



LESSON PLAN TEMPLATE: INDIRECT METHOD



Grade: 5

Learning Area: Social Sciences

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Learning Area: Social Sciences

Topic: Map skills - South Africa from above

SILENT SITTING:

Imagine you are on a magic carpet, and you are flying high up in the beautiful blue sky. Take a deep breath in and out gently. As you open your eyes, you see the beauty of nature below you. Everything is magnificent from where you are. You see the high mountains, the lush green trees, the pretty flowers, the rivers flowing down to the sea and the great open spaces of sand, grass, animals and other creatures. You take in this majestic sight and thank God for the magic of His Creation. Your journey takes you slowly back to your seat in the classroom and as you open your eyes, the picture in your mind remains with you as you get ready to begin your lesson with a lovely smile on your face.

VALUE: Peace

SUB VALUE: Endurance

CONTENT:

A) AS PER CURRICULUM (*May use your required template as per National protocol or this part*)

High places and Low places. Coastal Plain, Escarpment, and Plateau. Location of the Highveld, Lowveld, Great Karoo, Little Karoo, Kalahari, and Namaqualand.

B) INTEGRATION:

1. Within Learning Areas

A map gives us the exact location, a place, an area of land, roads, cities, the sea, rivers, mountains, etc. showing precise physical features. It is about using directions to find your way: North, South, East and West. Knowing our land, its



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terrain and how it impacts on people is important as we live on Earth and knowledge about our Earth will enable us to take care of it because we understand its importance. God has created this Earth. He created man so that He could love man and be loved. The magnificence of His Creation is the greatest wonder of ALL. We are the very fortunate recipients to be a part of this unique Creation. The mountains, trees, rivers, and seas stand the test of time, enduring all types of weathering, climate change, and interference by man and animals. There is supreme peace in nature. As we experience the highs and lows in life there is an imbalance, so we need to look to nature and imbibe the strength, tranquility, humility by which nature reigns supreme and follow the example as we see in Nature. We also call it Mother Nature. Mothers take care of everything in life. Mother is a symbol of birth. God is the Creator. Jesus Christ said: "I am the Way, and the Truth and the Life. No one comes to the Father except through me." (John 14.6). Establish a path you wish to embark on and having the discipline to keep to it will take you to your destination. If you abide by the rules of your country, you will be an exemplary citizen, thus representing the nobility of every member of the country, ensuring that we abide by the law of the land as given to us in the Ten Principles. If we deal with everything that we experience with faith in God, we will develop equanimity and endure all that comes our way.

2. *Between Learning Areas:*

Literacy: knowing definitions are important in understanding concepts. When there is understanding you comprehend and that gives you peace of mind. When you are at peace you are calm. Having set your goals, you work hard to achieve them.

3. *Into The Universe/ Cosmos/ Creation*

Be like the mountain; steadfast, never moving from one place to another. Your mind needs to always be steadfast to help achieve peace of mind. We are all human and have numerous thoughts affecting who we are, and this impacts on things we say and do. Therefore, learn from the strength and power of the mountain and all that it stands for. Never wavering! If you can be equal-minded, you can achieve anything you want to achieve in your life. Endurance.



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C) SELF REFLECTION:

1. Am I strong enough to stand by any righteous decisions I make and not be influenced by others? If my friends decide that they want to go to the movies and not go to a compulsory school function, what would you do? Have the faith to believe that you can say no to your friends and do what you think is right. You can do this without hurting others. But knowing that doing what you think is right will make you feel good about yourself. When you are confronted with choices that you are not happy about, take time to think it over carefully and then decide. Sometimes the decision you make may not always be right but believe in yourself and you will be able to learn from mistakes that you make. Success depends on try, try and try again.
2. Consider the situation at home: Mum or Dad have to ensure that you have all the necessary things to live a comfortable life. For that to happen, they have to endure hardships, pleasures, sacrifices, etc. to make a happy home. Parents are generally very strong individuals who keep their families together. They are like the mountains that stand strong and upright. Learn to be righteous like them and endure what comes your way. Parents always set goals in life and through effort and determination they aim at making sure these goals are met. That is perseverance. Emulate them, you will appreciate the benefits later in life.



