\_\_\_\_

## Gliding, splashing and scrambling

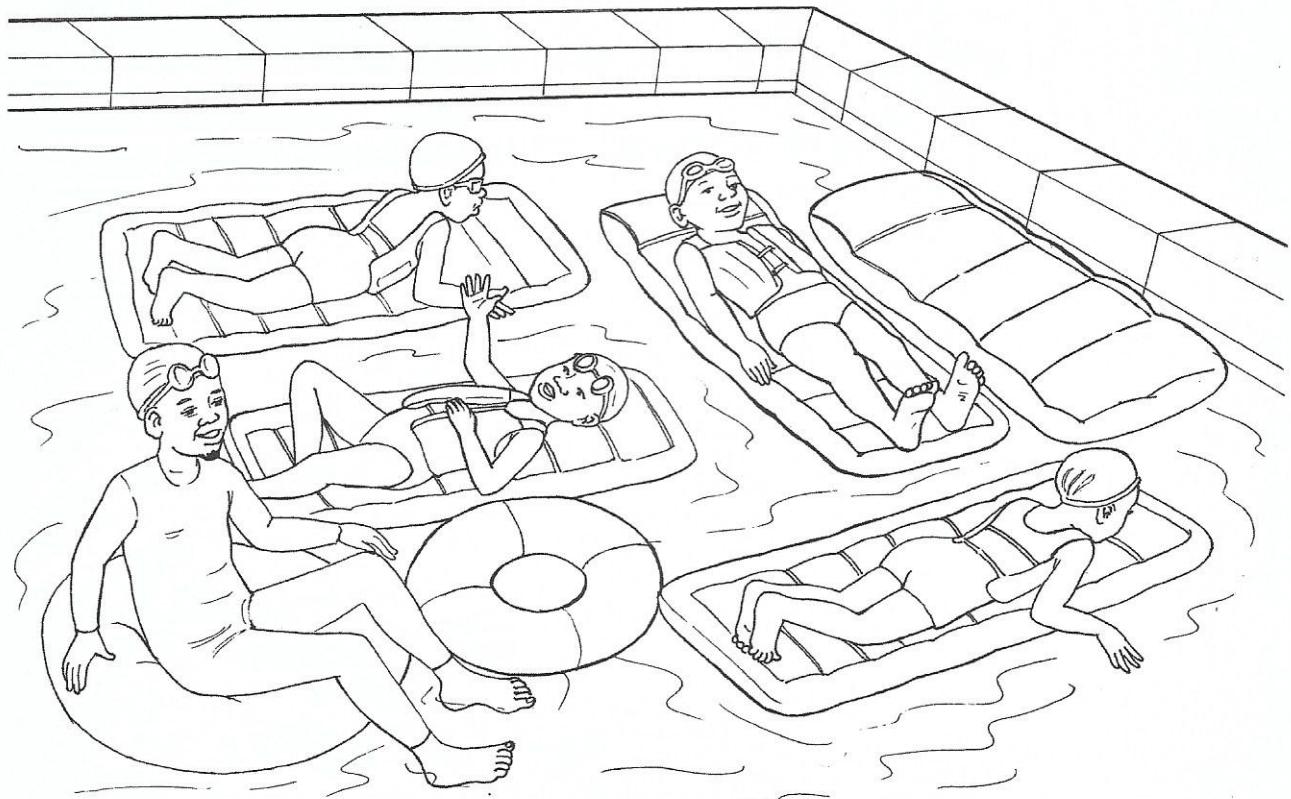


Colour in the picture.

When you go to the pool with the teacher play in the water like the children in the picture.

Date: \_\_\_\_\_

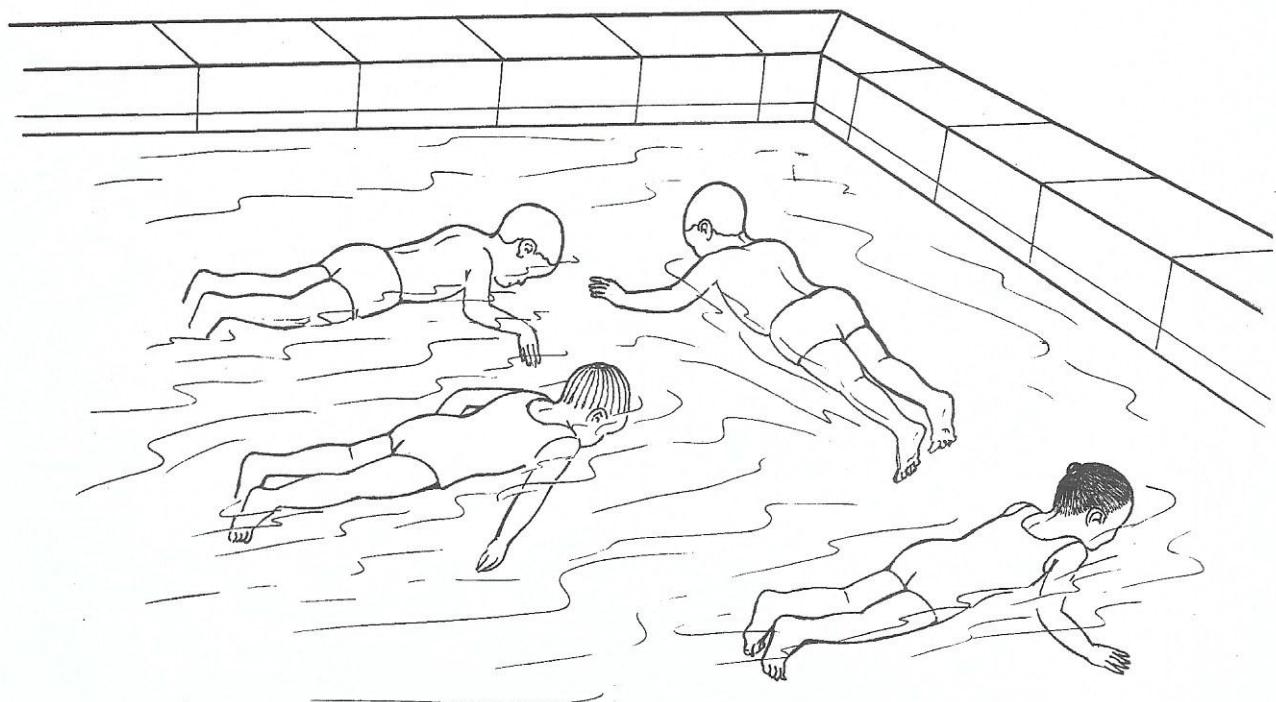
## Floating with equipment



Colour in floating equipment.

