



# LESSON PLAN TEMPLATE: INDIRECT METHOD

**Grade: 6**

## **Learning Area: Life Skills**

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**Learning Area: Life Skills – Physical Education**

**Topic: Dance (Gym Jazz)**

## **SILENT SITTING:**

Sit comfortably with your back straight. Breathe in and out. Gently close your eyes. Imagine you are participating in the Olympics. As a South African you are on a parade with sportsmen of your country and other countries. You feel as if you are a patriot waving your flag high. This raises your self-confidence and your dependency on others of different cultures, creating teamwork to build up for the games. A great moment has arrived, and you can hear everyone cheering South Africa. Is it true? Am I really a participant in the Olympics? Do I really possess the qualities of a real sportsman such as tolerance, unity, and harmony? I wonder. I now realize that if I am here then I know I have the qualities and I can say I am a true sportsman of tolerance. Slowly open your eyes.

**VALUE:** Non-Violence

**SUB VALUE:** Tolerance

## **CONTENT:**

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

Participation in rhythmic patterns of movement with coordination and control.

- Learners warm-up- neck exercises, legs, and arms in tune with music.

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- Learners understand the concepts of rhythm and space
- Educator informs the learners on the benefits of gym jazz and then relates to the South African cultural dances.
- Learners are placed in groups in line formation and are taught jazz steps with coordination.



- Learners are then taught two steps of dance in the Zulu culture and Indian culture



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- Steps are then fused together at the end
- Lastly the learners perform a cool down to relax.



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## B) INTEGRATION:

### 1. *Within Learning Areas*

Dance is an activity that is individualized or done in groups. You need to be able to compete with yourself as well as to be able to work in harmony, unity, tolerance, and love with others with their own individuality. This activity requires a lot of coordination, control and understanding despite differences amongst group members. Movement does not come like magic. You need to persevere to coordinate movement in control. There must be coordination of thought, word, and deed for successful coordination of the movement amongst group members. This will bring about love and understanding despite the differences amongst others in the various groups. In the same way as we persevere to coordinate our movement in dance, we must persevere to reach our goals in life through love and understanding.

### 2. *Between Learning Areas:*

**English:** language skills of listening and speaking comes into play with the instruction of execution of activities and explanation of concepts of dance. This may raise a lot of questions. The teacher must be able to tolerate learners by not causing harm and hurting them. As the teacher instructs learners who are with special needs, they will have to teach with lots of love and tolerance by modifying and substituting activities. Hence using activities which meet the needs of individual learners by non-violence through understanding, tolerance, and respect. The teacher must feel the pain experienced by these challenged learners and relieve their pain by making them inclusive.

### 3. *Into The Universe/ Cosmos/ Creation*

The benefits of this dance are that you are able to work with others. This will make you realize that life is a rhythm with ups and downs and to be able to tolerate and live in harmony with others. We need to work in harmony not hurting others in thoughts, words, and deeds. We need to realize that everything is an integral part of nature. All things are connected like the blood that unites people of all cultures. We are a strand of the web of life. Therefore, we need to understand and tolerate each strand of that web. Hence, we must experience non-violence by realizing the oneness of all beings through tolerance by not causing harm to others.



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### C) SELF REFLECTION:

Child asks himself/herself:

I must not harm others in thoughts, words, and deeds. I must not speak ill of others and go on a fault-finding mission on others as I now realize that they have been created by the same God as I have.

I need to realize the oneness of all beings, no matter what race, culture, creed, or gender they come from. I must be able to tolerate my members of my family and my peers by not causing harm and hurting them. I need to realize that we are all connected through the resonance of love. Therefore, we should have unity in thought, word, and deed to carry out our daily tasks and see the unity in all through non-violence.



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**Learning Area: Life skills, Term 2 Week 1**

## **Topic: Health, Social and Environment Responsibility**

### **SILENT SITTING:**

- 5 mins meditation with soft music playing in the background

**VALUE:** Right Conduct

**SUB VALUE:** Responsibility

### **CONTENT:**

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

We should all take responsibility for our personal health. Good health is what we aim for and therefore it is important we learn about the different communicable diseases and ways to fight it. We have a social responsibility to ourselves and towards others. We also have a responsibility to look after and care for our environment.

**B) INTEGRATION:**

#### **1. Within Learning Areas**

Every experience that is drawn into the senses has an effect on one's health. We must be loving and responsible for the environment as it is a gift from God.



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## **2. *Between Learning Areas:***

Our health is wealth and our body, is our greatest asset, therefore our greatest responsibility is to keep it healthy and free from diseases through proper nourishment.

