

TERM 3	FOCUS AREA: RECREATION AND RELAXATION
TIME ALLOCATED	ACTIVITY: INDIGENOUS / TRADITIONAL, RHYTHMICAL / MODERN DANCE 1 Hour (5 weeks)
SAFETY ISSUES	1. Clear the surface area before you exercise. 2. Spacing must be an arm's length away from next person. 3. Comfortable clothing, wear shoes to prevent injuries. 4. Drink liquids to prevent dehydration. 5. Follow instructions.
WARM UP	Warm up for five minutes by jogging on one sport before starting the activity.
ACTIVITY	* Dancing is to move your body rhythmically using steps and arm movement, mostly in time to music. Dancing is a relaxation form of recreation. It teaches you co-ordination and how to move. It helps to maintain your fitness. We have many indigenous rhythmic dances as part of our cultural heritage. INSTRUCTIONS: * Learners are divided into groups of 8 or 10. * Learners perform the dance type that they have mastered well and individual marks will be allocated according to their different performance. * Learners have 10 minutes to perform their dance. CRITERIA TO BE ASSESSED: * Intensity – variation of stress movement * Pitch – lowness or highness of a tone * Accent
SKILLS TO BE ASSESSED	Rhythm and dance steps Creativity
COOLING DOWN	SLOW DOWN AND DO YOUR MOVEMENTS GENTLY, WALK SLOWLY WHILE STRETCHING YOUR MUSCLES IN SLOW CONTROLLED MOVEMENTS.
N.B. THE FOLLOWING MARKING RUBRIC WILL BE USED TO ALLOCATE MARKS FOR MOVEMENT PERFORMANCE	

ACTIVITY: INDIGENOUS / TRADITIONAL, RHYTHMICAL / MODERN DANCE

					First observation: (5 Marks) Date:	Second observation: (5 Marks) Date:	Marks obtained: (10 Marks)
Outcome of movement performance.	Needs significant attention:	Requires attention and refinement:	Efficient, effective and appropriate:	Exceptional level of skills:			
SKILLS: RHYTHM, DANCE STEPS AND CREATIVITY	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity			
OUTCOME OF MOVEMENT PERFORMANCE 10 MARKS	(0-1 mark)	(2-3 marks)	(4 marks)	(5 marks)			
TOTAL TERM MARK							10

PET AND MARKING RUBRIC FOR LEARNERS

TERM 3

GRADE 10 AND 11

FOCUS AREA: RECREATION AND RELAXATION

ACTIVITY: INDIGENOUS / TRADITIONAL, RHYTHMICAL / MODERN DANCE

LEARNER'S NAME: _____

INFORMATION

* Dancing is to move your body rhythmically using steps and arm movement, mostly in time to music. Dancing is a relaxation form of recreation. It teaches you co-ordination and how to move. It helps to maintain your fitness. We have many indigenous rhythmic dances as part of our cultural heritage.

INSTRUCTIONS:

- * Learners are divided into groups of 8 or 10.
- * Learners perform the dance type that they have mastered well and individual marks will be allocated according to their different performance.
- * Learners have 10 minutes to perform their dance.

CRITERIA TO BE ASSESSED:

- * Intensity – variation of stress movement
- * Pitch – lowness or highness of a tone
- * Accent

					First observation: (5 Marks) Date:	Second observation: (5 Marks) Date:	Marks obtained: (10 Marks)
Outcome of movement performance:	Needs significant attention	Requires attention and refinement	Efficient, effective and appropriate	Exceptional level of skills			
SKILLS: RHYTHM, DANCE STEPS AND CREATIVITY	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity	Rhythm, dance steps and creativity			
	(0-1 mark)	(2- 3 marks)	(4 marks)	(5 marks)			
TOTAL TERM MARK							10