Date: \_\_\_\_\_

## Floating without equipment

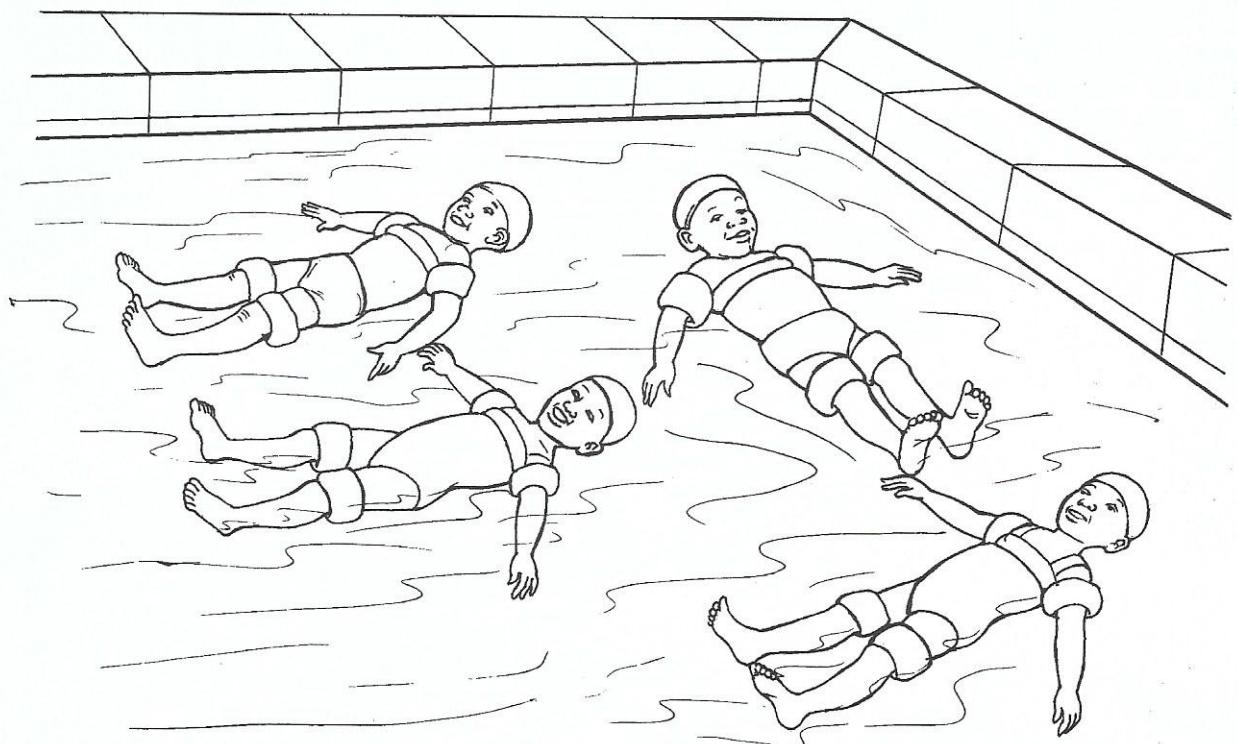


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Demonstrate the floating as shown in the picture.

Date: \_\_\_\_\_

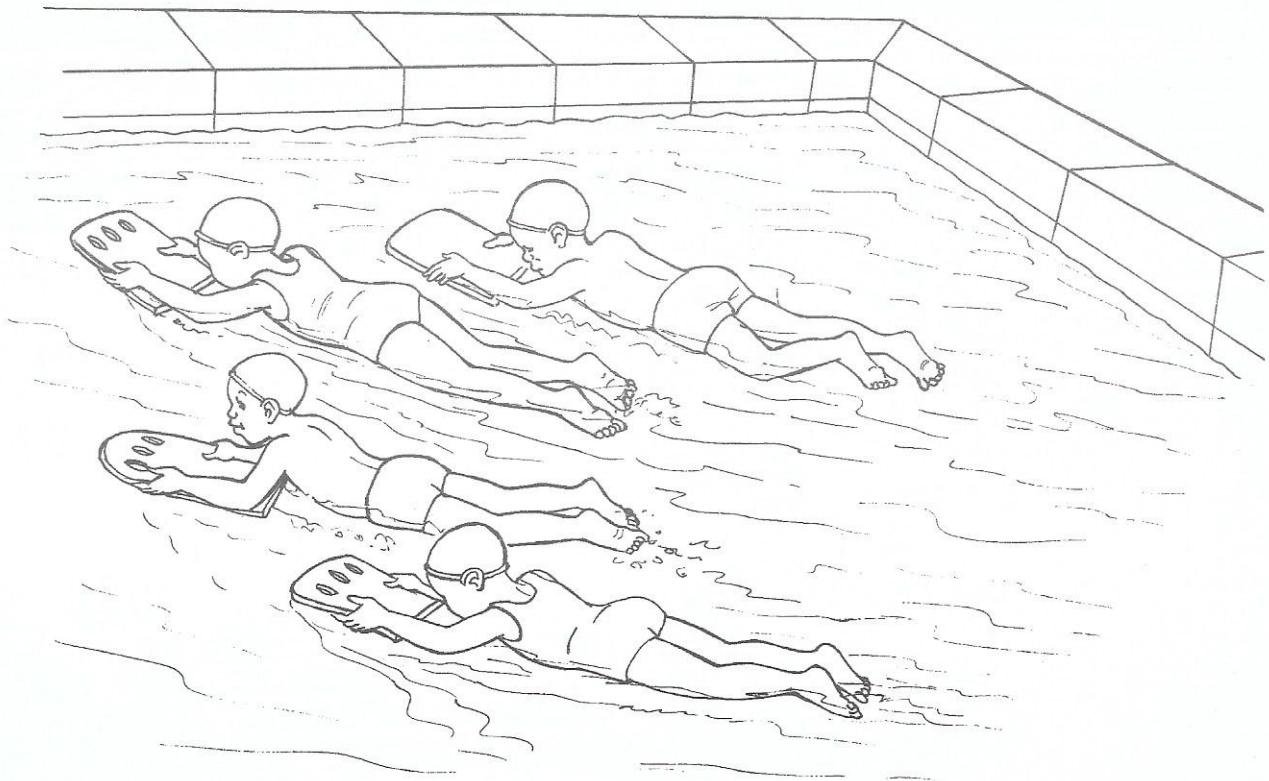
## Float on your back



Colour in the picture the way you want.  
Demonstrate the floating skills in the picture.