## **3. *Into the Universe/ Cosmos/ Creation***

We are responsible for everything that is happening in the world at present.

## **c) SELF REFLECTION:**

Every moment of our lives is a choice and every choice we make has a huge ripple effect. I choose to be responsible for the person I want to become.



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**Grade: 6**

**Learning Area: Life Skills: Term 2 Week**

## **Topic: Social Responsibility and Caring for People**

### **SILENT SITTING:**

Meditation with soft music playing in the background.

**VALUE:** Right Conduct

**SUB VALUE:** Responsibility

### **CONTENT:**

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

Basic hygiene principles to help maintain good health and prevention of diseases. Food hygiene is important in preparing food. Harmful ingredients in food that can affect our health. Social responsibility in preventing diseases.

Clean environment must always be maintained.

### **B) INTEGRATION:**

#### **1. Within Learning Areas**

The importance of partaking clean and healthy food and all that we intake through our five senses are equally important to maintain a healthy body, mind and soul. The company we keep is important.

#### **2. Between Learning Areas:**

The food eaten and partaken through our five senses gets digested and its essence is supplied to all parts of the body meaning that all healthy food





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partaken becomes one with the body. Seeking the company of the good will keep us free from troubles. Inner and outer cleanliness is essential.

### 3. *Into the Universe/ Cosmos/ Creation*

One has to offer oneself completely to God and offer prayer to God before partaking of food is important.

If you desire to instill God in your heart, then remember that “cleanliness is the doorway to Godliness”.

#### **c) SELF REFLECTION:**

I am grateful for my healthy body. I am thankful to God who resides in my body therefore I need to always keep it pure.



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**Grade: 6**

**Learning Area: Life Skills: Term 2 Week 3**

## **Topic: Health, Social and Environmental Responsibility**

### **SILENT SITTING:**

Meditation with soft music playing in the background

**VALUE:** Right Conduct

**SUB VALUE:** Responsibility

### **CONTENT:**

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

What are the Basic hygiene principles we need to learn for the protection of the body?

The importance of preparing and storing food carefully to keep us healthy.

### **B) INTEGRATION:**

#### **1. Within Learning Areas**

Develop consciousness and love for Mother nature as she provides us with all that we need in preparing good clean wholesome food that nourishes the body.



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### 2. *Between Learning Areas:*

There is an abundance of food, always much more of everything than I need, so I've added the joy of sharing with friends and neighbors and that makes me happy!

### 3. *Into the Universe/ Cosmos/ Creation*

Develop connection with this planet and Mother nature by caring for her.

#### c) **SELF REFLECTION:**

I lack nothing and all my needs are being met. I am self-sufficient. One of the greatest joys I have is when I see a seed responding to the warmth of the earth and having to help it to nurture into a form of consciousness that it has to become,

I harvest it and use it for preparation of a meal to be shared by everyone.



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**Grade: 6**

**Learning Area: Life Skills – Physical Education  
Term 3 week 1-2**

**Topic: Development of self: Bullying**

## **SILENT SITTING:**

Visualisation: A walk in the woods Close your eyes

- Imagine yourself walking in a forest, look around you and notice the different colors of trees, some trees were wide, some narrow, some short, some tall. Find one and hug a tree. Imagine this as your special friend.
- Feel the love of your friend. Know that we are created by God, who resides in each of us, searching for inner peace regardless of the colour of our skin, the language we speak, young or old.
- I will practice the qualities of Peace, Love, Truth, Right Action and Non - Violence with my friend.
- I will not inflict pain and will treat him with total respect, humility and kindness. Enjoy and feel that love for a while.
- Feel the oneness between you and the tree. Thank your tree for being there and being your friend.
- Start back on the path you came from and walk with the feeling of peace and joy in your heart.
- Open your eyes

**VALUE:** Right Conduct

**SUB VALUE:** Good Behavior



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## CONTENT:

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

Bullying is repetitive unreasonable unacceptable behavior or action directed towards an individual that may cause harm. It is wrong to intimidate, humiliate, and threaten others.

### B) INTEGRATION:

#### 1. *Within Learning Areas*

When we display good behavior, we reap good results, but bullying reaps negative results.

#### 2. *Between Learning Areas:*

When we invoke the good behavior in us, it helps us to be understanding towards others and their differences.

#### 3. *Into the Universe/ Cosmos/ Creation*

My good behavior takes me closer to God whilst bad behavior takes me away from God.

### C) SELF REFLECTION:

Inner reflection every day - Was my behavior good, loving and peaceful? Was my speech truthful? Was I hurtful? Self-reflect through art by making a poster on good behavior.