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Learning Area: Social Sciences

Topic: Physical Features and Human Activities

SILENT SITTING:

Imagine you are sitting under a tree in your garden. Make yourself comfortable on the soft grass. You smell the freshness of the soil. Breathe in gently and sit quietly. You are feeling calm and happy. You feel warm, safe and at peace. You feel the gentle breeze on your skin and hear the sound of rustling leaves. There is freshness all around. The sound of the birds chirping is like a beautiful song. Sit a few moments and enjoy the beauty of nature.

VALUE: Love

SUB VALUE: Caring, Tolerance, Inter-dependence

CONTENT:

A) AS PER CURRICULUM (*May use your required template as per National protocol or this part*)

Links between physical features and people. How do people adapt to the physical features of an area?

Ways in which human activities change physical landscapes - Dams, Roads, buildings.

B) INTEGRATION:

1. Within Learning Areas

People live off the land. Houses are built from sand, stone, wood, and glass, etc. We need all this from the land and need to only use what is necessary. We are dependent on the land, animals, trees and plants, the rivers and seas, roads, etc. an example of Interdependence is us giving plants carbon dioxide, and plants in turn give us oxygen. We need to care for our environment. We can do this by preserving our natural resources. Our environment will be safe and there will be harmony in the land. Creating means for survival allows for



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development of our industry and economy to be stable. However, purity, unity and harmony in thought, word and deed will foster just societies.

Sathya Sai Baba says:

“If there is righteousness in the heart,
There will be beauty in character.
If there is beauty in character,
There will be harmony in the home.
If there is harmony in the home,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.”

2. *Between Learning Areas:*

Life skills: Understanding how our livelihood is impacted depends largely on skills we acquire from childhood to adulthood. A strong and secure foundation creates easier methods to deal with challenges as we move from one stage of life to another. Qualities such as caring, tolerance, duty, selflessness give us the tools to cope. We need to be able to accept change and understand how it impacts on our life. Working together is critical for togetherness, unity, growth and development. Working together on projects enables efficiency in a particular portfolio. Flexibility allows for one to adjust and be accommodating. Life is a puzzle, where we fit pieces together to make the whole; to develop the land, many considerations need to be considered to show oneness. Each action impacts on the other.

3. *Into The Universe/ Cosmos/ Creation*

“No man is an island,” means that we need each other to survive. Being tolerant, caring and even depending on each other is man’s make up. Natural resources are available for everyone, there is an abundance, use it sparingly and consider others. Acting in accordance with the law of nature, results in equilibrium.

c) SELF REFLECTION:

“Love all and serve all” and “help ever, hurt never” is the motto by which we should live. Reflect on all actions to promote the Brotherhood of man and Fatherhood of God.

“Be good, do good and see good,” that is the way to God.



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Grade: 5

Learning Area: Social Sciences

Topic: Physical Features of South Africa

SILENT SITTING:

Gently close your eyes. Take slow breaths in and out at your own pace. Focus on your breath. Feel comfortable and relax. Imagine yourself walking from the top of a hill. Your steps are slow and as you walk you see the beautiful green grass and trees. There are various shades of green. You can smell the freshness of the clean air. You get close to a river and gently sit on the banks dipping your feet in the cool, clear water. It soothes your feet and you feel calm and relaxed. Along the river, little creatures can be seen and heard. It is very welcome in this perfect surrounding. You feel the breeze on your skin and take deep breaths in and out to experience the bliss. Relax and on the count of five, slowly open your eyes and remain seated as we begin with the activities of the day.

VALUE: Right Conduct

SUB VALUE: Goals

CONTENT:

A) AS PER CURRICULUM *(May use your required template as per National protocol or this part)*

Physical features: Mountains, Hills, Mountain Ranges. Rivers, Valleys, Lakes. Coasts
Location of main Physical features in Provinces. Place Names.



