



Physical Education
Grade 6 Term 3

Each week you will do your PE lessons from home and you will then send a video of yourself doing the activities for that week to the Google Drive link (to get the link please email me on neyo.mashlaw@gmail.com then I will send you the link).

If you do not send this video, you will get **I DID NOT PARTICIPATE** for that week which means that *you get a 0 for that lesson.*

- Remember there are 6 PE lessons, and this is marked out of 20.
- The final PE assessment is out of 10 and the same process will apply.

Lesson 1: <ul style="list-style-type: none"> Step-touch V-step Marching 	Date: _____ <table border="1"> <tr><td>I participated</td><td></td></tr> <tr><td>I did not participate</td><td></td></tr> <tr><td>I was absent</td><td></td></tr> </table>	I participated		I did not participate		I was absent	
I participated							
I did not participate							
I was absent							
Lesson 2: <ul style="list-style-type: none"> Side kick Forward kick Elbow-to-knee leg raise 	Date: _____ <table border="1"> <tr><td>I participated</td><td></td></tr> <tr><td>I did not participate</td><td></td></tr> <tr><td>I was absent</td><td></td></tr> </table>	I participated		I did not participate		I was absent	
I participated							
I did not participate							
I was absent							
Lesson 3: <ul style="list-style-type: none"> Heel-touch Box-step Running man 	Date: _____ <table border="1"> <tr><td>I participated</td><td></td></tr> <tr><td>I did not participate</td><td></td></tr> <tr><td>I was absent</td><td></td></tr> </table>	I participated		I did not participate		I was absent	
I participated							
I did not participate							
I was absent							
Lesson 4: ASSESSMENT 1 <ul style="list-style-type: none"> Dance routine with the <i>Step-touch</i>, the <i>Elbow-to-knee leg raise</i>, the <i>V-step</i> and the <i>Heel-touch</i> Remember to maintain Social distancing	Date: _____ <table border="1"> <tr><td>I participated</td><td></td></tr> <tr><td>I did not participate</td><td></td></tr> <tr><td>I was absent</td><td></td></tr> </table>	I participated		I did not participate		I was absent	
I participated							
I did not participate							
I was absent							
Lesson 5: <ul style="list-style-type: none"> The grapevine Around-the-world Grapevine (in a circle) 	Date: _____ <table border="1"> <tr><td>I participated</td><td></td></tr> <tr><td>I did not participate</td><td></td></tr> <tr><td>I was absent</td><td></td></tr> </table>	I participated		I did not participate		I was absent	
I participated							
I did not participate							
I was absent							

Lesson 6: ASSESSMENT 2

Date: _____

- Dance routine with the *Slide kick*, the *Box-step*, *Marching* and the *Grapevine*
- Remember to maintain Social distancing**

I participated	
I did not participate	
I was absent	

Marking:

- You will lose marks if you come to PE without the correct attire
- You will also lose marks if reflections are not done.
- The way you react and act in an activity will affect your marks, so remember to:
 - Keep calm
 - Be patient with one another
 - Have fun...