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Learning Area: Life Skills – Physical Education

## Topic: Dance (Street Dancing)

### SILENT SITTING:

Sit comfortably with your back straight. Breathe in and out. Gently close your eyes. Let us go on a journey. We are going to witness mother nature. Something is strange. Many species of plants and animals are becoming extinct. We need to realize that the whole web of life on earth will soon be destroyed. You are the most dominant form of life on earth. You stand out there and watch man have this terrifying ability to destroy. The air becomes polluted. You are suddenly in search of a gas mask and speak to yourself “why now, it is not too late”. you then gather all your friends and build up your inner strength to guide them to focus on this destruction of the environment. Telling them to persevere to stop the people from polluting the environment. Everybody becomes responsible and committed to this mission with lots of respect. Lots of respect is shown to the animals and the environment. You eventually achieved your goal through your inner strength with **perseverance** and unity of your team.

**VALUE:** Right Action

**SUB VALUE:** Perseverance

### CONTENT:

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

Participation in rhythmic patterns of movement with co-ordination and control.

- Learners warm-up- neck exercises, legs, and arms in tune with music

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- Learners understand the concepts of rhythm and space
- Educator informs the learners on the benefits of street dancing and then relate it to gym jazz
- Learners are placed in groups in line formation and are taught jazz steps with walk and cross step to the rhythm and beat created by the teacher.



- Learners then perform steps in unison with every member of the class.



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- Learners follow a sequence of steps taught by the teacher. E.g. 4 walks -cross step and a glide and hands stretch to a kick. Repeat to the left and the right then a double jazz and a turn.



- Learners are placed in rows so that they could use the steps taught by the teacher to create their own dance in a group and combine it with something of their own creation. Steps like walk, run, cross step, kick, single and double jazz can be used.
- Steps are then fused together at the end as a class.
- Lastly the learners perform a cool down to relax. The rag doll relaxation is used.

### B) INTEGRATION:

#### 1. *Within Learning Areas*

Street dance is an activity that is performed in groups. You need to be able to focus on the goal by using your inner strength through **perseverance**. This activity requires a lot of coordination, control and understanding amongst group members. One needs to **persevere** to coordinate movement in control. There must be no stopping till the goal is reached. There must be harmony in thought, word, and deed for successful achievement in coordination of the movement amongst group members. This will bring about sincerity and courage in reaching the goal of being a good performer. One needs to be bold by having the right attitude and be able to work with love and respect amongst group members. In the same way as we **persevere** to coordinate our movement in dance, we must **persevere** to reach our goals in life through love and understanding. By **persevering** to doing one's level best, will allow your inner





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strength to develop so that you may cope with ease in all your activities in life. Through **persevering** to do the best one will be able to conquer all enemies of man.

### 2. *Between Learning Areas:*

**English:** language skills of listening and speaking comes into play with the instruction of execution of activities and explanation of concepts of street dancing. This may raise a lot of questions. The teacher must be able to create opportunities through the use of language for learners to meet difficult and easy challenges in their tasks. This will develop the thinking process of learners so that they will have to work in harmony in thought and deed in order to reach their goal. This would require the inner strength of each individual or their level of consciousness to focus and reach their goal.

**Perseverance** in the activity by each individual will eventually achieve success and create focus amongst group members so that they will never stop until they reach their goal set by their teacher.

**HSS: Destruction of the environment-** We need to remember, there is a link between our own health and the health of the environment. What is good for you is good for nature too. In order for one to experience our self- worth and the self -worth of animals we have to **persevere** to not allow ourselves and animals to be endangered as all have come from creation. We need to always strive to keep our environment clean. Respect and love must always prevail. This can only be achieved through focus and perseverance.

### 3. *Into The Universe/ Cosmos/ Creation*

The benefits of this street dance are that you are able to work with others and become successful in life through God. Street dancing contributes directly to physical fitness and good health. But man is not merely the gross body alone. He has the subtle element in him, namely, the mind. It is only when man achieves purity of mind and develops unselfishness that he can acquire peace of mind and experience genuine happiness. Learners should realise that the determination and **perseverance** they show in seeking to win in dance are also equally necessary in other spheres of life, especially in those of morality and spirituality. The first quality that you must cultivate is gratitude to the Divine. This is only possible through **perseverance** and inner strength. God is not separate from you. One must develop love towards God and have an inseparable bond of love with God. ". One must develop the feeling that God and himself/herself are one and the same and that God is in him/her. You need to develop your virtues as well, then only will you become successful. Therefore, you can develop inner strength and become successful in life by achieving all your goals.

