

**RHODES HIGH SCHOOL**  
**LIFE ORIENTATION – PET**

**2<sup>ND</sup> TERM**

**GRADE 11**

**Instructions:**

- Set up an obstacle course for you to do at home.
- You may use any household items/furniture (You must have at least 5 obstacles)
- A Variety of movements must be done for example crawling, rolling, jumping etc.
- The course must be completed 3 times.
- Take a video/photos of your obstacle course to present to your LO teacher once school reopens.
- Look at the following for some inspiration:

[https://www.youtube.com/watch?v=v7V\\_uKNvxvk](https://www.youtube.com/watch?v=v7V_uKNvxvk)

**Assessment:**

<b>Criteria</b>			
Originality / Creativity	<b>2</b>	<b>1</b>	<b>0</b>
Household items / Furniture	<b>3</b>	<b>2</b>	<b>1</b>
Variety of movements	<b>3</b>	<b>2</b>	<b>1</b>
Quality of obstacle course	<b>2</b>	<b>1</b>	<b>0</b>

**/10**

**Participation:**

Learner takes part enthusiastically. Assignment is complete.	Learner takes part. Assignment partially completed.	No/little participation. Assignment incomplete.
<b>4 – 5</b>	<b>2 - 3</b>	<b>0 - 2</b>

Mark \_\_\_\_\_ / 5 (x 2)

Total \_\_\_\_\_ /20

Signature of educator: \_\_\_\_\_ /10

