FOUNDATION PHASE: LIFE SKILLS GRADE 3

GUIDELINES ON HOW TO USE THE ADJUSTED CURRICULUM FOR LIFE SKILLS IN FOUNDATION PHASE:

- Life Skills is the backbone to teaching and learning in Foundation Phase. This fact cannot be emphasized strongly enough. It enables "deep teaching and learning" when learners use the vocabulary, created Shared reading and writing texts, dictionary skills, creative writing and so forth.
- Beginning Knowledge and Personal and Social Well-being in the Life Skills curriculum are organized into topics. The use of topics is suggested as a means to integrate the content from the different study areas where possible and appropriate. Selected Life Skills topics in the CAPS for term 1 to 4 need to be covered
- The Life Skills Curriculum for Term 1 to 4 is encapsulated in this document.
- As in Term 2 to 4, the document includes Skills and Values, Core concepts and knowledge as well as possible resources to be used which is not included in CAPS.
- Life Skills content has been scaffolded in a coherent, simple manner across the allocated weeks for each Term.
- Four weeks has been allocated for 'Readiness" for Grade 1 which includes Perceptual development and Phonological awareness for learners who may not be ready for the formal curriculum. Learning and teaching will continue after 2 weeks using the Topic as prescribed. Read-aloud, Shared reading, games, sing-along, puzzle building continues as in the Topic "Me".
- The Grade 1 context will determine whether some learners will need longer than 4 weeks and those few learners can continue the "Readiness Programme and Phonological awareness" alongside teaching. YOU MAY ADJUST THE WEEKS TO TEACH THE LIFE SKILLS TOPICS IN TERM 1 depending on how many weeks the learners needed to "catch up".
- Grade 2 to 3 has an allocated 2 weeks for Baseline and orientation. You may use Term 4 Topics if you need to catch-up in Languages. Use the Topics, Content and skills to drive the Language teaching. YOU MAY ADJUST THE WEEKS TO TEACH THE LIFE SKILLS TOPICS IN TERM 1 depending on how many weeks your learners needed to "catch up".

PLEASE NOTE THE FOLLOWING WHEN TEACHING THE MORE PRACTICAL STUDY AREAS (NATURAL SCIENCE, TECHNOLOGY, CREATIVE ARTS AND PHYSICAL EDUCATION) OF LIFE SKILLS

- PLAY, is the most important pedagogy in Foundation Phase and cannot be neglected. This within COVID adherences.
- Learners need to feel that they belong and part of a group as this foster as sense of belonging and acceptance, especially in these times.
- Creative Art, Singing and movement is a form of therapy to counteract the stresses which may be present. Psycho-social and emotional support is one of our priorities.
- In most cases some activities have either been omitted or adapted to adhere to social distancing. THE ACTIVITIES MAY BE ADAPTED to suit each context.

GUIDELINES FOR SCHOOL-BASED ASSESSMENT:

- This will be a continuous, informal process through observation and mostly practical in nature. Learners are to have multiple opportunities before any formal recording or code is given.
- Beginning Knowledge and Personal well-being may be a written assessment, however topics which included practical such as recording weather, plant growth, making a plant holder can be used as an assessment for both Life Skills and Home Language. Similarly, an art piece and 'talking' about your art piece can be used both for CA and Oral...Listening and Speaking. Use a rubric (one for each) with specific descriptors for each of the skills and outcomes specific to the product (oral and the art piece)
- Use the SBA Guidelines You may adapt some of the rubrics.

We find ourselves in a very different "new normal" and we would like to remind you to take care of yourselves. Thank you for your dedication and drive to prepare our learners to be competent readers, critical

thinkers and problem solvers.

		G	GRADE 3 REV	ISED TEACI	HING PLANS	: LIFE SKILI	LS			
TERM 1 45 DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
	 Remind learners Encourage learn Learners are to Supervise snack Teach them to o Wash hands wit Sanitize and cle Slogan: Keep yo Help learners to 	tines are to be strices of the daily routine ners to stay at home wear masks every d	when ill. lay. Masks are only d nose with a flexed ten or sanitize your ed surfaces or (5 tab learners about soci on, increase resilience	elbow or tissue w hands ble spoons of jik to al distancing and	then coughing or sr 1 litre of water) toy how to greet withou	neezing. Dispose /s, stationery, obje ut touching.	of the used tissue ects, etc. Introduce	·	utine.	
	Maintain a regul	ar routine to keep th	re abnormal situation	·		AFETY OF THEIR	LEARNERS IN THE	IR OWN CONTEXTS	S	
	design, enquiry s Creative Arts [Vis Physical Educatic comprehension p Every Life Skills distancing, what Learners are exp PLEASE NOTE: EXECONTROL IMPULSE	ckills, etc. Ensure that sual Arts and Perform on will be implement of the property of the comment of the comment of the complete the c	at vocabulary develorming Arts] should be ted for one hour per meaning", stories, pose with a 5-minute less whom, discussing the DBE workbook as CONTROL AND REREMEMBER INFORI	ppment is intention in integrated very so week, the 2 nd howed beens etc. esson based on many when a friend/factivities and one of the complete of the comple	nally included to impersonally with Language with Language will be utilised for aking learners awa mily member passor two written activitive AND SOCIAL BE	prove language. ages. r reading of Perso are of Covid-19 ad away, etc. ies or practical pe	nal and Social We Idressing washing or week in a class w	II-being and Begini hands, healthy hab workbook for BK ar	ning Knowledge condits, symptoms of Cond PSW KILLS ENABLE LEAF SOCIAL AND STRES	tent knowledge e.g. ovid-19, social

