Culture, Art and Sports

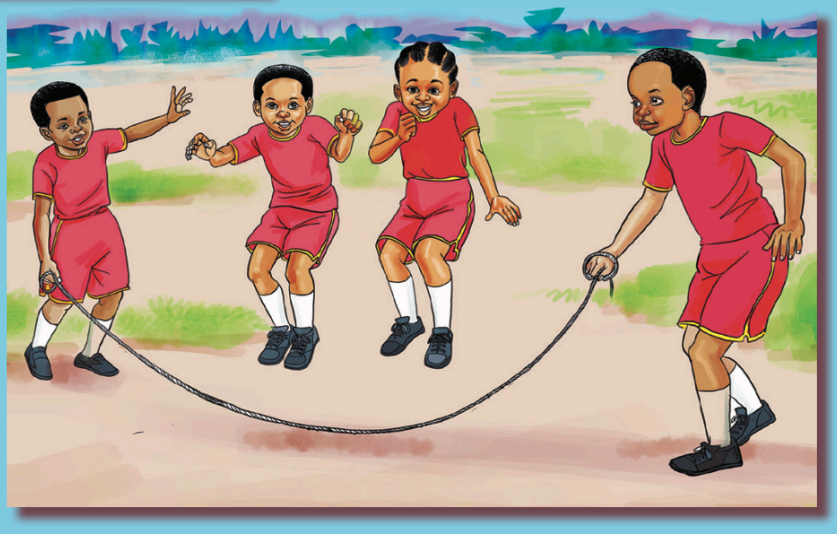
Pupil's Book

Standard 1









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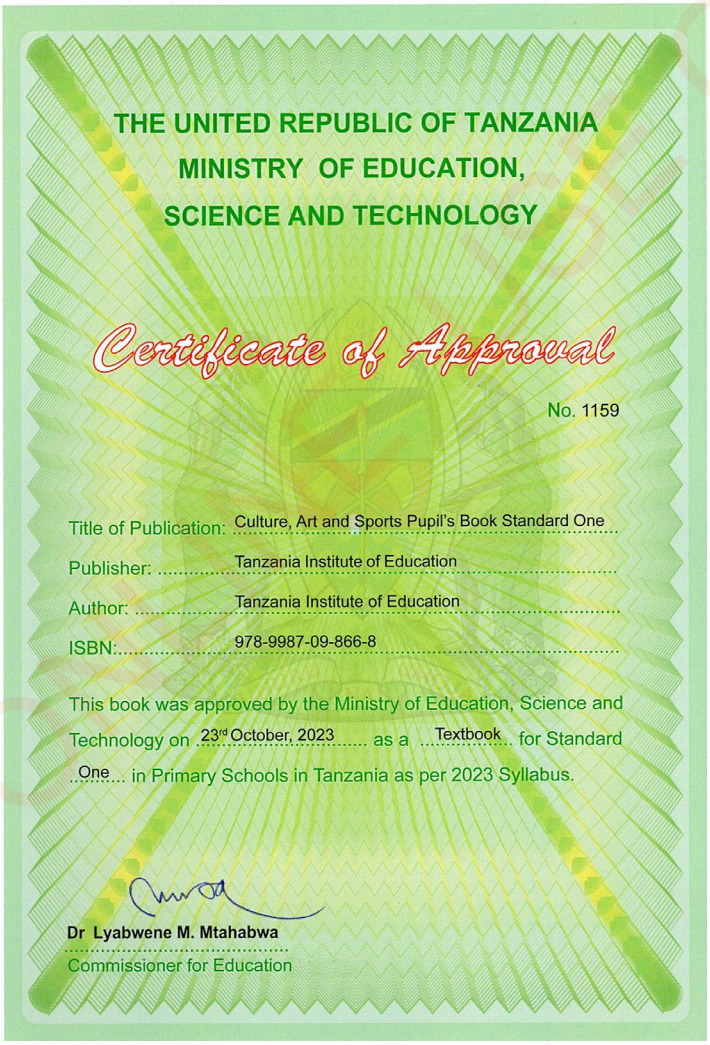

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Dr Lyabwene M. Mtahabwa
Commissioner for Education

Tanzania Institute of Education

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Dr Aneth A. Komba

Director General

Tanzania Institute of Education

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Introduction

The Pupil's Book for Culture, Art and Sports has been prepared in accordance with the Curriculum and Syllabus for Primary Education of the year 2023 issued by the Ministry of Education, Science, and Technology. This book is the Second Edition, improved from the Sport and Art book published in 2019, in line with the curriculum of 2016. The aim of this book is to enable the child to develop proficiency in culture, arts, and sports through various learning activities in the following areas:

1. *Valuing their own culture and that of others;*
2. *Respecting religious differences;*
3. *Demonstrating ethical behaviour;*
4. *Creating works of art; and*
5. *Participating in various sports.*

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Chapter One

Our culture



Let us love our food.

Look at the following pictures, then do the exercise:



(a)



(b)



(c)



(d)

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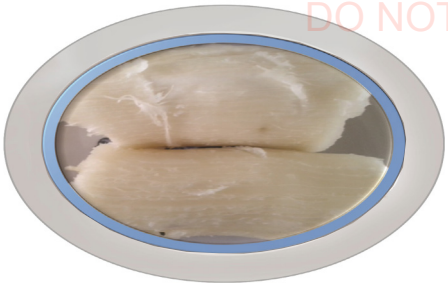
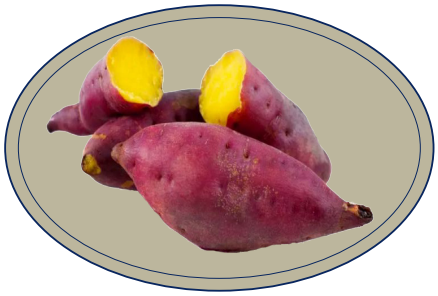


(e)



(f)



(g)



(h)



(i)



(j)

Exercise 1

1. What kind of foods do you see in picture (a), (b), (c), (d), (e), (f), (g), (h), (i) and (j)?
2. Mention some condiments and vegetables that you eat in various dishes.
3. Mention other foods that you know.

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Some traditional foods from Tanzanian communities



Grilled meat



Ugali, greens *(mlenda)*, and grilled meat

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Rice and fish



Ugali and fish

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Bananas and grilled meat

Activity 1

Cook any type of food you like.

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Exercise 2

1. Name one ethnic group that eats the food you see in the following pictures:

Ethinic group	Picture of food
(a)	
(b)	
(c)	
(d)	

2. Mention the traditional foods you eat at home _____.
3. Mention one type of traditional food you like the most _____.

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Let us wear our clothes.

Look at the following pictures and identify the types of clothing.



Kanga and blouse



Kitenge dress and headscarf

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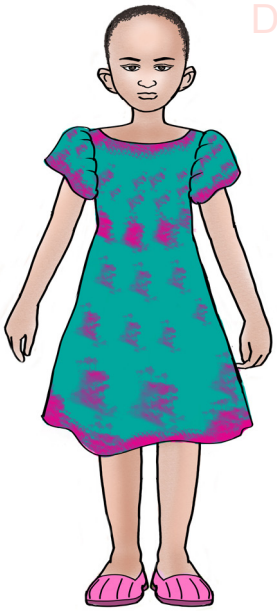

Batik gown



Shorts and T-shirt



Msuli, coat and T-shirt



Lubega wrap

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Chest wrap (Kaniki)



Mgolole wrap



Let us recite a poem about our clothing.