Date: \_\_\_\_\_

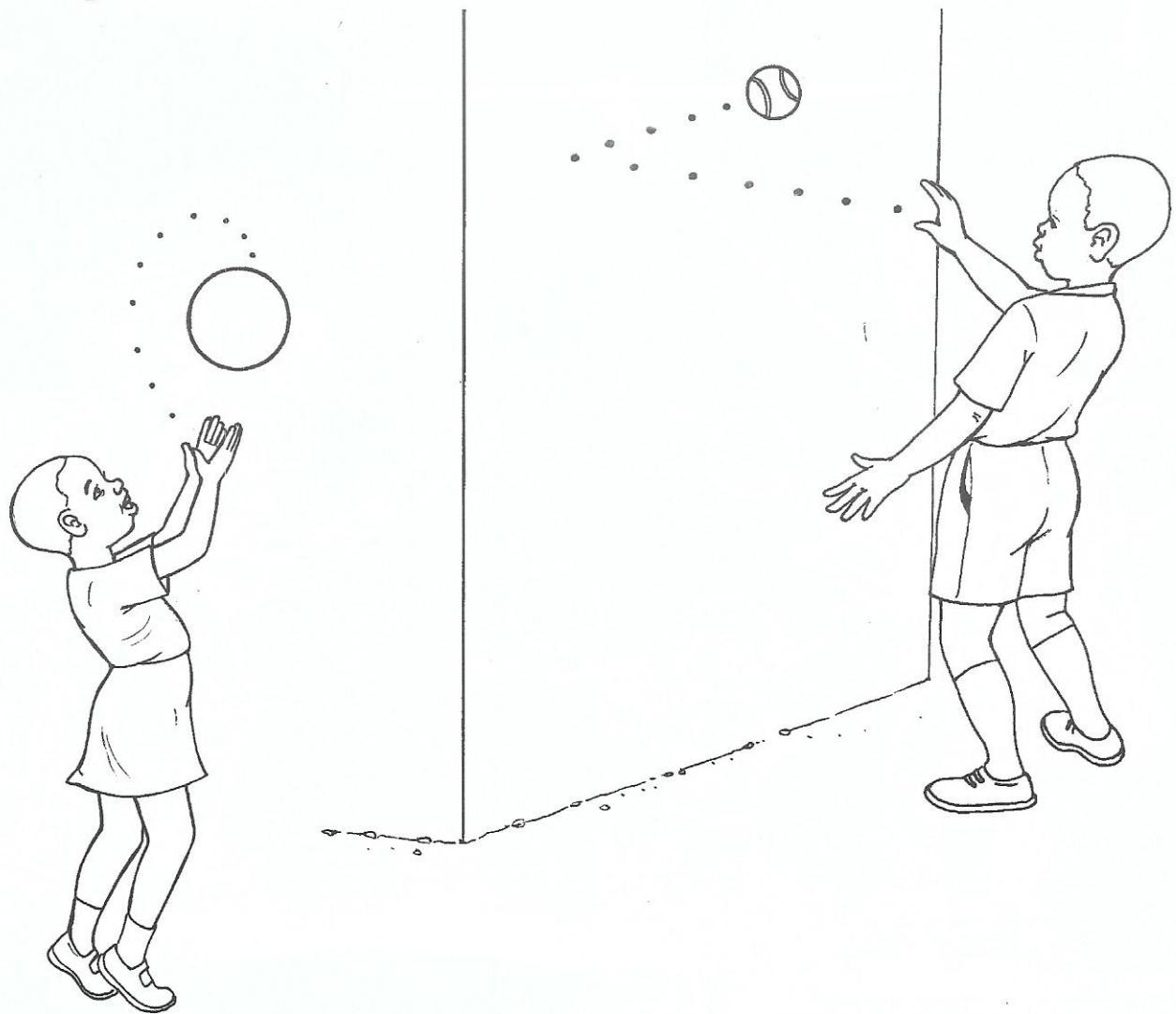
## Gliding with equipment



Colour in the picture.  
Demonstrate the floating skills in the picture.

