

# Two competitions for teachers

## Win prizes for your school in our Grade R and exercise competitions

**T**heTeacher, RedCap Foundation, AfriSam, McCarthy Limited and IPEB are pleased to announce details of the 2010 PEO Grade R Competition.

This is a national competition open to all grade R classes registered with the department of education. The winning grade R class in each province will receive R10 000.

To enter, the school must answer the following questions: How do you:

- Use play to build a child's confidence?
- Use play to teach children to solve problems?
- Use play to encourage your children to be creative?
- Use play to encourage your children to be good at working in groups?
- Encourage your children to play in a way that encourages them to explore the world?

What games do you play to promote movement and physical development – for ideas, have a look at the RedCap Foundation YOUNG-HEROES Life Orientation Manual which can be accessed through the department of education's School



Safety and Enrichment Programmes – contact 012 357 3436 or download from [www.redcapfoundation.org](http://www.redcapfoundation.org)

- Describe how, if you win, you would spend the money for the benefit of your grade R learners.

Pictures are welcome to support your answers. You must also tell us who you are by filling in details such as school name, EMIS number, grade R teacher's name, principal's name, contact person, contact numbers, fax number, email address, physical address, postal address, and provincial location.

**Rules:** Winners of the 2009 PEO Grade R Competition may not enter the 2010 competition. Only one entry per grade R teacher. Entries may not exceed 10 pages. The clos-



Regular exercise helps to maintain a healthy body and mind

ing date for the competition is November 30 2010.

Entries may be posted to PEO Grade R 2010 Competition, P O Box 843, Hyper by the Sea, 4053, Durban, faxed to 031 261 5213 or emailed to [nelen@ipeb.co.za](mailto:nelen@ipeb.co.za). Helpline: 031 261 5212 or [nelen@ipeb.co.za](mailto:nelen@ipeb.co.za).

### Exercise competition

We encourage you to continue the good work of instilling a passion for regular exercise in children and getting them to participate in physical activity at least once a week.

We encourage educators to participate in sport or maintain their fitness through regular exercise so they become role models to learners

in their schools.

Our articles focus on the four Assessment Standards of Learning Outcome Four of the foundation phase: Physical Development and Movement for Life Orientation in grades R to three.

This month's example is on the assessment standard three for grade two. Physical education teachers of grade R, one and three must refer to the Young Heroes Teacher Resource Manuals for their specific grade's exercises for the assessment stand-

ard three. This assessment standard refers to an outcome in which "the learner performs expressive movements or patterns rhythmically".

There are two exercise examples that can be used in the resource manual to achieve this outcome. Described below are exercises nine and 10 of the Young Heroes Teacher Resource Manual for grade two.

### Exercise nine: Coordinated Running

The teacher must do this activity with the learners, who must copy the teacher.

He/she will first run in a straight line and then progress to do many different movements. This can be in the form of jogging sideways, hops and stretches, incorporating different forms of clapping.

### Exercise 10: Marching

The teacher will lead the group of learners who will repeat what the teacher does. They will do different movements using body parts.

Read all the articles in this series and stand the chance of winning sports equipment for your school. Look out for our November issue.