CAP	S TOPICS:	ORIENTATION/ BASELINE	ORIENTATIO N/ BASELINE	ABOUT ME	ABOUT ME	FEELINGS	HEALTH PROTEC- TION	KEEPING MY BODY SAFE	KEEPING MY BODY SAFE	RIGHTS AND RESPONSIBI- LITY	RIGHTS AND RESPONSIBI- LITY
	SKILLS AND VALUES: Compare Observe Communicate Identify/Identity Ability to Respect Tolerance etc.	 To show respect, love and acceptance To demonstrate SKAVs 	 To show respect, love and acceptance To demonstrate SKAVs 	Self-respectSequential eventsIdentity	 Self-respect Calendar dates/years/ Sequential events Identity 	IdentifyCompareCommunicateHealthy expression	Ability to practice basic first aid	Identify danger Communi -cate	Ability to report abuse Communi -cate	IdentifyCompareRespectTolerance	IdentifyCompareRespectTolerance
9	CORE CONCEPTS & KNOWLEDGE:	 Orientation to rules and procedures Places in the classroom and school Baseline 	 Orientation to rules and procedures Places in the classroom and school Baseline 	Dates and eventsRecord	Research / Ask adults Record	 Understanding own feelings Expression of feelings 	 Know- ledge of what to do if injured 	Knowl- edge of protecting oneself	Knowledge of contacts and what to do	Understand own rights and responsibili- ties	Understand others' rights and responsibili- ties
ELL-BEIN	PRE- KNOWLEDGE	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge	Perceptual skillsEveryday knowledge
PERSONAL AND SOCIAL WELL-BEING	CONTENT: CAPS REMEMBER to always be aware of activities to promote Executive Functioning- Working memory Inhibitory control Self-regulation	Baseline HL & Mathematics CAPS – Previous year SKAVs of Term ? covered	Baseline HL Mathematics CAPS – Previous year SKAVs of ? covered	Timeline of own life - include date of birth, starting school, at least one interesting fact Timeline of own life - include date of birth, starting school, at least one interesting fact	An interesting object from my past — Show and tell	Things that make me happy and things that make me sad Recognising feelings - such as anger, fear,	 Basic first aid practices in situations such as nose bleeds, animal bites, cuts and burns Basic health and 	We are not safe with everyone Rules to keep my body safe Trusting 'Yes' and 'No' feelings How to say 'No' to any	How to report abuse Note: This topic should focus on the prevention of physical and sexual abuse	Learners' rights and responsibiliti es Rights and responsibiliti es of others At home At school	Rights and responsibilitie s of others In our community In the environment

						worry, loneliness Good ways to express what we feel Apologies - how to say sorry Note: Use pictures, stories, rhymes, puppets and masks-Home Language	hygiene - include not touching other people's blood	form of abuse			
OPTI OF D	IMAL USE	•	•	 DBE WB pg. 2-3 Flashcards- Vocabulary 3D objects 	DBE WB pg. 6-83D objects	DBE WB pg. 10-14 Flashcards- Vocabulary Charts Video	DBE WB pg. 18-21 Flashcard s- Vocabular y Charts Video Invite a nurse	DBE WB pg. 22-24 Flash- cards- Vocabu- lary Charts Video	DBE WB pg. 26-27 Flash- cards- Vocabu- lary Charts Invite a Police Officer	 DBE WB pg. 28-29 Flashcards-Vocabulary Charts Video 	DBE WB pg. 30 -31 Flashcards-Vocabulary Charts Video
	DRMAL ESSMENT	Mathematics.Written activitiSkills, knowled demonstrate tl	must be observed es can be given.	and assessed dur titude and values a practically and in w	ing daily lesson	activities in Life S	OULD BE DISC Skills. Also note	SKAVs that is de	veloped and mas	tered for Home La	