Date: \_\_\_\_\_

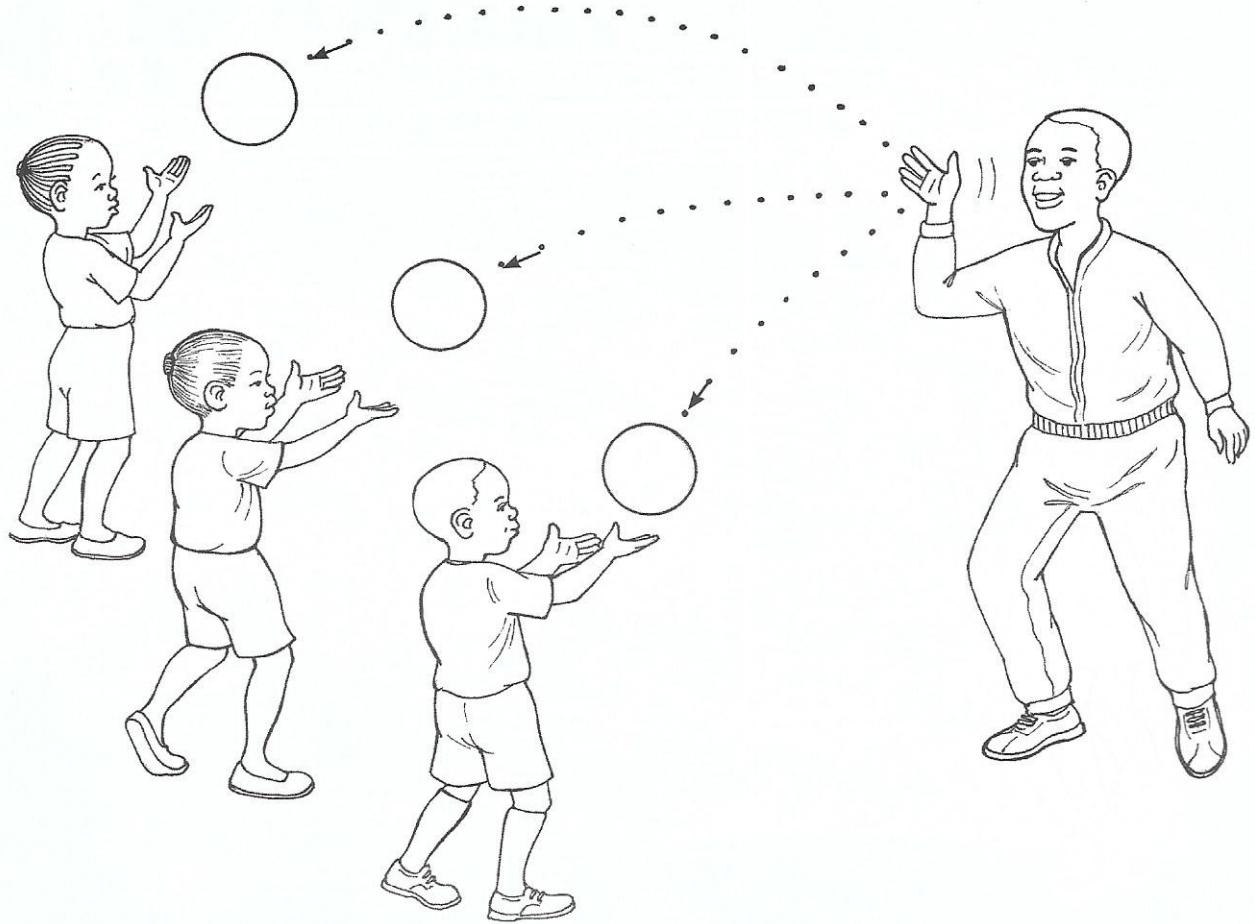
## **Play with a ball**



Colour in the pictures and trace the movement of the balls thrown.

Date: \_\_\_\_\_

## Catch the ball

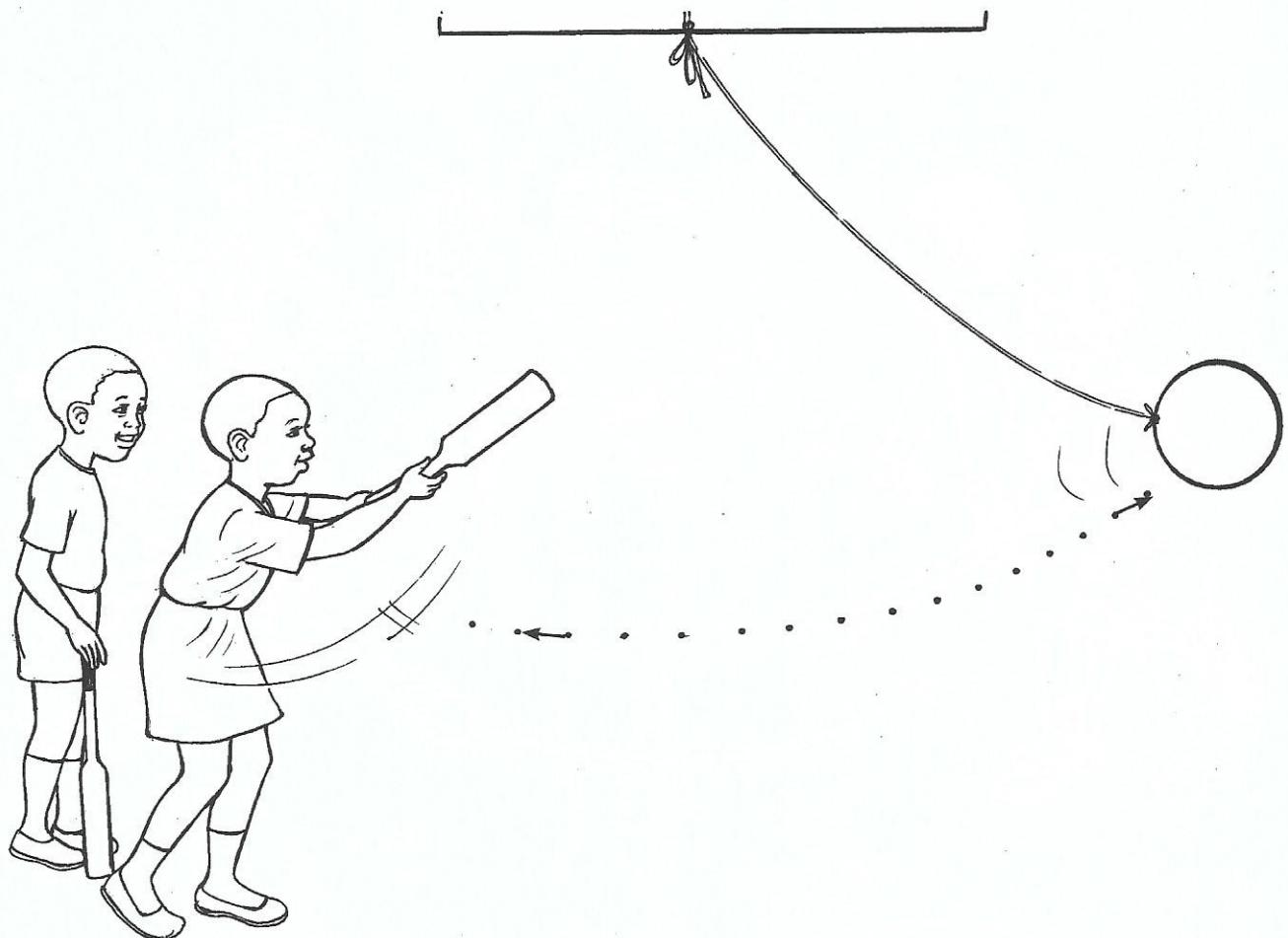


Catch the ball thrown to you by the teacher.