An example of **perseverance** through the belief in God. Thomas Alva Edison was born in a poor family on February 11, 1847, in the state of Ohio. Although



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he made no progress in his studies, he became a great inventor, because of his supreme self-confidence and his **perseverance** and determination in the pursuits of his experiments. Edison became the greatest inventor of our times because of his tremendous **perseverance** and tireless experiments. The world owes to him the electric bulb, the gramophone, the telephone, and many other inventions.

Believing in God will make you develop your inner strength so that you will **persevere** to reach your goals by being bold and fearless. We need to work in harmony, not hurting others in thoughts, words, and deeds. We need to realize that everything is an integral part of creation.

### c) SELF REFLECTION:

Child asks himself/herself:

Do I **persevere** to work hard in my tasks so that I can perform well?

Do I **persevere** to complete all my tasks on time that I have been given?

Do I surrender to my inner strength to reach my goals as a scholar?

When **persevering** do I believe in myself to reach my goals without hurting others.

We need to realize that we have inner strength. In order for us to be successful in life we need to have the correct attitude and character. We must use our inner strength. We must have correct focus and **persevere** in all our endeavors. This can only be made possible by believing that we have come from God. We must have unity in thought, word, and deed. We have to believe in ourselves, knowing that if we **persevere**, we will achieve all our goals in life. God has created us with the ability to achieve, therefore we need to realize our capability and with self-confidence we will never stop striving to reach that goal. For that we need to be grateful to God. We will have to always focus, using our inner strength to achieve our goals keeping in mind that we have the right attitude with respect and love for all. Never hurting others in the process of perseverance to reaching my goals.



# LESSON PLAN TEMPLATE: INDIRECT METHOD

**Grade: 6**

**Learning Area: Life Skills: Term 3 week 3 and 4**

## **Topic: Social Responsibility- Caring for Animals**

### **SILENT SITTING:**

- Breathing exercises and close your eyes and think of the time you were very, very close to an animal that you love.
- Imagine touching its fur or skin.
- Feel it is warm and comforting.
- Imagine stroking it gently.
- Think of kind thoughts towards it.
- Imagine speaking to it quietly and treating it with respect.
- Know that it has feelings like you.
- Imagine hugging it and say that it is safe with you.
- Open your eyes.

**VALUE:** Non-Violence

**SUB VALUE:** Protection (of all of God's Creation)

### **CONTENT:**

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

Social responsibility and care for yourself. How to care, protect and treat animals? How to stop animal cruelty and ways to keep them safe at all times.

### **B) INTEGRATION:**

#### **1. Within Learning Areas**



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Animals matter to me, as they are living beings, they too have the right to be treated well and protected.

### **2. *Between Learning Areas:***

I don't like it when people harm animals as they too have emotions like us therefore, we must always protect them.

### **3. *Into the Universe/ Cosmos/ Creation***

I cannot imagine a world without animals; therefore, I must treat them with love, and compassion and protect them as they are part of God's creation.

### **c) SELF REFLECTION:**

Personal introspection of our treatment of animals around us. What can we do to stop animal abuse?



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**Grade: 6**

**Learning Area: Life Skills: Term 3- Week 5 and 6**

## **Topic: Social Responsibility and Caring for People**

### **SILENT SITTING:**

Meditation with soft music playing in the background

**VALUE:** Love

**SUB VALUE:** Caring

### **CONTENT:**

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

You have a Social responsibility to care for yourself and care for others while considering their needs and showing acts of kindness especially to those that need help.

### **B) INTEGRATION:**

#### **1. Within Learning Areas**

Being compassionate and caring are inherent in us and automatically comes out when we see others suffering.

#### **2. Between Learning Areas:**

When we care, it goes beyond others, giving us this amazing feeling of love and peace that affects not only you, but gets transferred to others through your actions.



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### 3. *Into the Universe/ Cosmos/ Creation*

When we love and care for others, we realize the oneness behind all forms.

#### **c) SELF REFLECTION:**

Have I done something to help another which showed care? What did I feel inside of me? I would take two plants and give love and care to one and leave the other one unattended. See and observe which one of the two grew healthier? Give your explanation on the outcome.



# LESSON PLAN TEMPLATE: INDIRECT METHOD

Grade: 6

Learning Area: Life skills- Term 3 week 7-8

## Topic: Social Responsibility, Nation building and Cultural heritage

### SILENT SITTING:

Silent sitting and have the national anthem playing in the background and meditating on the meaning of coming together as one

VALUE: Non-Violence

SUB VALUE: Unity

### CONTENT:

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

Social responsibility to yourself and country, Nation building and cultural heritage. How does cultural heritage unify the nation?

Celebrating national days and recognizing our national symbols.