SCHOOL BASED ASSESSMENT:	REFER TO DBE SBA Guidelines

TERM 1 45 DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
CAPS TOPICS	ORIENTATION/ BASELINE	ORIENTATION / BASELINE	ABOUT ME	ABOUT ME	FEELINGS	HEALTH PROTEC- TION	KEEPING MY BODY SAFE	KEEPING MY BODY SAFE	RIGHTS AND RESPONSIBILITY	RIGHTS AND RESPONSIBILITY
SKILLS AND VALUES: Observe Compare Classify Measure Experiment Communicate Respect	 To show respect, love and acceptanc e To demonstr ate SKAVs 	To show respect, love and acceptance To demonstrat e SKAVs	 Identify Compare Represent in pictures, word in chronologic al order Communica te 	 Identify Compare Represent in pictures, word in chronologi cal order Communic ate 	No natural link	No natural link	No natural link	No natural link	constitution	The constitutionChildren's rights

REMEMBER to always be aware of activities to promote **Executive Functioning:**Working memory, Inhibitory control and Self-regulation

CORE CONCEPTS & KNOWLEDGE:	 Orientation to rules and procedures Places in the classroom and school Baseline 	 Orientation to rules and procedures Places in the classroom and school Baseline 	Understand time and change Represent time chronologically According to events	Under- stand that the time in your life is part of your History			Knowledge of rights and how to exercise these	Knowledge of rights and how to exercise these
CONTENT CAPS ENSURE OPTIMAL USE OF	 Baseline HL & Mathematics CAPS – Previous year SKAVs to Term covered 	Baseline HL Mathematics CAPS – Previous year	Timeline of own life - include date of birth, starting school, at	An interesting object from my past – Show and tell			 Children's rights Every child has a right to basic nutrition, shelter, health care and social 	 Children's rights Every child has a right to basic nutrition, shelter, health care and social

DBE WORKBOOKS Reading for meaning (comprehension) of fictional and non-fictional text	SKAVs to Term covered	least one interesting fact - My first tooth - My first step - First day at play school				services as well as the right to be protected from maltreatment, neglect, abuse and degradation"	services as well as the right to be protected from maltreatment, neglect, abuse and degradation"
RESOURCES ENSURE OPTIMAL USE OF DBE WORKBOOKS		 DBE WB pg. 2-3 Flashcards- Vocabulary 3D objects 	Flash- cards- Vocabu- lary3D objects	 DBE WB pg. 59 Flash- cards- Vocabu- lary 3D objects 	Flash-cards-Vocabulary3D objects	Flashcards- Vocabulary	Flashcards- Vocabulary

WEATHER

THE WEATHER CHART SHOULD BE UPDATED DAILY THROUGHOUT THE YEAR.

- Predictions
- Minimum and maximum temperature
- Symbols (Celsius, WEATHER forecast)
- Cloud cover
- Complete own WEATHED chart

Complete own WEATHER Comp	 The practical activities must be observed and informally assessed during daily lesson activities in Life Skills. Also note SKAVs that is developing, developed and mastered for Home Language and Mathematics Some written activities can be given. Skills, knowledge application, attitude and values are not meant to be an assessment activity but ensure that leaners are afforded opportunities to demonstrate these skills orally and practically. This is informal and ongoing
SCHOOL BASED ASSESSMENT:	REFER TO DBE SBA Guidelines

Use of tools: safety, consideration of others, sharing resources [COVID]					х					
				VISUAL	LITREACY					
Art elements: identify and name all art elements			Х				Х			
Use artworks and visual stimuli to relate to own work			Х				Х			
				REATIVE GA	MES AND SKI	LIS				
Own space	at chair – Teacher	to he aware of lo					vity a a davalar	core strangth	using chair routing	46
	IOVEMENT TO BE									
Warming up: co- ordination of isolated body parts such as arms swinging, swaying	х									
 Warming up by focusing on breathing: e.g. 'painting with your breath', 'panting like a dog', etc. 	х	х		х		Х		Х		Х
 Warming-up the voice and singing songs (unison, rounds and call and response songs) in tune and in time 		х		х		Х		Х		Х
Drama games: develop interaction and cause and effect such as counting games, name games, etc.			Х							