Trace the movements of the balls thrown to the children.

Date: \_\_\_\_\_

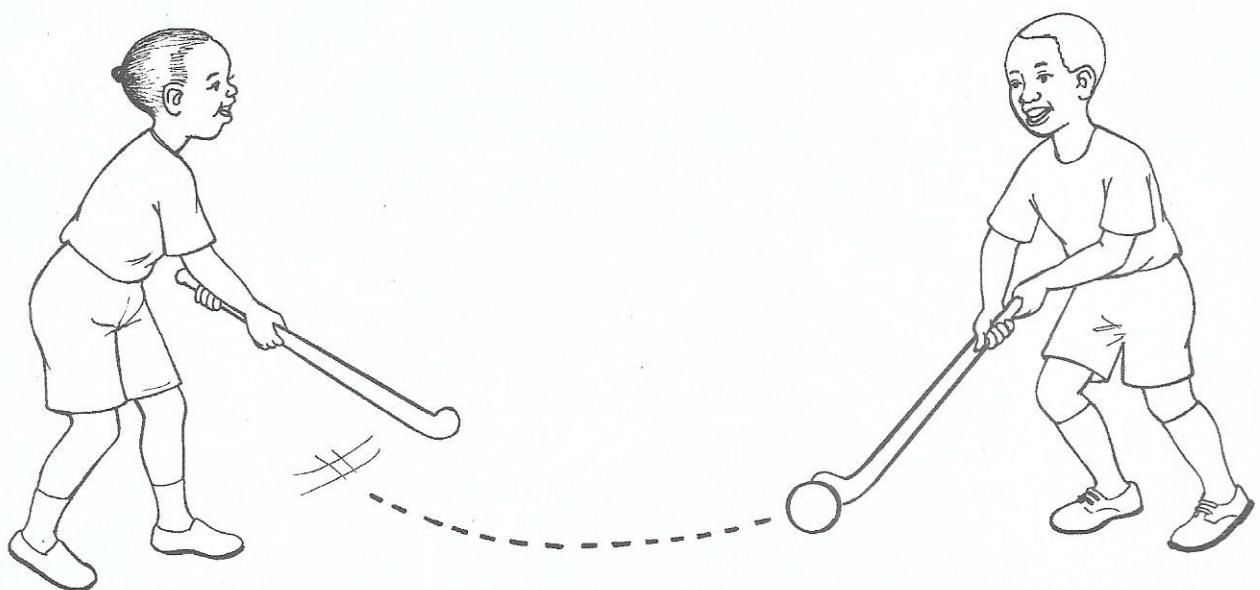
## Hit a ball



Trace the movement path of the ball.  
Colour in the picture.

Date: \_\_\_\_\_

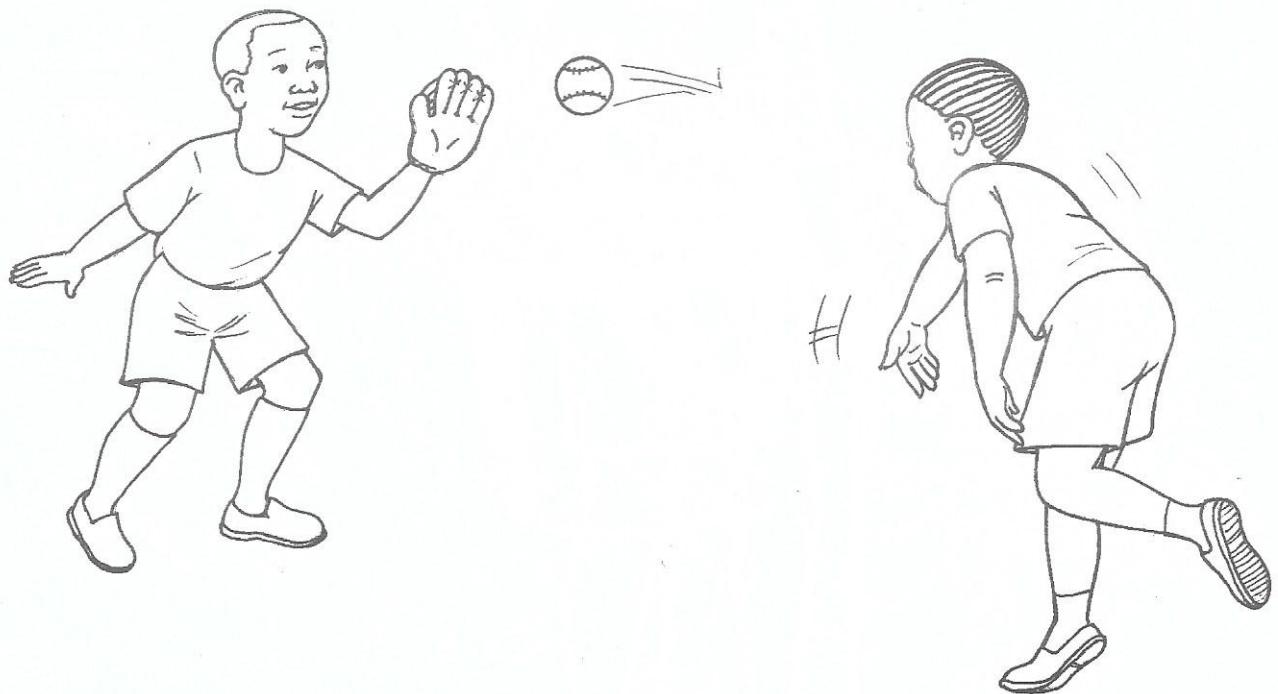
## Pass the ball



Trace the movement pattern of the ball.