### B) INTEGRATION:

#### 1. *Within Learning Areas*

A person's national identity comes from their sense of unity or oneness to a country and being proud of its history, culture, Languages and traditions.

#### 2. *Between Learning Areas:*



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I understand and respect the principle of unity and together we can achieve everything we hope for.

### **3. *Into the Universe/ Cosmos/ Creation***

When I practice unity there will be purity and when there is purity divinity will manifest. We have to always remember that we are all linked or united in the universe. When we break this link of unity by engaging in wrongful acts, we cause harm to the whole of creation.

#### **C) SELF REFLECTION:**

Is there unity in my thoughts, words and actions? Do I practice unity at home with my family? at school? Am I leading my life in view of unity, purity and divinity?





# LESSON PLAN TEMPLATE: INDIRECT METHOD

**Grade: 6**

**Learning Area: Life skills - Term 4- week 2 and 3**

## **Topic: Social responsibility and gender stereotyping, abuse on personal and social relationships**

### **SILENT SITTING:**

- Meditation with a soft music playing

**VALUE:** Right Conduct

**SUB VALUE:** Respect

### **CONTENT:**

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

Social responsibility and dealing with stereotyping and abuse

### **E) INTEGRATION:**

#### **4. Within Learning Areas**

Encourage acceptance of people's differences and respect them, rather than demonizing them, in this way you can overcome and redefine stereotypes.

#### **5. Between Learning Areas:**

When you see something in someone that causes you to make an assumption about them, take a moment, think positively and find something about them that is wonderful. Respecting them and understanding who they are builds connection and trust.



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### 6. *Into the Universe/ Cosmos/ Creation*

We must respect all human beings, regardless of their culture, background and gender, as we are all created in the image of God.

#### F) SELF REFLECTION:

Do I treat everyone with respect, the same way I would want them to treat me?  
Have I stepped out of my comfort zone in showing respect to others through my actions and conversations?

#### SILENT SITTING:

- Meditation

VALUE: Non-Violence

SUB VALUE: Service to Others

#### CONTENT:

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

Basic hygiene guidelines we can practice to protect and keep ourselves safe through first aid

#### H) INTEGRATION:

### 7. *Within Learning Areas*

It is important to learn the basic first aid principles, adhere to basic hygiene guidelines, prevent illnesses and stay healthy. I can then serve others by teaching those who are younger how to look after themselves, and serving those in need when and if first aid is required.



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### 8. *Between Learning Areas:*

Being able to administer first aid to someone in need could be lifesaving and should be seen as an honourable service to others. Just being there at the time of the injury or accident allows the individual to feel supported and not alone.

### 9. *Into the Universe/ Cosmos/ Creation*

We can serve nature by taking care of the environment, plants, animals and avoiding pollution of water and air. When we serve one we serve the universe. We harm one, we harm the universe.

#### 1) **SELF REFLECTION:**

Do I serve others when they are in need? Am I able to show how to keep my body safe and clean? Do I know what I need to do when I get a scrape or cut? Can you think of a time you assisted someone administering first aid or assisted in giving someone first aid?



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**Grade: 6**

**Learning Area: Life skills - Social Responsibility  
term 4 week 4 – 6**

## **Topic: Social responsibility and cultural rites of Passage**

### **SILENT SITTING:**

- 5 mins sitting silently with eyes closed

**VALUE:** Love

**SUB VALUE:** Acceptance

### **CONTENT:**

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

Social responsibility and cultural rites of passage. Important stages in the individual's personal and social life. Many of the most important rites of passage are connected with the milestone of life, birth, and everything in between till death.

### **B) INTEGRATION:**

#### **1. Within Learning Areas**

Ceremonies that reflect and celebrate the different milestones in an individual's life are found in all cultures. These important ceremonies are critical events that form part of human life, therefore showing acceptance to the different rituals and traditions as well as learning about the differences are an important social responsibility. Cultural rites of passage can sometimes lead to cognitive dissonance and therefore an individual would need to accept their "new self" and society would need to accept them.



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## **2. *Between Learning Areas:***

We must demonstrate acceptance to the different rituals and traditions in the different cultures, faith and castes and acknowledge the diversity in them.

## **3. *Into the Universe/ Cosmos/ Creation***

We must show acceptance by bowing one's head, greeting or putting the hands together to honor the divine in the other person as it is regarded as one of the highest qualities of the soul and it involves true faith in God and love for His creation.

### **c) SELF REFLECTION:**

The community that we live in today comprises many diverse groups that guide our life. Do I treat everyone with acceptance in respect to their culture? Am I leading by example in showing acceptance of others or do I disrespect and make a mockery of their culture and beliefs?