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B) INTEGRATION:

1. *Within Learning Areas*

Earth is made up of physical features such as mountains, rivers, valleys, coasts, cities, provinces, and places. People are made up of different parts which determine our physical features. A combination of these features makes up who we are and our character traits. The land also has specific features. Mountains and hills are for climbing. When we climb, we reach new heights. Aim high. Strive to use your potential to the fullest to achieve goals in life. Rivers are formed when water cuts through the land and flows downwards to the sea. Water is our life source; it is clear in its natural form and sustains life. If we can be clear in our vision, flow within the path, like the river does and be the source of giving to others as the river gives to us, we can survive in anything. Be selfless, always serving which is a very noble quality to possess. Give with no expectation of rewards. Names give us our identity. This defines who we are. The landforms are given names as well to show exactly what it is e.g., rivers, mountains. We need to acknowledge our uniqueness and appreciate the quality of life. When we are strong and have clear intentions, we reach our goals with humility.

2. *Between Learning Areas:*

Natural Science: Science also covers aspects of water and air and the elements. Trees provide oxygen which is the air that we breathe in. It is good to have plants in our home to provide oxygen for good health. Water must be purified for human consumption; Science teaches us methods of water purification. "Health is Wealth. Look after it." Says Sathya Sai Baba.

3. *Into The Universe/ Cosmos/ Creation*

A healthy childhood allows for the development of a stable and sound adult. Establish strength of character at a young age and a proper foundation is laid to allow for a good life ahead. Stability is key to managing your adult life. Just as the mountain stands strong and upright, every child should be guided to be the same: strong and powerful and holistic. As Sathya Sai Baba says: "The end of Education is Character."

C) SELF REFLECTION:

"Education is the most powerful weapon which you can use to change the World," said Mr. Nelson Mandela. When we look at everything that we do, remember the words of our great icon, and follow the advice given to make our lives better. Simple steps lead to great achievements. Set realistic goals and know that to fail is a stepping-stone to success. I like this better: Thomas Edison who invented the light bulb said: "I have not failed. I've just found 10 000 ways that won't work." Be positive and do not look upon not being able to do something as failure, but rather I have tried and found ways it does not work.



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Through this method of trying, you can experience a whole new way of thinking and doing things.

Reflect every day on things you do and ask yourself: Am I better today than I was yesterday. If your answer is yes, then you are on the right path, if no, then you need to find ways to improve. Ask others for help if you need it. Self-realization can help in boosting your self-esteem.



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Grade: 5

Learning Area: Social Sciences

Topic: Rivers

SILENT SITTING:

Please sit upright and focus on your breathing. Gently breathe in and out. Feel the breath filling your lungs with fresh, healthy air, refreshing you from head to toes. Feel the energy and allow it to move to all parts of your body, energizing every part of your being. Sit comfortably and enjoy the bliss of the water curling around your toes. Feel the softness of the sand in the river. The cool flowing water can be heard moving down river and it is calming and soothing. Enjoy the pleasure of this beautiful creation of our dear Lord. Give thanks for this unique natural resource we have been given as a gift to man and animals and nature. Bring your awareness back to the classroom.

VALUE: Non-Violence

SUB VALUE: Consideration, appreciation, concern

CONTENT:

A) AS PER CURRICULUM (*May use your required template as per National protocol or this part*)

Where Rivers begin and end. River Systems. Main Rivers of South Africa

B) INTEGRATION:

1. Within Learning Areas

The water we receive is our life source, bringing with it food as it allows for plants and crops to be nourished by its waters, providing water for animals to drink, for fish and other creatures to live in. The soil alongside the rivers are very fertile and good for vegetation and habitats. This provides all to gain from the benefits of rivers flowing through the land. The river is considerate, giving all it has for our benefit. Learn to appreciate nature and give back to nature by



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being law-abiding citizens and not causing harm to nature but taking care of it.

