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**GRADE 12 LIFE ORIENTATION 2021**

**PORTFOLIO TASK**

**TASK: PHYSICAL EDUCATION TASK**

**OBJECTIVE**

This task is aimed at giving learners an opportunity to explore and engage in a sustained and structured programme of physical activity as part of their personal growth and development.

On completion of this task learners should be able to:

1. Demonstrate the ability to set clear goals for their own physical development
2. Design and carry out a programme of sustained physical exercise or activity
3. Evaluate the personal health and social benefits of a programme of regular physical exercise and activity
4. Reflect mindfully on their own attitudes and thoughts about self-discipline and exercise.
5. Conduct and report on research about a particular form of physical or recreational activity.
6. Demonstrate and promote a particular type of physical exercise to their peers.

**TASK DESCRIPTION**

**This task consists of three parts A: an exercise programme B: a reflective report and C: demonstration “lesson” of a particular exercise.**

1. **Exercise programme**
2. Select some form of structured physical activity such as, for example, a gym training programme, dancing classes, hockey training or road running that you wish to take part in for a period of at least 9 weeks on a regular basis. You should engage in the activity at least 3 times per week. Complete part 1 of the report by giving a brief description and background of the activity.
3. Complete part 2 of the report (Baseline measurements)
4. Complete Part 3 of the report (Motivation statement)
5. Complete part 4 of the report (Goal setting)
6. Draw up a programme or exercise plan for your nine week training period. (You may ask your teacher for guidance on how to set this out) (part 5 of your report)
7. Follow your exercise programme, complete your training log and get your coach or training partner to sign your logbook of after each session.(part 6 of your report)
8. At the end of nine weeks complete part 7 of your report (Close out measurements)
9. **Reflective report**
10. Complete part 8 of your report by writing a short (200 -240 word reflection on what you learned or gained from following a regular exercise programme, what challenges you faced and how you addressed them and what you enjoyed the most from doing this activity.
11. Complete Part 9 of the report (Lesson plan)
12. Bind all 9 parts of your report together into a single document with a cover indicating your name and (if available) your examination number and submit it by 30 May to your Life orientation teacher. NB! Most of the work for this report must be started by the first week of April if you intend to meet the deadline. **Don’t leave it to the last minute!**
13. **Demonstration lesson**
14. You will also be required to prepare and carry out a short 8-10 minute “lesson” for the rest of the class in which you demonstrate and then supervise the rest of the class in performing a particular simple form of exercise (e.g.
15. how to do burpees: how to carry out a particular karate move; how to waltz; how to perform barbell curls)
16. Your “lesson” will need to include an **introduction** that explains the necessary **safety measures to avoid injury** and the **benefits and purpose** of the particular exercise. You will also need to prepare all the required **equipment and space** for the “lesson”, to **demonstrate the activity** and then to **encourage class members to perform** it and **monitor** and encourage them to ensure that they do it properly.
17. You need to liaise with your LO teacher to organize an opportunity to carry out your lesson. It is your responsibility to organize the time.

**ASSESSMENT**

There are separate rubrics for the report and the “lesson”. These will be handed to you.

The assessment will link directly to the objectives mentioned above and this will result in a final mark of 100 which will be converted for your portfolio mark.

**SUBMISSION REQUIREMENTS**

Reports must be neatly hand written or preferably typed in Arial 12 using 1.15 spacing. Pictures and diagrams must be included in the text and all references must be cited in the text and in a reference list at the end of the report. Each part of the report will be marked provisionally and given back to you and the parts must then be collated together into a single document with an appropriate cover page and submitted no later than **30 May** for final evaluation.

**ANNEXURES**

1. Report outline
2. Lesson plan outline
3. Rubric for report
4. Rubric for lesson