My name is Amina, I love batik.
I look lovely in my dress.
Sister prefers the khanga, she ties it when she works.
Mom adores wearing Kitenge, and she wraps her head too.
Dad looks handsome in his msuli,

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even more with a coat.
Auntie loves to wear kaniki,
while she does her household chores,
Grandma likes her lubega, and the child wears a
t-shirt and shorts. Indeed, our clothes look good.

Exercise 3

List the traditional clothing you observe in your community.

Activity 2

Take part in a traditional clothing fashion show in your classroom.

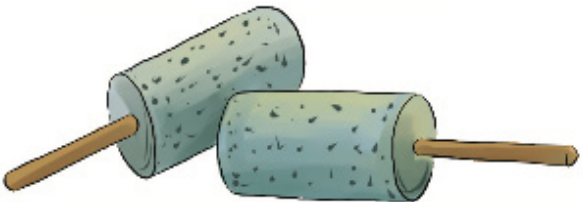


Let us dance to our traditional music.

Musical instruments



Ankle bells



Shakers

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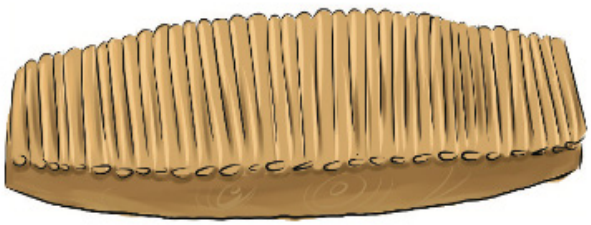
Drums



Flutes



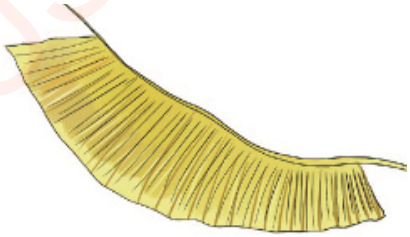
Shaker



Horn



xylophone



Rattles

Exercise 4

Mention other musical instruments you have seen and used.

Activity 3

Practice playing musical instruments.

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Traditional dances



Muheme dance



Bugobogobo dance

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Mganda dance



Msewe dance

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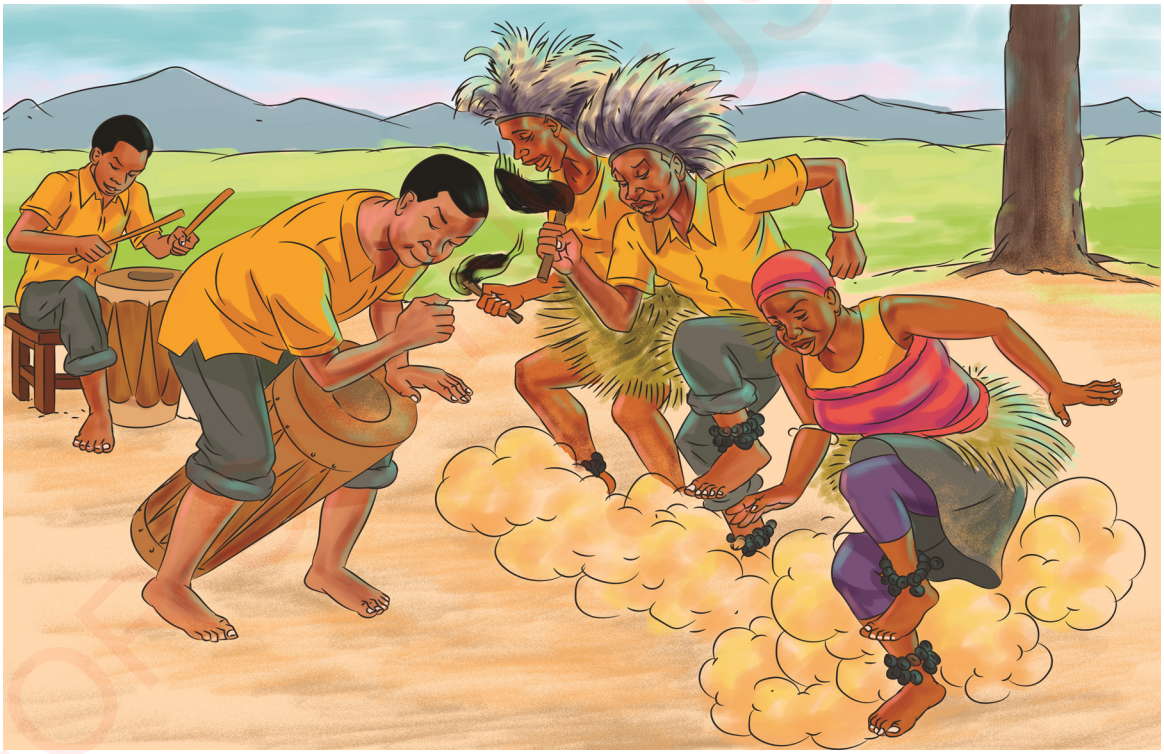
Maasai dance



Sindimba dance

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Exercise 5

Mention other Tanzanian traditional dances that you are familiar with.

Activity 4

In groups, perform any traditional dance of your choice.

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Chapter Two

Respecting religious differences



Look at the following pictures, then proceed to the next exercise.

(a)



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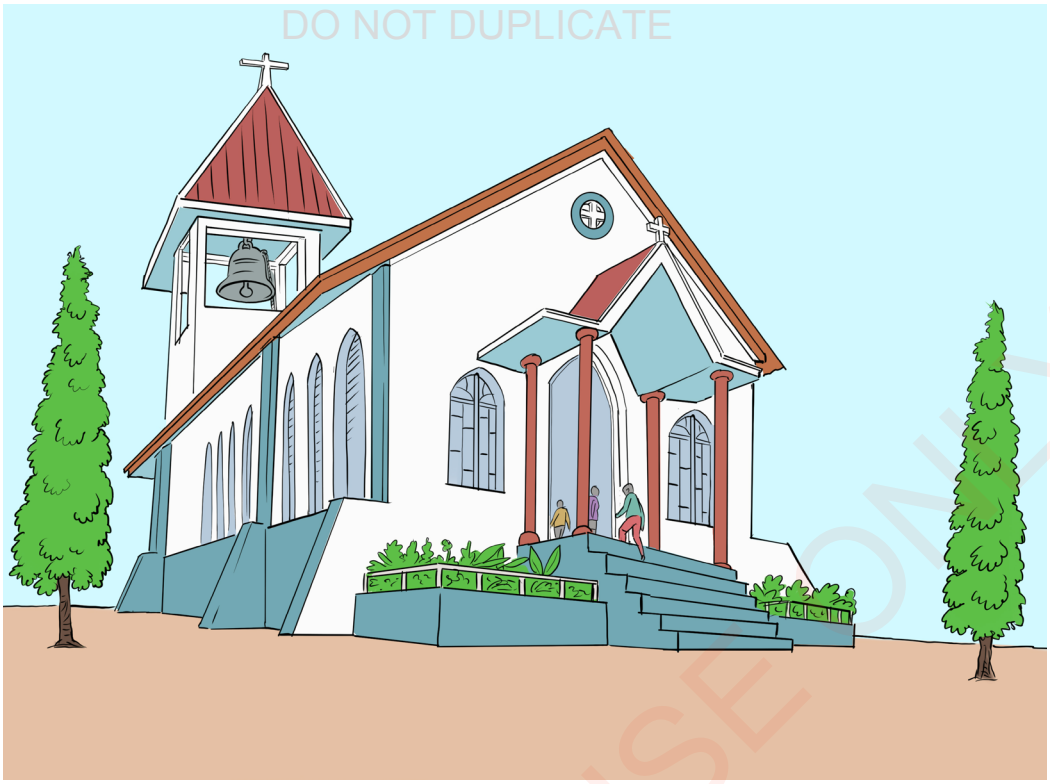
(b)



Exercise 1

1. Mention the names of the buildings in picture (a) and (b).
2. Explain the uses of the buildings in picture (a) and (b).