2. *Between Learning Areas:*

Natural Science and Literacy: we learn about recycling so that we can ensure that our environment is not harmed. Today the unfortunate mannerisms of some members of our society are causing pollution in the world. We need to all take recycling very seriously to save our planet. Become conscious of our actions and be very vigilant to make sure that we are not defaulting at any time and creating any harm to our environment. Throwing litter and causing pollution is an act of violence. Refrain from doing so and teach others to also follow the rules of the land. Be the example so that others can learn from your actions.

3. *Into The Universe/ Cosmos/ Creation*

The source of a river begins in mountains and hills. This is at a level above ground level and generally from the highest points. The river flows downwards. Our source of life comes from God, and as a norm we look up to the sky or above when most people refer to God. The high mountains and hills are the source of life, just as we think that God is above, and He is our source of life. God grants everything to us in abundance, so too the river provides in abundance for mankind and animals and nature (move to universe).

Sathya Sai Baba says: "Nature is not anyone's private property. It belongs to GOD". Treat it with the utmost respect as God respects everyone and everything equally. We need to always understand and appreciate nature, by taking great care to allow nature to abide by its laws and for us to abide by the laws of nature and the land. A good example we can learn from is the rain. When the rain falls, it does not choose to only fall in your yard and help the grass and the flowers in your garden to grow better, but it falls over a big area. It follows the law of nature that if the clouds are too heavy in a certain area, the rain will fall so that the land and living creatures can benefit from the rain. It provides nourishment for the whole area. The plants and trees get enough water to help its growth. The rivers get full, and people can use the water for their basic needs and to irrigate the land. The rain provides fresh water supply to the earth. It is a major component of the water cycle. We need water to survive.

Live in unity with nature. "The universe is the 'university' for man. Man should treat nature with reverence." Sathya Sai Baba

c) **SELF REFLECTION:**

"The heart with compassion is the temple of God," says Sathya Sai Baba. Every one of us should know that this body is the temple of God so revere it, and if you do, you will never harm anything in thought, word, or deed.



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Review all your actions with thought first then act. This will always allow for us to act rationally and be in harmony with ourselves and nature.

Always do a self-audit every day to check that you have been a responsible individual. Notice things that you sometimes do that are not always correct or righteous. Work on these negatives positively and you are on the road to change. Be confident in your attempts and success will reign.

Why must I study? Is it really necessary?

At school you have work that needs to be studied for assessments and your progression into the next grade. Your parents ask you to study, make a timetable to work on study times, study when you need to, etc. Please do try to listen and not get upset with them. They only want what is best for you. Just like the river flows downhill, over rocks and roots that may be in its way, it still does its work as it flows. So, whatever you find are obstacles in your path, overcome it with faith and God will bless you for your efforts and all will be well. Only much later in life will you realize that the care and concern shown by your parents was only for your benefit.

At the end of the year, when you get your results, you will be happy because the guidance of your parents helped you in progressing to the next grade. You will also realize that it made you learn with less stress and studying this way was more pleasant.



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Grade: 5 (Term 2, Week 1, History)

Learning Area: Social Sciences

Topic: The first farmers in South Africa

SILENT SITTING:

Please sit on a comfortable chair and close your eyes. Imagine that you are packing your clothes and necessities and you are going on a long trip. You say a silent prayer that you and your family will be safe on your trip. Always request for God's blessing. You are happy that you are going away and will be seeing many sights along the way. As you travel, you see the various colors of the sky, the grass, the mountains, buildings, and vehicles on the way. It is very picturesque. The countryside is beautiful and travelling through nature you feel calm, comfortable, and relaxed. You are safe with your dad driving and the family chats about the places you see. Dad shares a bit of information about the different areas, and it is very interesting to learn about these places and see new towns and villages. Everyone is singing and enjoying the wonderful scenery and the pleasant ride. You stop along the way to have lunch. Mum has prepared tasty sandwiches and hot drinks for the family. After eating, you thank mum for the delicious meal. You have a bathroom break and continue to your destination. You arrive at the place where you are staying and once again give thanks to God that you are safe. Bring your awareness back into the classroom, feel yourself sitting on the chair, hear the sound of your breath, gently open your eyes when you are ready.

