

Lesson 1

Manipulative Movements

Basic Skill of Shooting

Shooting means to kick or throw a ball with force towards or away from a goal post. We can shoot with our legs or hands depending on the game.

Shooting could be done when the ball is in one position or when it is moving. If a person wants to be a good shooter, the skill of shooting must be practised regularly.

Basic Skill of Heading

Heading means to hit a ball with the head to where we want it to go. It is one of the ways of playing soccer. You must look at the coming ball when you want to head it.

The player may have to jump up to meet and head the ball in the air. The skill of heading should be practised regularly if the player wants to be a good header .

Lesson 2

Fundamental Rhythms and Movements

Fundamental Rhythms and Movements are the basic body movements that have rhythm. Examples of such movements are leaping, walking, stepping and hopping.

Walking

Walking means to move by putting one leg after the other. We can walk forward, backward or side-ways

Stepping

Stepping means to move one foot before or behind the other while walking or moving. A person can step forward, backward or sideways.

Leaping

Leaping means to make a long and high jump or sudden movement in order to land in another place. When leaping, one can land on one or both feet. An example of animal that leaps is the kangaroo, because it moves by making very long jumps.

Hopping

Hopping means to make short and small jumps in order to move forward. The body is lifted up and comes down with one or both legs at the same time.

Examples of animals that hop are frogs, monkeys and grasshoppers

Wrong ways of leaping

- landing on the heels instead of toes;
- failing to move arms forward when leaping

Wrong ways of walking

- moving with the toes upwards;
- moving with the toes inwards;
- dragging the feet;
- walking with bent posture.

Wrong way of stepping

- when the body is not balanced on the second foot while the first foot is stepping forward.

Wrong way of hopping

not bending the knees slightly before hopping.

Lesson 3

Creative Rhythms and Movements

Creative rhythmic movements are movements that go with sounds. These include the following:

People Marching

A group of people for example, Boys Scouts, Girls Brigade, Soldiers and the Police produce rhythms and sounds while marching.

The command 'left right, left right' by the leader gives the group the marching order. This results in regular movements with rhythms and sounds. At the command of the leader, marching could become quick or slow.

Movement of Animals

Some animals that move in groups create specific rhythms and sounds as they move. Example of these animals are cows, camels, sheep, horses and elephants.

An increase in rhythm and sound is created by forcing the animals to move faster

Movement of Machines

Common machines such as grinding machines, generators, train engines, vehicle engines, printing machines, conveyor machines and motor-cycles produce specific rhythms and sounds when moving or when in use. Increase in speed increases the regular movement and sound of these machines.

Lesson 4

Locomotor Movements

Locomotor movement is the shifting of the whole body when moving from one place to another. The rhythm may or may not be even i.e. it may change and be unsteady.

Locomotor movements include jogging, galloping and skipping. Jogging is running slowly and steadily. It is a form of exercise or warm up in preparation for major games .

Wrong ways of running
running;
walking.

Wrong ways of galloping
landing when both knees are bent;
failure to shift weight to the landing foot.

Wrong ways of skipping
inability to hop on both legs;
landing on foot instead of on toes.

Revision Questions

1. Give two examples each of the following movements:
 - a. manipulative movements;
 - b. fundamental rhythmic movements;
 - c. creative rhythmic movements;
 - d. locomotor movements.

2. Give two examples of animals that:
 - a. hop;
 - b. gallop.

3. Mention one wrong way of:
 - a. leaping;
 - b. walking;
 - c. stepping;
 - d. hopping.

4. List four machines that make different rhythmic sounds.