Activity 1

Visit any mosque or church to see what worship activities are done.

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I respect the faith of other people.

My name is Hamisa. My friend is Maria. We play together every day after school. On worship days, I go to the mosque with my parents. Maria also goes to church with her parents. Our parents strongly encourage us to worship.



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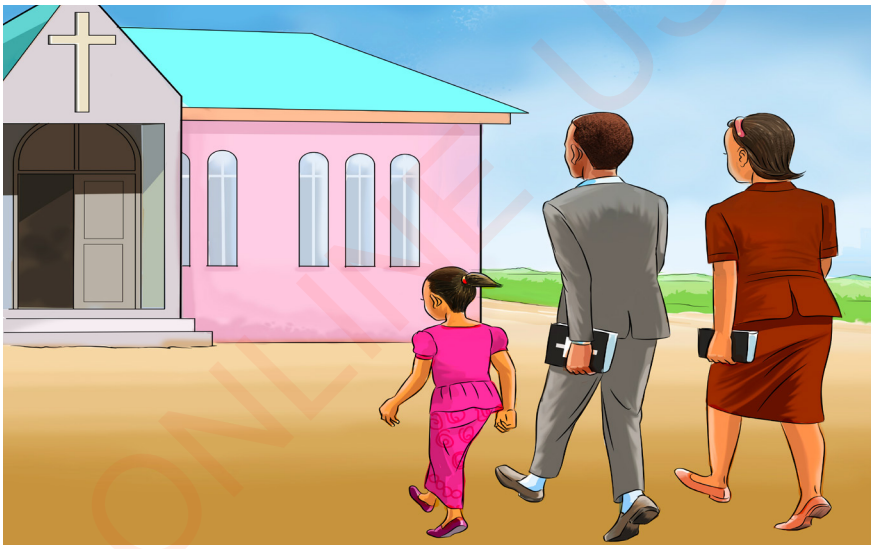
Look at the following pictures, then answer the question.

(a)



(b)



Exercise 2

Explain what people are doing in picture (a) and (b).

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Let us collaborate in our communities.

Look at the following pictures, then do the exercise:

(a)



(b)



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(c)



Exercise 3

1. Describe the events or scenes depicted in the pictures you see in (a), (b) and (c).
2. List the activities you do with other people:
   (a) At home _____.
   (b) At school _____.

Activity 2

Visit any mosque or church to see what worship activities are done.

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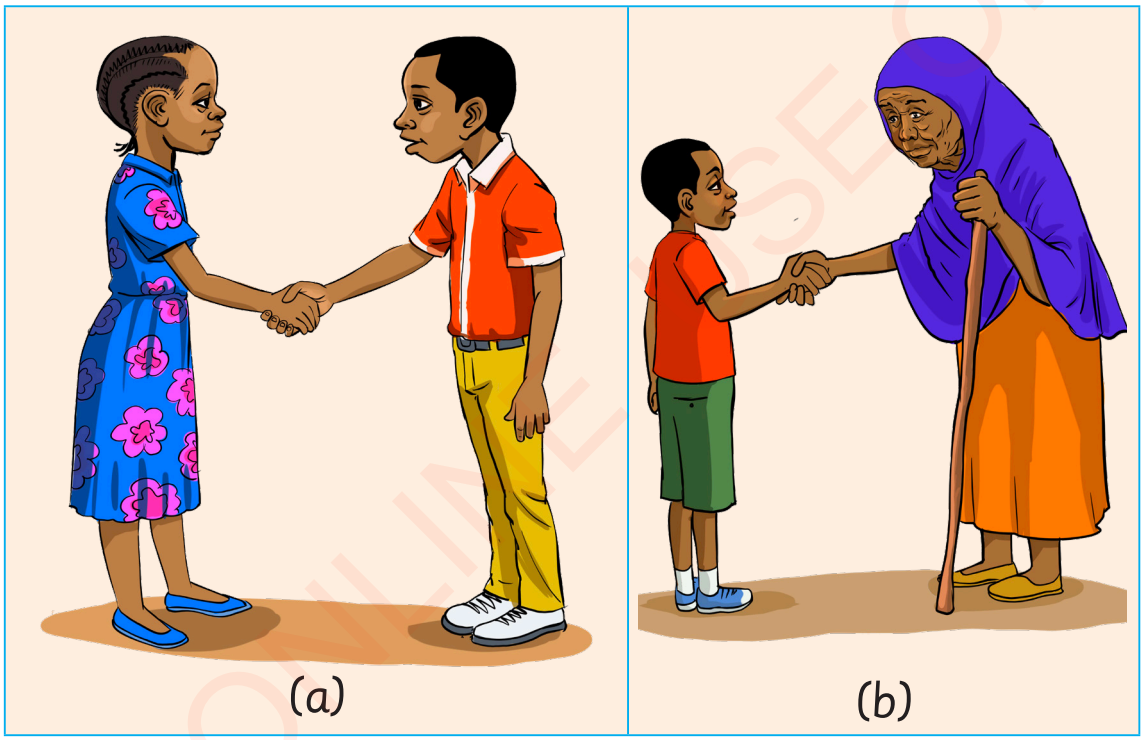
Chapter Three

Ethical behaviour





(a)

(b)

Exercise 1

Explain what is happening in picture (a) and (b).

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Let us sing

When we wake up in the morning,
we greet our parents,
Greetings! Mom,
Greetings! Dad,
Greetings! Sister,
Greetings! Brother.
This is good behaviour.

Activity 1

Perform in the classroom how to greet people of different ages.

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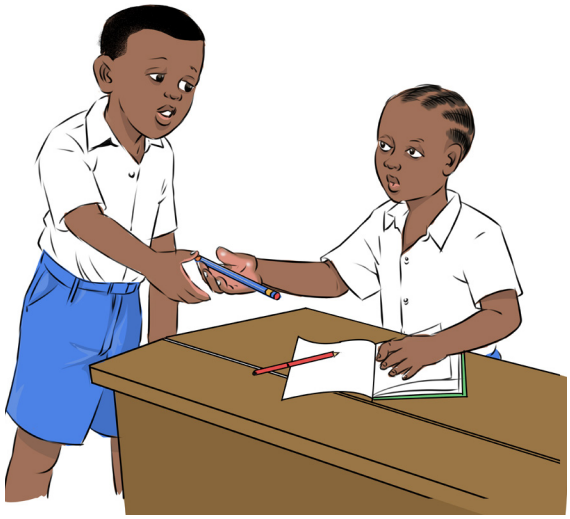
Asking for and receiving things politely.