Date: \_\_\_\_\_

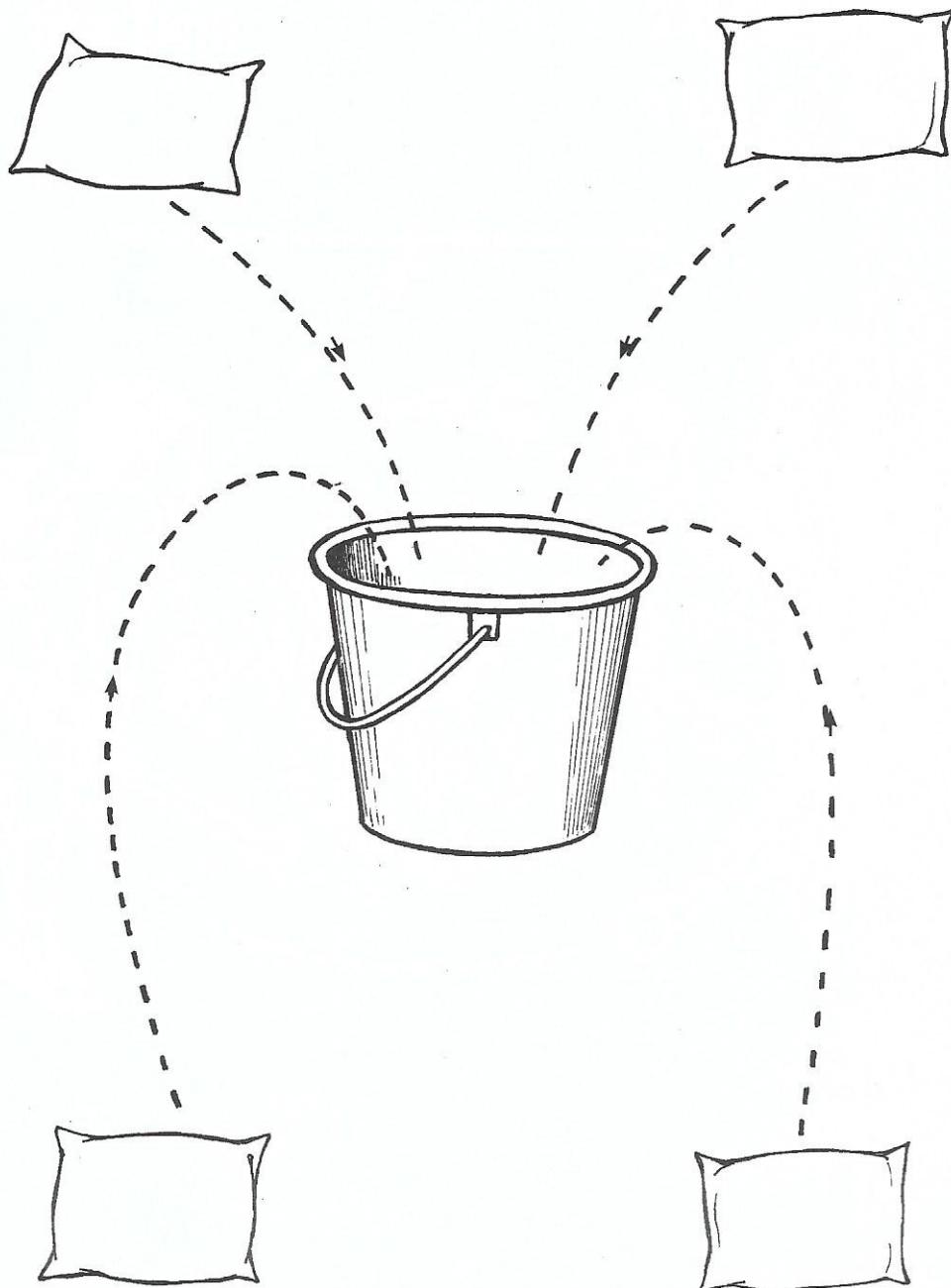
## Catching skills



Colour in the picture shown.  
Now practise the activity with your friend.

Date: \_\_\_\_\_

## Throwing skills



Trace the movements of the bean bags into the buckets.  
Now colour in the bean bags with colours of your choice.

Date: \_\_\_\_\_

## Balancing game

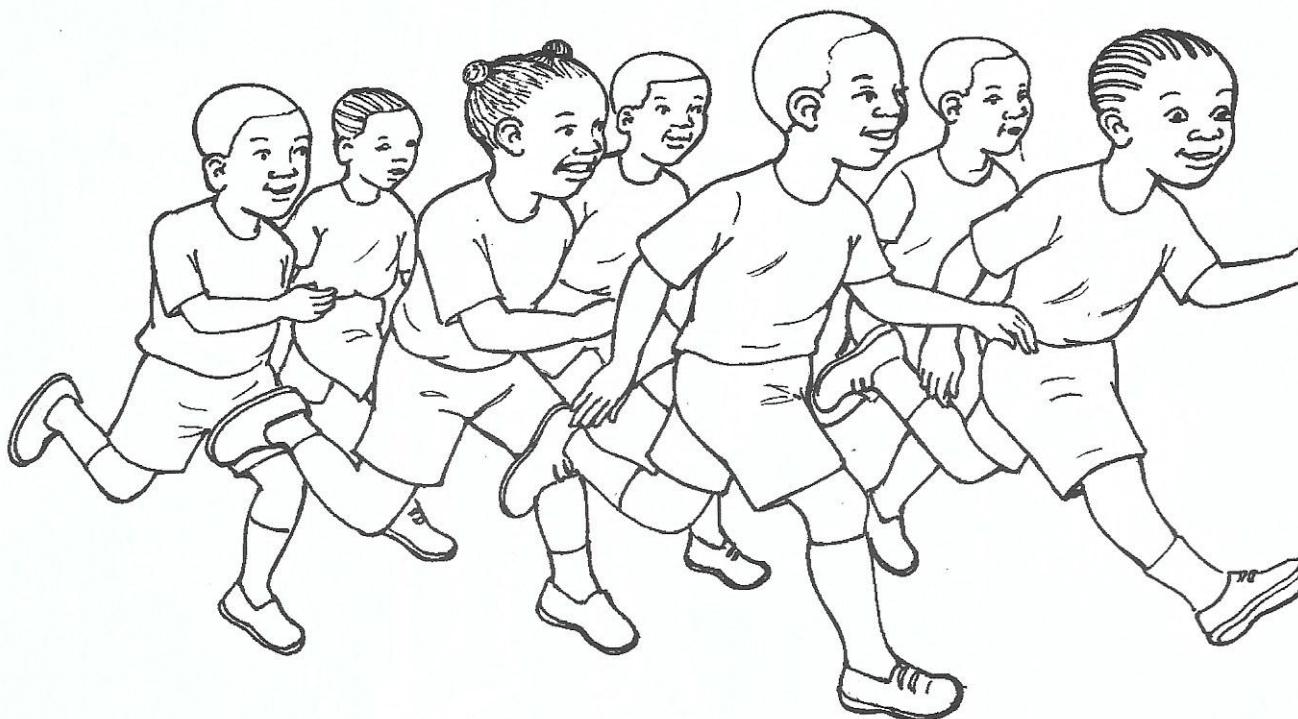


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Colour in the picture.

