

Dear learner

ASSIGNMENT 5 SPORT: PRACTICAL DEMONSTRATION

LO3, AS4

Plan a hiking-trip. Equip yourself with hiking-shoes, a camera and a water-bottle. To ensure safety during the outing, it is essential to:

Plan the route properly

To consider the weather-forecast

Remain together in a group

To have a map at hand, as well as a cell-phone, a torch, emergency-kit, food and water.

GROUP-ASSESSMENT			
	EXCEPTIONAL	AVERAGE	POOR
The choice of the hiking-route: everyone considered			
Information gathered in advance regarding the relevant hike			
Completeness of list of requirements			
Discussion and implementation of safety-aspects			
Implementation of leadership			
Organisation and administration			
Process of hike			

Write a report (approximately 200 words) on the hiking-trip by referring to the achievement of goals and the shortcomings you experienced. Also make recommendations. The educator will assess the report by looking at the following aspects:

PARENTS ASSESSMENT							
	Not achieved	Only basics achieved	Average	Satisfying	Better than average	Meritorious	Outstanding
Correct format and length							
Discussion and evaluation of achievement of goals							
Shortcomings: pointing it out							
Realistic summary							
Relevant and practicable recommendations							

ASSIGNMENT 6
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SECTION A
STRETCHING-EXERCISES

Assess your stretching-exercises

SELF-ASSESSMENT			
	GOOD 1	MODERATE 2	BAD 3
PREPARATION Stretched for 15 minutes STRETCHING-EXERCISES <ul style="list-style-type: none"> • Touched chest with left knee for 5 minutes • Touched chest with right knee for 5 minutes • Touched left foot with left hand for 5 minutes • Touched right foot with right hand for 5 minutes • Hip-stretches • Thigh-stretches 			
TOTAL		18	

SECTION B

Play a volleyball-game with your friends/family..

Evaluate your own performance by completing the following assessment-criteria:

SKILLS	ALWAYS 3	SOMETIMES 2	NEVER 1
Send the ball over the net Stay in own play half Stay in position Good attacking-technique Good defending-technique Good balance Good coordination Control ball skilfully Keep ball moving and do not let it touch the ground			

GENERAL	GOOD	REASONABLE	POOR
Cooperation in group Discipline in team-context Attitude with regard to participation			
TOTAL			26
CONCLUSION			
SECTION A			18
SECTION B			26
TOTAL			45
FINAL MARK			100

ASSIGNMENT 7: Pre-Exam

Study The following:
Module A, Module B, Module D.
Marks: 75
1 ½ hour.

ASSIGNMENT 8: CERTIFICATES

Send copies of at least five of the following

I.D Document
Driver's licence (learners)
Bank account (letter – not the number)
Sport, registered as voter, first aid, IT, Study methods