(a)



(b)

Exercise 2

1. Explain the things you see in picture (a) and (b).
2. To demonstrate good manners when receiving or requesting something, you might say:

   (a) _____. (b) _____.

Activity 2

In your class, demontrate how to ask for and receive things politely.

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Let us appreciate people.

Look at the following pictures and then answer the questions.

(a)



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(b)



(c)



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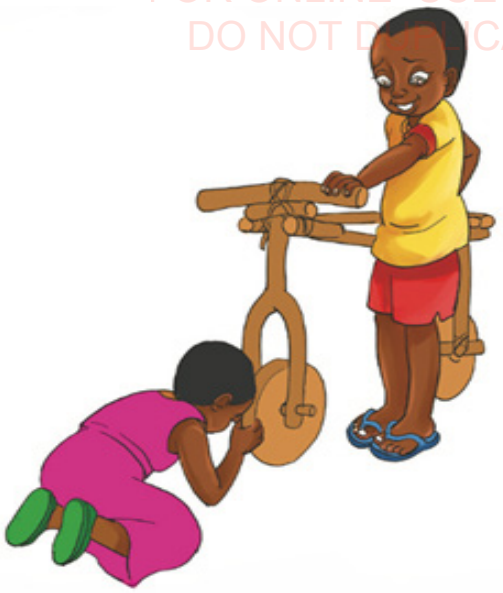
(d)



Exercise 3

1. Explain the things happening in pictures (a), (b), (c) and (d).
2. What things can you help each other with:
   (a) At home: _____
   (b) At school: _____
   (c) In the neighbourhood: _____

Activity 3

Perform a show of acts of cooperation in the classroom.

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Chapter Four

Creating works of art



Weaving a mat



Exercise 1

1. What are the pupils doing in this picture?
2. List the items that can be created by weaving.

Activity 1

Weave any object using weaving materials.

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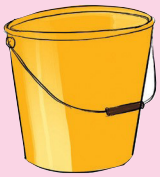
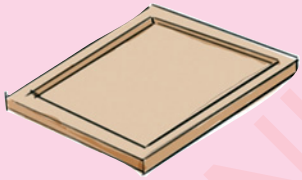
Modelling

Materials required

		
Clay soil for making clay soil figures	A bucket of water	A base for positioning the clay soil figure



Exercise 2

1. List down the actions being performed in the picture.
2. Why do we wet the soil before modelling?

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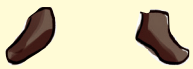
Modelling various shapes

Modelling the human figure



Steps

				
1. Head	2. Chest	3. Arms	4. Legs	5. Feet

6. Join the parts together	7. The human figure is ready
	

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Shaping a cup figure

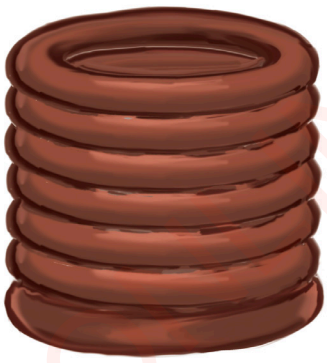
Steps for shaping a cup figure



1. Cup base



2. Circles with a hole in the center and in same size as the cup base



3. Circles connected



4. Half-circle for the cup handle

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5. A pupil attaching a half circle



6. A pupil aligning the cup figure's shape

Activity 2

Make models of the following things:

1. Cow
2. Table
3. Radio
4. Car
5. House

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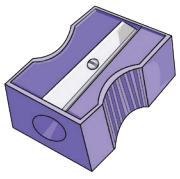
Drawing numbers, letters and other things



Materials required:



pencil



sharpener



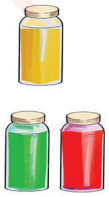
paper



rubber



crayons



water colours

Drawing flat letters



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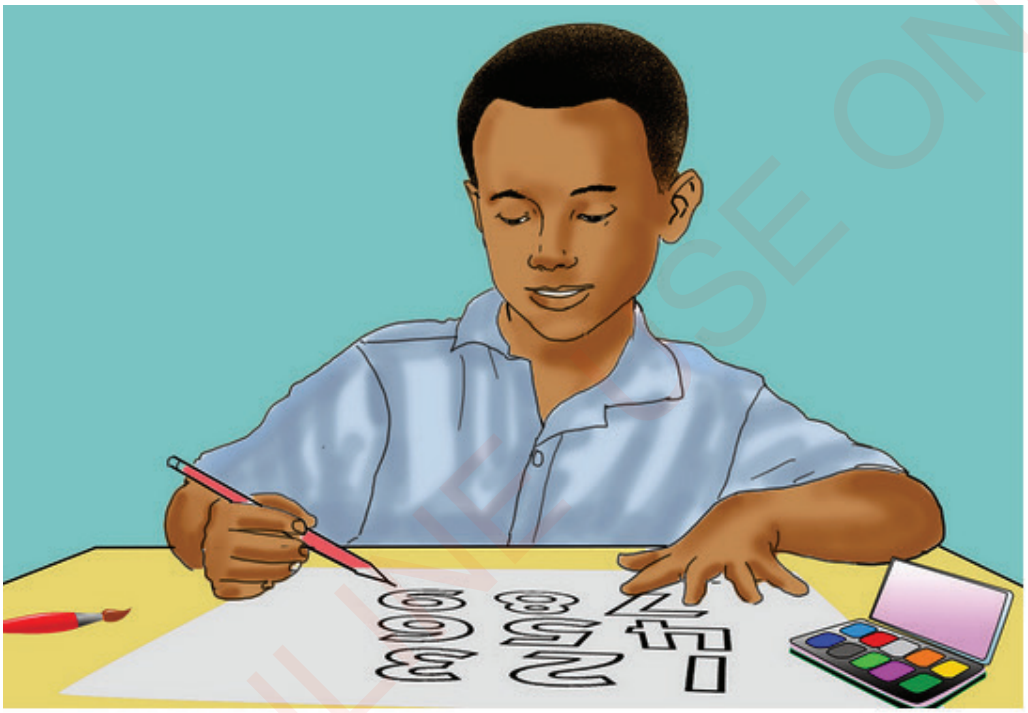
Exercise 3

Draw the following letters as flat forms:

h l k a m

Drawing flat numbers



Exercise 4

Draw the following numbers in flat forms:

8 10 6 2 5

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Drawing things in flat forms



Exercise 5

Draw the following things in flat form:

1. Chair
2. Table
3. Umbrella
4. Car

Activity 3

Draw a picture to be displayed during the school's art exhibition.

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Colouring letters, numbers and things.

There are different types of colours

Every colour has a name. Look at these colours:

black	blue	pink	red	green	yellow

Colouring letters

Colours make things look good. We can colour letters and numbers. Colouring makes numbers, letters and other things look good.



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Exercise 6

Draw the following letters and colour them:

e p b n o

Colouring numbers

Coloured numbers also look good.



Exercise 7

Draw the following numbers and colour them:

1 2 9 7 5

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Colouring things

Colouring also makes pictures look good.