VALUE: Non-Violence, Right Conduct

SUB VALUE: Consideration, Concern for others, Resourcefulness

CONTENT:

A) AS PER CURRICULUM (*May use your required template as per National protocol or this part*)

When Why and Where the first Farmers settled in Southern Africa



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B) INTEGRATION:

1. *Within Learning Areas*

Everyone needs a shelter. This is our home. For us to grow up in the society we live in, we must follow rules of the land and be exemplary citizens. Thousands of years ago, people lived in Central Africa, where they made a home for themselves. They worked hard on the land so that they could survive. However, the resources of the land soon got used up and the people had to move from place to place to find fertile soil and a place where they could live to grow their crops and take care of their cattle and sheep. They did not want to ruin the land and therefore moved so often. This shows consideration for their land and their families and their livestock. Wherever they went they made sure that the land was well taken care of. They also took care of each other and built good communities in different places. They shared ideas and lived happily with new people they met.

Our goal in life should always be concern for others and ensuring that the land is preserved. If resources are depleted, the land will be deprived, as regrowth takes long, and the land suffers through this. We need to maintain a balance and understand the importance of our land to prevent damage to it.

2. *Between Learning Areas:*

Life Skills

Caring for each other, our homes, our neighborhood, the community, our country and the World is important for us so that we help nature and man to interact in a manner that is good for the planet. Environmental awareness is integral for our consciousness and healthy living and interdependence. The skills we acquire are for life.

“True education is not for a mere living, but for a fuller and meaningful life.”
Sathya Sai Baba.

Always take care of the place where you live, or the class that you are in at school or the church that you go to or any other venue that you use. Observe all rules and make sure that when others are going to use it, it will be in a condition that you would like it to be. Everyone will be satisfied, and you will have a happy and content society.

(Move to universe no 3)

3. *Into The Universe/ Cosmos/ Creation*

The five elements reveal the interconnectedness of creation. In St. Francis of Assisi's *The Canticle of Brother Sun*, he called all creatures his brothers and sisters, acknowledging they are part of one independent family of Creation. This has profound significance. “Recognizing the five elements as God's gifts, their sanctity must be made use of in a proper and befitting manner.” Sathya Sai Baba.

Elements are an integral part of human existence. Respect the elements.



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C) SELF REFLECTION:

“The heart with compassion is the temple of God,” says Sathya Sai Baba. Every one of us should know that this body is the temple of God so revere it and if you do, you will never harm anything in thought, word, or deed.

“In dealing with Nature there are three requirements. The first is knowledge of the laws of Nature. The second is the skill to utilize the powers of Nature for human needs. The third is to maintain the balance among natural forces. It is the disturbance of this balance that has led to such consequences as soil erosion, pollution of the atmosphere, etc.” Sathya Sai Baba

A common and very devastating issue that the countries are facing is pollution. If every individual has a concern for Nature and others, they would seriously be promoting go-green, environmental awareness to SAVE THE EARTH. You can be instrumental in playing your part in Saving the World.

When I need to drink water, I take a full glass. I always drink only a little and throw the rest down the drain.

How can I change this bad habit into a good habit?

If I am not able to drink all the water, I can use it to water the plants. I can save it and add it to the dishes that I will be washing after dinner. In that way the water will not be wasted. Now, I’m going to be extremely careful and remember to take only a small amount of water so that I do not waste it.

Ways you can help the Earth: -

1. Saving Water
2. Recycling: Reuse, reduce, recycle
3. Planting trees
4. Avoid littering
5. Educate each other on Pollution
6. Volunteer for clean-ups
7. Do not send chemicals into our waterways
8. Use long lasting light bulbs
9. Use cloth bags for shopping

Reflect on these every day and try to take one aspect and practice in your daily life.