

Laerskool Generaal Nicolaas Smit

Life Skills – Homework



Group A: 22 February- 26 February
Group B: 1 March- 5 March

Monday

- Talk to your parents about when you were born.
- Look at old baby photos.
- Write a paragraph (5-6 sentences) in your homework book about the stories your parents told you about when you were a baby.
- Complete DBE p. 2 & 3

Term 1 – Week 1 – Worksheet

About me

Each one of us is different and we are all special.
 Let's write: Fill in this identity document about yourself. Design a stamp for the ID.
 When you have done this, show your card to your friend.

What are the similarities and what are the differences between you and your friend?

Identity document

Name: _____

Age: _____

Date of Birth: _____

year month day

Place of birth: _____

Girl or boy: _____

Home language: _____

Colour of hair: _____

Height: _____ cm

Colour of eyes: _____

Signature _____

Draw a picture of yourself.

Term 1 – Week 1 – Worksheet

Date: _____

Let's talk: Now think about your life so far.

How far back can you remember?
 Can you remember your second birthday?
 Can you remember starting school?

Let's write: Fill in this timeline about your life.

I was born in	I began to talk in	I started school in	I came to grade 3 in
month			
year	20 _____	20 _____	20 _____

Tuesday

- In your homework book- Write about 10 school rules that you can remember.
- Complete DBE p. 4 & 5

- Do Movement (Locomotor, sport and games & Rhythm)

2

My school

Let's do Your teacher will help you to draw a timeline for your school. We have started it for you. Your teacher will tell you about other important events that you can add.

What year did your school open?	What year did your principal come to the school?	_____	_____
_____	_____	_____	_____

Let's write What is the history of your school? Find out the answers to the questions and write them in the spaces in the first column. Then draw pictures to show the history.

What year did your school open?	Draw a picture of your school.
_____	_____
Who was the first principal?	_____
_____	_____

Date: _____

What is the school motto.	Draw the school badge.
_____	_____
Mention something special about the school. Perhaps there was a special learner or special achievement.	Draw a picture to show something special about the school.
_____	_____
_____	_____

Do it outside Before you do an activity outside, first stretch like a cat. This will make it easier for your body to move. Also stretch after the activity to relax and cool down. This will help you not to get pains in your muscles. Now do what these children are doing.

Your teacher will call your name and throw the ball to you. Catch the ball before it falls.	
Now try to catch the ball in a bag when your friend throws it to you.	
Throw the ball to your friend and see if he or she can catch it in the bag.	
Stretch like a cat to relax.	

Wednesday

- Complete DBE p. 6 & 7
- Do Movement (Creative games and skills)

<p><u>Locomotor</u></p> <ul style="list-style-type: none"> • Athletics: Sprinting
<p><u>Sports and Games</u></p> <ul style="list-style-type: none"> • Athletics: relay running
<p><u>Rhythm</u></p> <ul style="list-style-type: none"> • Athletics: crouch start in sprinting (on your marks... get set...go!) • Athletics: long jump action determining take-off foot • Athletics: high jump action determining take-off foot

All about me



Let's talk

Think of something interesting that happened to you in your past and tell your friend so that he or she can get to know you better.



Let's talk

Tell your friend how this person changed from being a baby to being an old woman.



Let's sing

Work in a group. Make up a song and a dance.
In your group, write the words of the song in the space below.
Then show your class how you sing the song while you dance.



Thursday

- Complete DBE p. 8 & 9
- Do movement (Improvise and Interpret)

Creative games and skills:

- Warming up: co-ordination of isolated body parts such as arms swinging, swaying
- Warming up by focusing on breathing: e.g. 'painting with your breath', 'panting like a dog', etc.
- Drama games: develop interaction and cause and effect such as counting games, name games, etc.

Playing rhythm patterns and simple polyrhythms in 2, 3 or 4 time on percussion instruments - Use hands on their table

Bigger and older

Let's talk

Talk about how older children and older adults are different from you.

As time passes people get older. Their hair colour changes, their voices change, they get more muscles and they become wiser.

How do people change as they get older?



Let's write

Which of the following things do you do differently to the way your parents do them? Tick (✓) the correct face.

	Me		My parents	
Run without getting tired.				
Skip.				
Read a newspaper.				
Drive a car.				
Play in a tree.				

Date:

Let's sing

Let's get ready to sing. Make these sounds.

A quick sound like an ambulance siren.
 A slow sound like a song to put babies to sleep.
 A high sound like the birds singing.
 A low sound like a lion growling.

Do it outside

Can you catch a ball?

Throw a tennis ball into the air and catch it with both hands.

Throw it up and then clap your hands before you catch the ball.

Bounce the tennis ball on the ground.

Now make a bat using rolled up paper or a piece of wood. Use it to bounce the ball on the ground.

Now stretch like a cat.

Teacher
Sign
Date

Improvise and Interpret:

Learn and combine movements from South African dance e.g. Indian dance, Pantsula, with appropriate music