Exercise 8

Draw the following things and colour them:

1. Tree
2. Chair
3. Car
4. House
5. Table

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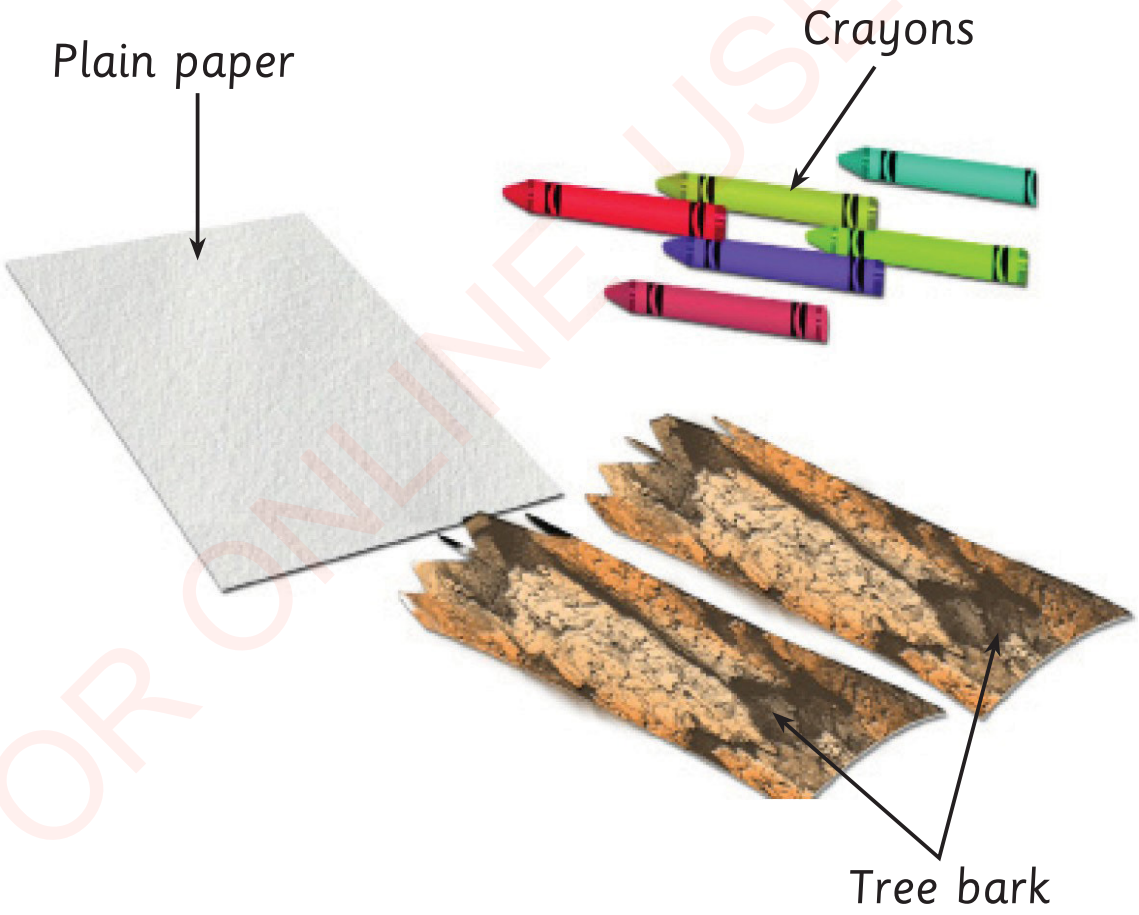
Printing by rubbing and pressing



Printing is making copies.
Printed works look like the original things.

Materials required:



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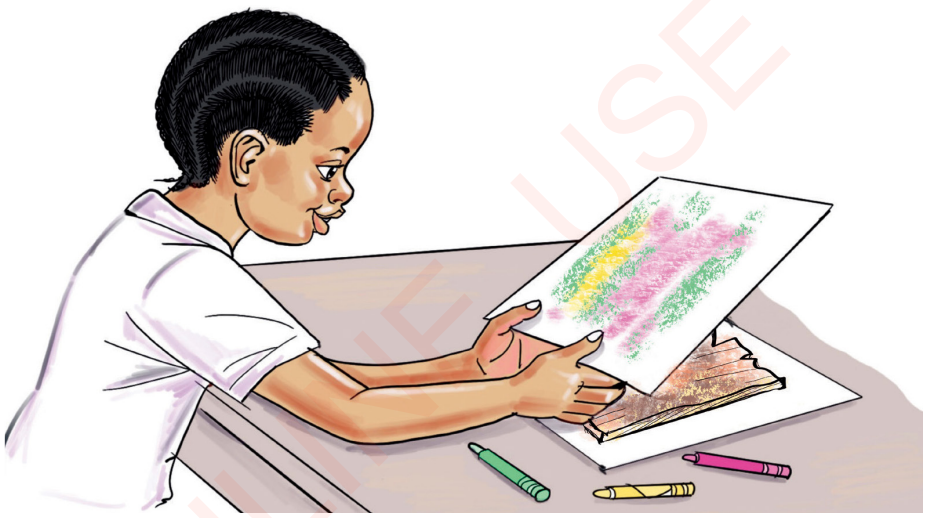
Printing by rubbing



1. Place a piece of tree bark on a table.



2. Lay a piece of plain paper over the tree bark.



3. Remove the paper from the tree bark.

The texture of the tree bark has been copied onto the paper.

Exercise 9

Print the following things by rubbing:

1. Plastered wall
2. Bricks
3. Shoe soles
4. Mat

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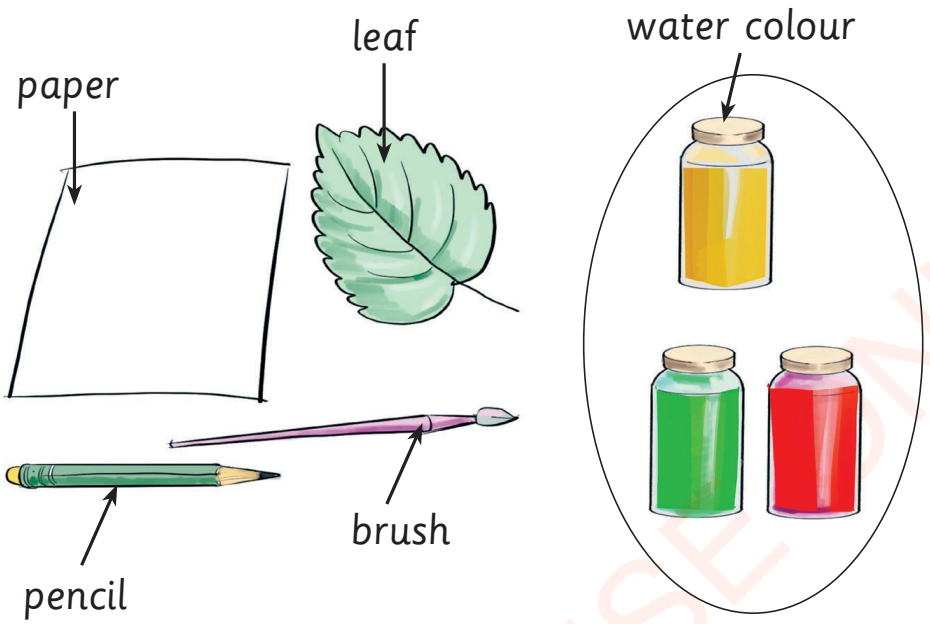
Printing leaves by pressing

Materials: leaf, paper, water colour, pencil, brush



Steps to print leaves by pressing

1. Place everything on the table.



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2. Paint the top side of the leaf using a brush.