Date: \_\_\_\_\_

## **Shuttle race**

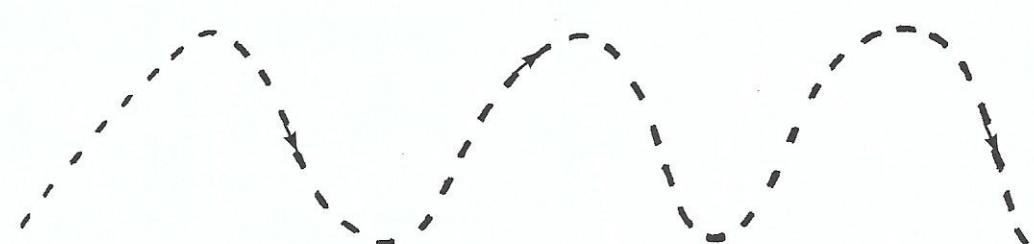
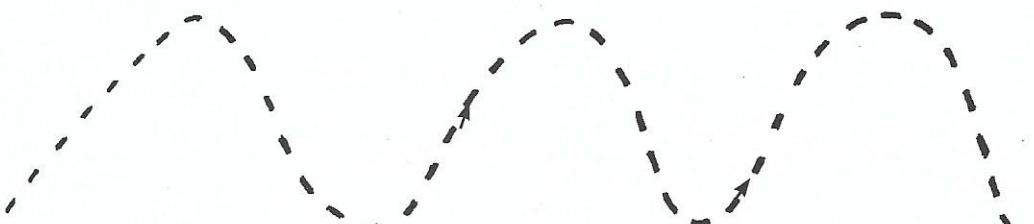


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Colour in the picture.

Date: \_\_\_\_\_

## Leap frog

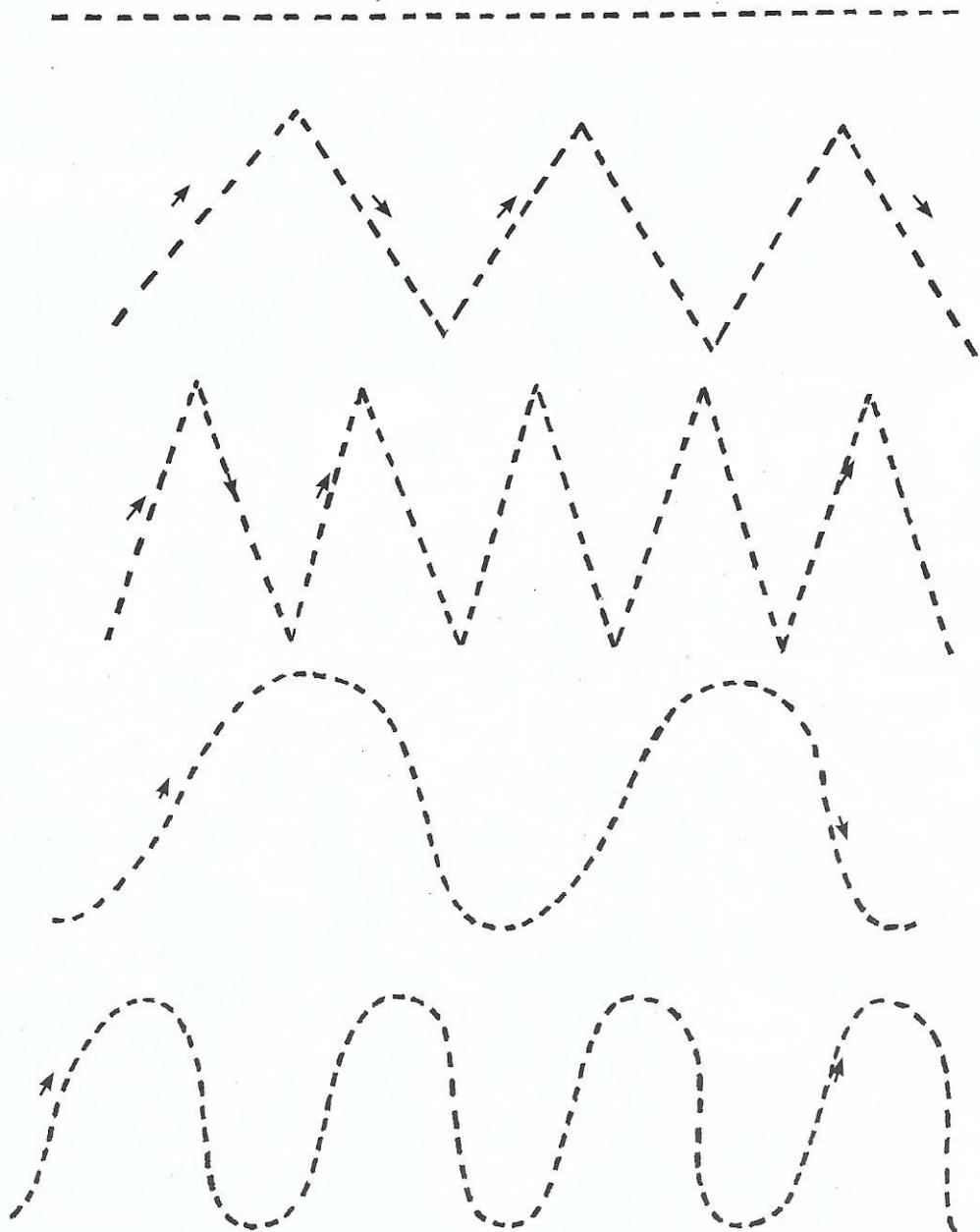


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Complete the pattern started by the frog.