	DI dia anala di ana anatta ana										
	 Playing rhythm patterns and simple polyrhythms 										
	in 2, 3 or 4 time on			X		Х					
	percussion instruments			۸		^					
S	 Use hands on their 										
ARTS	table										
	Locomotor movement:										
Ē	skip/gallop forwards,										
2	backwards, sideways										
A	and turning in different						Χ			Χ	
CREATIVE	pathways (diagonal,						,			,	
CF	circles, S-shapes, etc.)										
	DEMARCATED SPACE										
	Non-locomotor										
	movements: bending,										
	rising, reaching, co-						Χ			Χ	
	ordinating arms and						,			,	
	legs in time to music										
	Cooling down the body										
	and relaxation: express										
	moods and ideas						Χ			X	
	through movement										
	-					ND INTERPRI					
		overed throughout	the term) Use ov	vn space <mark>at thei</mark> r	chair – You n	nay add / adap	t activities if lear	ners are adapt	ing well to so	cial distancing	
	 Listen to South African 										
	music (indigenous and										
	western) focusing on	Χ									
	rhythm and beat, 2, 3 or										
	4 time										
	Perform notated rhythm										
	patterns (notation or										
	French note names or										
	graphic scores)			Χ				Χ			
	containing the										
	equivalent of										
	semibreves, minims,										

	crotchets, quavers and rests, using body percussion											
	Role play with beginning, middle, end using stimulus e.g. South African poem, story, song or picture	X			Х		X		Х			
	Portraying character and objects in the role play using observation, imitation and exaggeration (own space)			х		х					Х	
CREATIVE ARTS	Learn and combine movements from South African dance e.g. Indian dance, Pantsula, with appropriate music (open space- take turns in small groups – will be done over days/weeks-May adapt to a chair dance)		X		X		X					
	RESOURCES Improvise	Poems, music, C	D player/ telepho	one/laptop, flasho	card with music	notes, flashca	rds etc.					
	INFORMAL ASSESSMENT	 The activities must be observed and assessed during daily lesson activities in Life Skills. Also note SKAVs that is developed and mastered for Home Language and Mathematics Ensure that leaners are afforded opportunities to demonstrate these skills practically. This must be done informally and ongoing. 										
	SCHOOL BASED ASSESSMENT:	REFER TO DBE		CONTROL OF THE CONTRO							_	

	TERM 4 45 DAYS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	
	CAPS TOPICS	ORIENTATION BASELINE	ORIENTATION BASELINE	ABOUT ME	ABOUT ME	FEELINGS	HEALTH PROTEC- TION	KEEPING MY BODY SAFE	KEEPING MY BODY SAFE	RIGHTS AND RESPONSIBI -LITY	RIGHTS AND RESPONSI- BILITY	
PHYSICAL EDUCATION	REMEMBER to always be aware of activities to promote EXECUTIVE FUNCTIONING-Working memory Inhibitory control Self-regulation Play IS THE NATURAL WAY LEARNERS LEARN AT THIS AGE AND STAGE OF DEVELOPMENT. PLAY SHOULD NOT BE WITHELD. Maintain social distancing. Activities has been modified to maintain social distancing. The activities are adapted for a classroom situation-where overcrowding exist- allow learners to be keep a safe distance outside the class. Locomotor activities can be practiced whilst learners are walking in and out of class in the morning or returning from interval. Navigating safely when responding to movement instructions Ensure that the 15 to 20-minute lessons have the following activities: warm-up, main and cool down. You could combine some of the warming-up locomotor and non-locomotor activities of creative games and skills with PE. If you have the space, you could extend the time. Allow learners to use their own apparatus or alternatively use the apparatus in groups on different days to allow for sanitizing. All equipment to be washed down after every use (1 litre of water and 5 tablespoons of jik) PLEASE NOTE, THE THIRD TERM IN GRADE 3 IS MOSTLY LINKED TO SPORT - EVEN THOUGH ACTIVITIES HAVE BEEN PLOTTED PER WEEL YOU MAY CHANGE THE ACTIVITIES TO SUIT YOUR NEED OR/AND CONTEXT - You may use Performing Arts activities and choreographed croutines with movement.											
					LATERALI	TY						
	Kick moving ball with left and right foot (individual activity) SANITISE after use	Х		Х			_					
	RHYTHM Add games and movement. May be combined with Creative Games											
	Athletics: crouch start in sprinting (on your marks get setgo!)				Х			Х				
	Athletics: long jump action determining take-off foot				X			X				

INFORMAL ASSESSMENT The activities must be observed and assessed during daily lesson activities in Life Skills. Also note SKAVs that is developed and mastered for Home Language and Mathematics Ensure that leaners are afforded opportunities to demonstrate these skills practically. This must be done informally and ongoing. REFER TO DBE SBA Guidelines REFER TO DBE SBA Guidelines	RESOURCES Improvise	Own ball if possible, or a rolled newspaper ball, painted cooldrink bottles with a little sand (cone), lanes drawn on a surface or demarcations
	INFORMAL ASSESSMENT	 Language and Mathematics Ensure that leaners are afforded opportunities to demonstrate these skills practically.
		REFER TO DBE SBA Guidelines