3. Lay down the leaf on a paper. Press it gently with your fingers. Use leaves painted with different colours.



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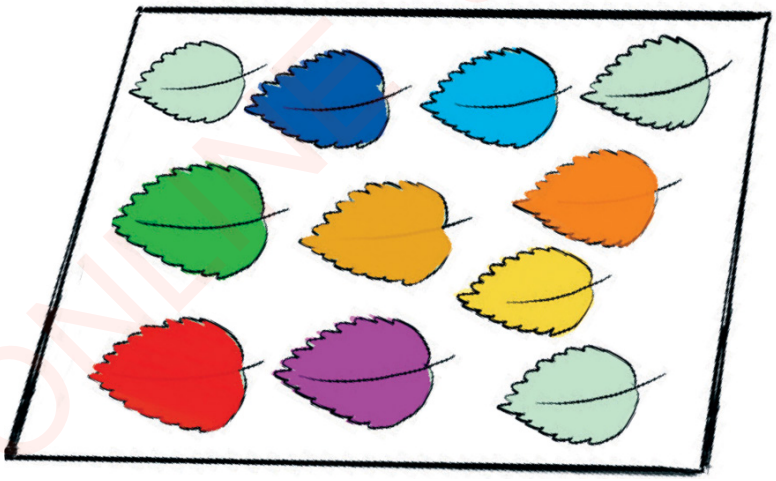
4. Print using green coloured leaves many times on the white paper.



5. Print using different coloured leaves on the white paper.



Exercise 10

Print patterns by pressing using different coloured leaves.

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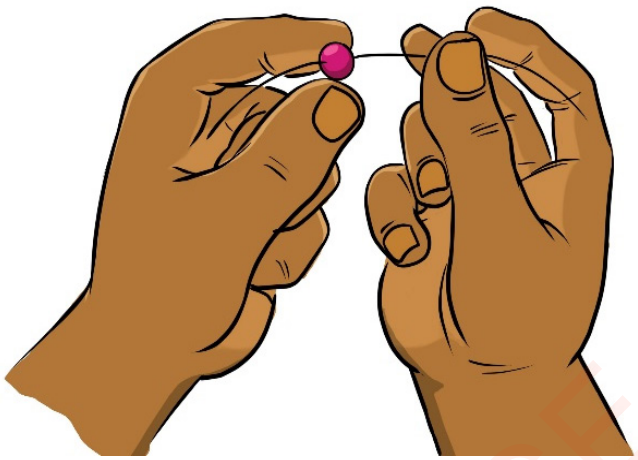
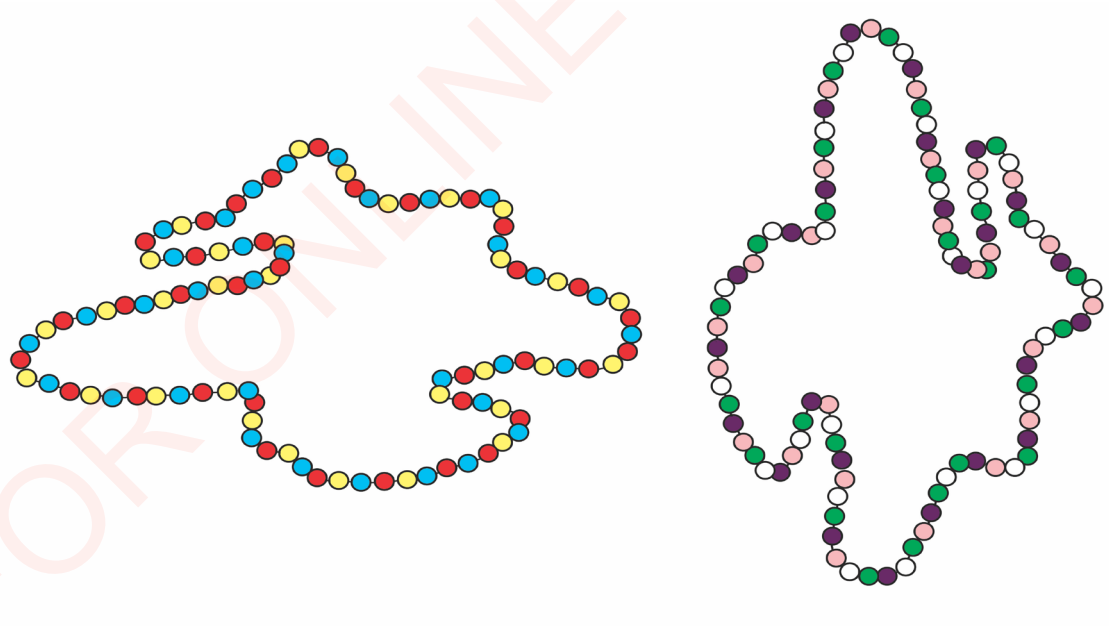


Stringing beads



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Look at the steps of stringing.

(a)



(b)



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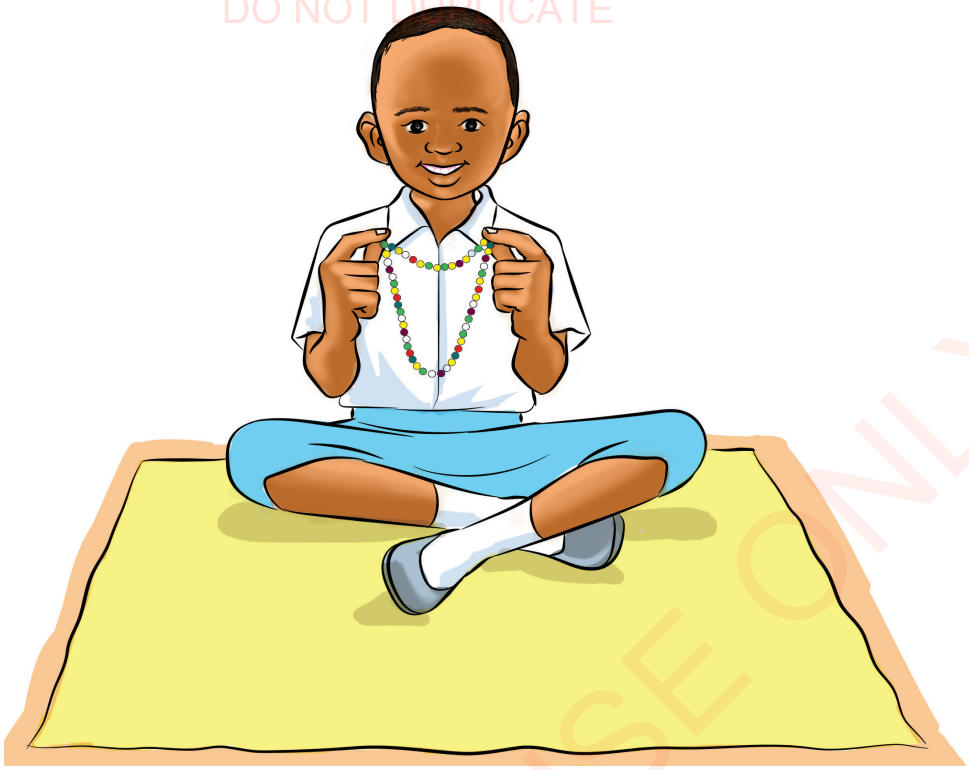
(c)



Exercise 11

1. What have you seen happening in pictures (a), (b) and (c)?
2. Explain other items that can be made by beadwork.

Activity 4

Make bead artworks.