Date: \_\_\_\_\_

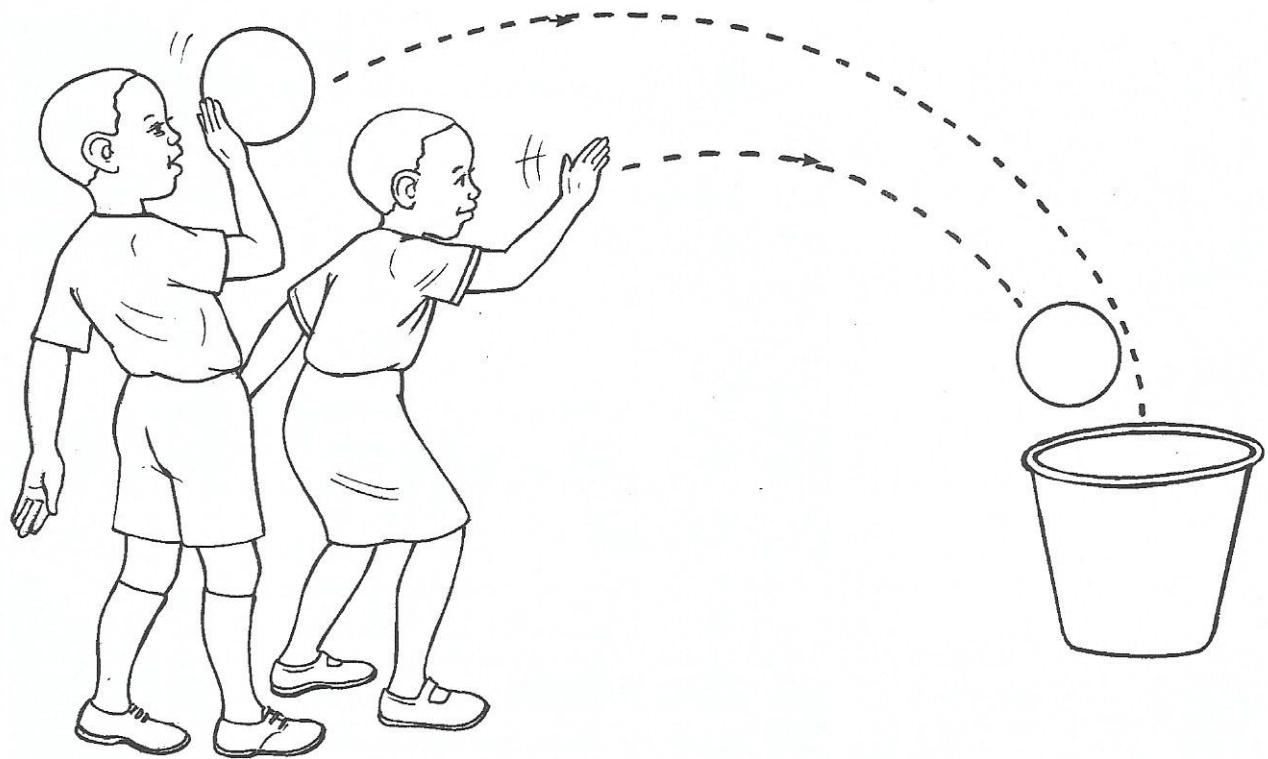
## Patterns



Complete the patterns.

Date: \_\_\_\_\_

## Target practice



Join the dots to show movement of the balls.

Date: \_\_\_\_\_

## Fish fish



Paste a picture of children playing with rope.  
Colour in the picture.

# Learning outcomes checklist

**Key:** A In progress  
B Has developed

Date observed	Skill	A	B	Comments
	<b>The Human Body</b> <ul style="list-style-type: none"> <li>Can name different human body parts and their functions.</li> <li>Can say correctly whether they are boys or girls and also the sex of their friends.</li> </ul>			
	<b>Safety and Health</b> <ul style="list-style-type: none"> <li>Can state safety rules and precautions during play.</li> <li>Can demonstrate personal and environmental hygiene.</li> </ul>			
	<b>Balances</b> <ul style="list-style-type: none"> <li>Can demonstrate different balancing skills and create body shapes.</li> <li>Can perform balances in pairs.</li> <li>Can perform a balance on an apparatus.</li> </ul>			
	<b>Movement/Locomotion</b> <ul style="list-style-type: none"> <li>Can perform motor skills in response to stimuli.</li> <li>Can execute different types of motions for speed.</li> <li>Can do movements for direction.</li> <li>Can execute movements for space.</li> <li>Can do movements for rhythm.</li> </ul>			
	<b>Coordination</b> <ul style="list-style-type: none"> <li>Can coordinate different types of movements in relation to balance.</li> <li>Can coordinate different types of movements in relation to weight transfer.</li> </ul>			

	<p><b>Aquatic Skills</b></p> <ul style="list-style-type: none"> <li>• Can demonstrate safe entry of a swimming pool.</li> <li>• Can demonstrate safe play in a swimming pool.</li> <li>• Can demonstrate submerging self in a swimming pool.</li> <li>• Can demonstrate safe exit of a swimming pool.</li> <li>• Can float in water with or without using equipment.</li> <li>• Can demonstrate gliding, splashing and scrambling in water.</li> </ul>		
	<p><b>Play and Game Skills</b></p> <ul style="list-style-type: none"> <li>• Can execute receiving skills from multiple dimensions.</li> <li>• Can demonstrate throwing, kicking, and striking from multiple dimensions.</li> </ul>		
	<p><b>Kids Athletics</b></p> <ul style="list-style-type: none"> <li>• Can move with or without apparatus for space, speed, direction and distance.</li> <li>• Can run in random directions on balls of the feet and lifting knees.</li> <li>• Can throw to a target at a distance and height.</li> <li>• Can demonstrate hoping and two foot jumping skills in all directions.</li> </ul>		

The document to be completed in each part as and when the facilitator notes the skills as the learners engage in their daily activities. There is no reason to wait for a particular time or for the facilitator to take time to assess the learners, but should be recorded as they happen spontaneously during the class activities.

Ventures Primary  
**PHYSICAL EDUCATION**  
**ECD B**

