

Kwartaal 3:**Week 1-3: Liggaamsopvoeding**

Eenheid 3: Deelname aan en verfyning van die en portuurprestasie in bewegingsaktiwiteite (BI 146-147)

Opsomming:

- Versterking van kernspiere deur rotasie, galop en spring kan prestasie verbeter.

Kwartaal 3:**Week 4-6: Gesondheids-, sosiale en omgewingsverantwoordelikheid**

Eenheid 1: Begrip: vrywillige dienslewering (BI 148-150)

Opsomming:

- Vrywillige dienslewering help om selfvertroue te bou en jou verantwoordelik te maak.
- Gemeenskappe het verantwoordelikhede om die omgewing skoon en besoedelvry hou, gelyke toegang tot dienste en mense teen benadeling beskerm.
- Vrywilliger-organisasies in Suid-Afrika = Wêreldnatuurfonds en Hospice.
- Nieuwingsgewende organisasies maak staat op befondsing van ondernemings en skenkings.
- Vrywillige dienslewering kan sportafrigting, huiswerkies en boekvooriesing aan gesiggestremde.

 Sleutelwoorde:

Bydrae	Nieuwingsgewende organisasies	Gemeenskapsgebaseerde organisasie
iets wat jy gee, soos hulp.	Groep mense wat nie geld maak nie.	Groepe mense wat in 'n gemeenskap help.
Volhoubare ontwikkeling	Ongeneeslike siektes	
iets wat aanhou 'n gemeenskap bevoordeel.	'n Siekte wat nie genees kan word nie.	

Kwartaal 3:**Week 4-6: Liggaamsopvoeding**

Eenheid 2: Deelname aan en verfyning van die en groepsprestasie in bewegingsaktiwiteite (BI 160-161)

Opsomming:

- Gly behels om 'n tree na die kant toe te neem en die ander voet terug te sleep totdat jy regop staan en jy weer gebalanseer is.
- 'n Menspiramide behels 3 of 6 mense wat op mekaar balanseer om 'n piramide te vorm.
- Veiligheidskwessies moet in ag geneem word wanneer 'n menslike piramide gebou word.

Kwartaal 3:**Week 4-6: Liggaamsopvoeding**

Eenheid 3: Deelname aan en bewegingsuitvoering in bewegingsaktiwiteite (BI 162-163)

Opsomming:

- Doen die gly-oefening, oorevaansbalans en die tweede balansoefening.

Lo Graad 1november Exemplar

M Mosston



Lo Graad 1november Exemplar:

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