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Let us sing our songs.





Our songs

1. Rasilimali zetu
2. Tanzania nakupenda
3. Mbuga za wanyama Tanzania
4. National Anthem

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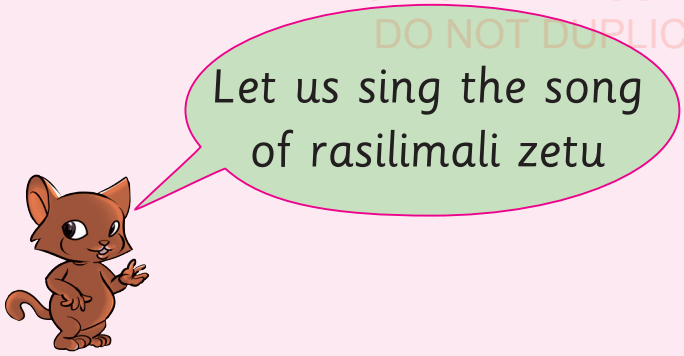

Naipenda nchi yangu Tanzania,
Najivunia kuwa Mtanzania, nchi yapendeza yavutia
Hakika Tanzania umetia fora x2
Rasilimali zetu nitazilinda,
maana huo ndio urithi wetu x2
Mbuga za wanyama zavutia, milima na mabonde vyapendeza, Mlima Kilimanjaro urefu wake
Wavutia wageni Tanzania x2
Rasilimali zetu nitazilinda
Maana huo ndio urithi wetu x2.

Exercise 12

What have you learned from this song?

Activity 5

Sing your school song.

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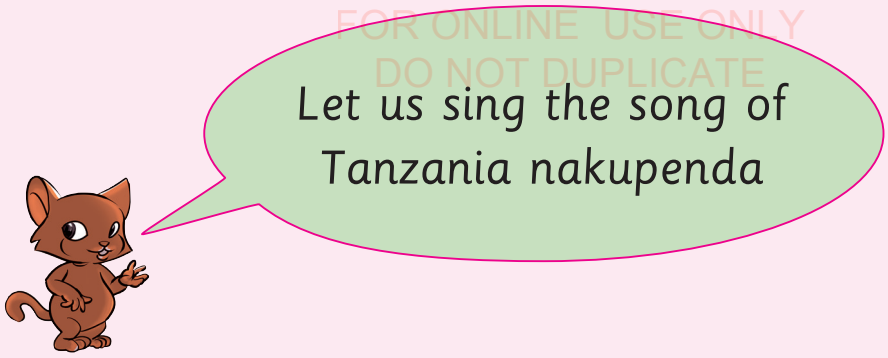

Tanzania Tanzania nakupenda kwa moyo wote,
Nchi yangu Tanzania jina lako ni tamu sana,
Nilalapo nakuota wewe,
Niamkapo ni heri mama we!
Tanzania Tanzania nakupenda kwa moyo wote.

Tanzania Tanzania ninapokwenda safarini,
Kutazama maajabu,
Biashara nayo makazi,
Sitaweza kusahau mimi mambo mema,
Ya kwetu kabisa,
Tanzania Tanzania nakupenda kwa moyo wote.

Tanzania Tanzania watu wako ni wema sana,
Nchi nyingi zakuota nuru yako hakuna tena,
Na wageni wakukimbilia ngome yako imara kweli we,
Tanzania Tanzania heri yako kwa mataifa.
Nchi nzuri Tanzania karibu wasio kwao,
Wenye shida na taabu hukimbizwa na walowezi,
Tanzania yawakaribisha mpigane kiume chema we,
Tanzania Tanzania Mola awe nawe daima.

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Exercise 13

What have you learnt from this song?

Activity 6

Compose a song about Tanzania's natural resources.



Let us sing the song of National parks in Tanzania.

National Parks

Mbuga za wanyama Tanzania,
Ya kwanza ni Serengeti,
Ngorongoro, Manyara na Mikumi,
oh Tanzania hoyee ... x3

Exercise 14

What have you learnt from this song?

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National Anthem

Mungu ibariki Afrika,
wabariki viongozi wake.
Hekima umoja na amani,
Hizi ni ngao zetu, Afrika na watu wake.
Ibariki Afrika, ibariki Afrika,
Tubariki watoto wa Afrika.

Mungu ibariki Tanzania,
dumisha uhuru na umoja.
Wake kwa waume na watoto,
Mungu ibariki, Tanzania na watu wake.
Ibariki Tanzania, ibariki Tanzania,
Tubariki watoto wa Tanzania.



Exercise 15

What have you learnt from the National Anthem?

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Let us recite poems.



Let us recite a poem about art



Karibuni karibuni, tujifunzeni sanaa,
Hakika inavutia, yajenga taifa letu,
Sanaa kitu kizuri, mwalimu alituasa,
Kamwe tusije kiacha, na kitatufaa sana.

Kuchora pia tuchore, tusuke na tufinyange,
Tucheze na ngoma zetu, nazo nyimbo tuziimbe,
Michezo nayo tucheze, viungo kuimarisha,
Furaha nayo kupata, karibuni karibuni.

Hata tukiwa wakubwa, tutakuwa ni hodari,
Sanaa tutatumia, asante mwalimu wetu.

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Let us recite a poem about corruption

Rushwa ni kitu kibaya, kweli tuikataeni
Inaturudisha nyuma, kwa maendeleo yetu
Kuna rushwa mbalimbali, za fedha pia na vitu
Hima tuzikimbieni, kamwe tusizikubali.

Mwenzako akikuomba, uandike kazi yake
Akupe hela ya pipi, hiyo rushwa ikatae
Ukifanyiwa matendo, yale yasiyo ya utu
Ili upewe chochote, hiyo rushwa ikatae.



Tutakapokuwa wakubwa, tusije wadai watu
Watoe kitu chochote, ili tuwahudumie.

Let us recite a poem about our culture

Sisi ni Watanzania, tunajivunia mengi
Kaa chini sikiliza, tuanze kukutajia
Tunavyo vyakula vyetu, vya tangu enzi za kale
Ugali nyama na wali, makande ndizi mlenda.

Ni vyakula asilia, nguvu vinatupatia
Hakika twajivunia, mwili vinatujengea
Mavazi yetu jamani, kweli tunajivunia
Kitenge khanga gauni, kaniki shati fulana.



Sote tukiyavalia, kweli tunapendezea
Shambani shule kazini, jamani yanatufaa.

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Exercise 16

1. What have you learnt from the poems you have sung?
2. Which do you prefer more, poetry or songs? Why?





Activity 7

Dance to the music you like.

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Chapter Five

Participating in various games



You can stretch:

1. While standing;
2. While lying down;
3. While sitting;
4. While bending your legs; and
5. While leaning forward.

How to stretch while standing

1. Stand upright and spread your legs.
2. Lift up your left arm.
3. Hold your waist with your right hand.
4. Lean to the right.
5. Switch hands.

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6. Lean to the left.
7. Continue stretching on each side five times.



How to stretch using a chair

1. Place your right leg on the chair.
2. Extend your left arm.
3. Lower your right leg.
4. Place your left leg on the chair.

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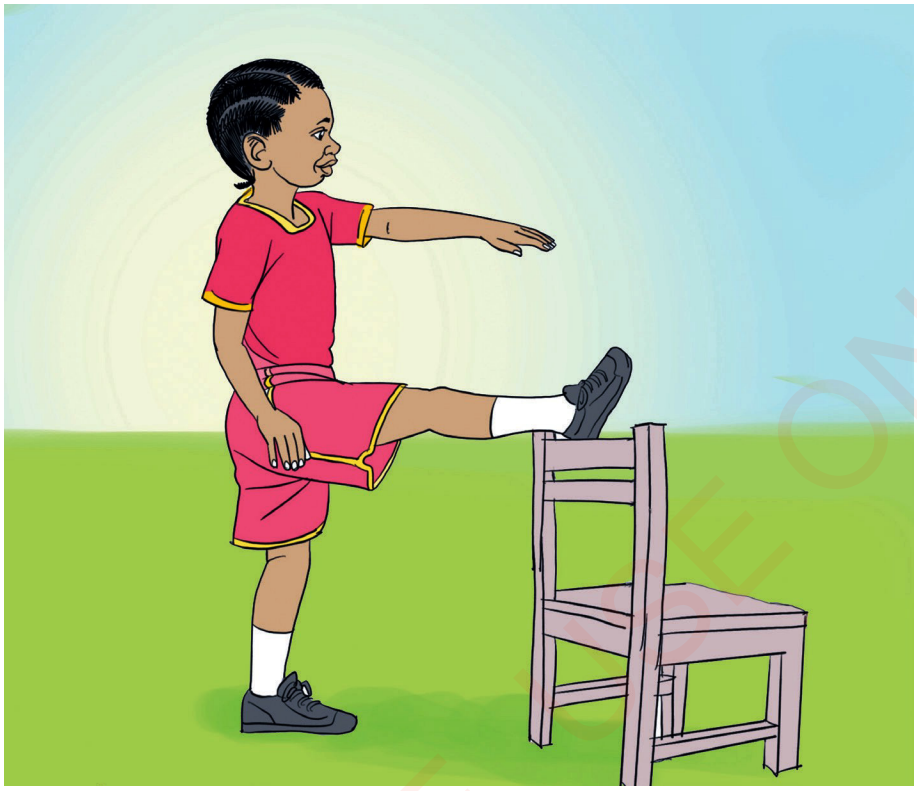
5. Extend your right arm.
6. Repeat these actions multiple times.



How to stretch while lying face down

1. Stand upright.
2. Kneel down.
3. Lie on your stomach with your body stretched out.
4. Extend your arms forward.



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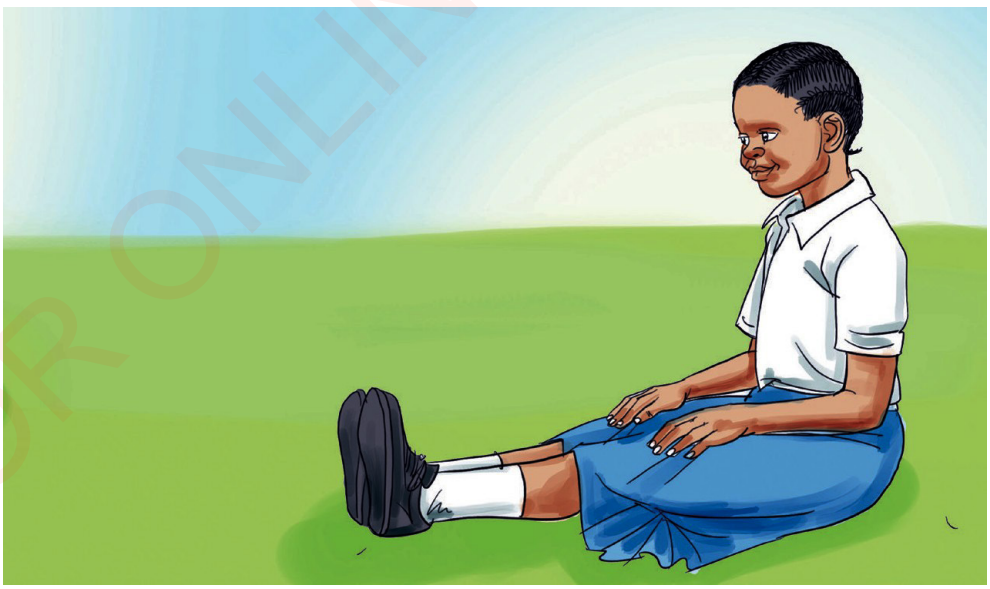
How to stretch with bended legs

1. Sit down.
2. Bend your legs tightly.
3. Rise slightly.
4. Hold your legs.



How to stretch while sitting

1. Sit down.
2. Extend your legs.
3. Bend your knees.
4. Slowly move your hands to touch your toes.
5. Repeat this process several times.



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How to stretch by bending forward

1. Stand upright.
2. Bend over and touch the ground.
3. Repeat this process several times.



How to stretch by lying down and lifting one leg at a time

1. Sit down.
2. Lie on your back.
3. Extend your arms downward.
4. Lift one leg.
5. Lower that leg and lift the other one.
6. Repeat this process five times for each leg.

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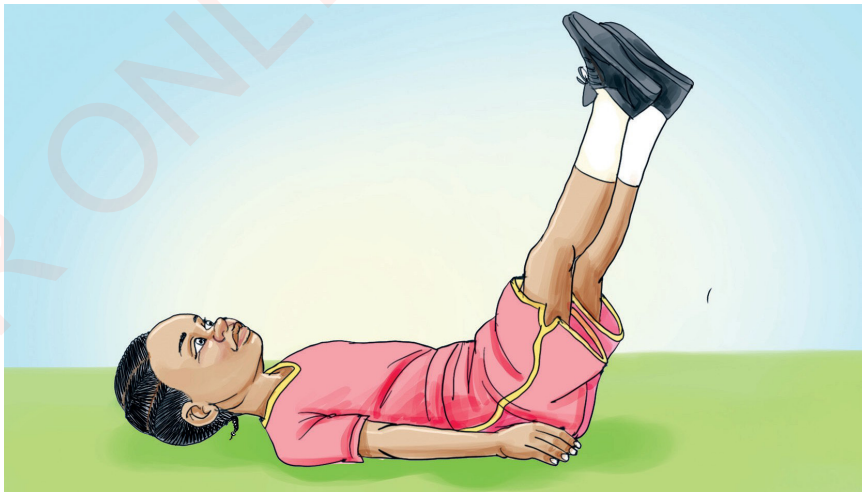
How to stretch by lying down and lifting both legs together

1. Sit down.
2. Lie on your back.
3. Extend your arms downward.
4. Lift both legs together.
5. Lower your legs and lift them again.
6. Repeat this process five times.



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Activity 1

Perform various stretching exercises accurately.



Let us play the stand up and sit down game.

Stand up, sit down

Stand up, sit down; x2

Stand up sit down;

Jump, jump, jump

Stand up, sit down;

Walk, walk,

Run, run x2

Jump, jump, jump,

Stand up, sit down;

Stand up sit down.

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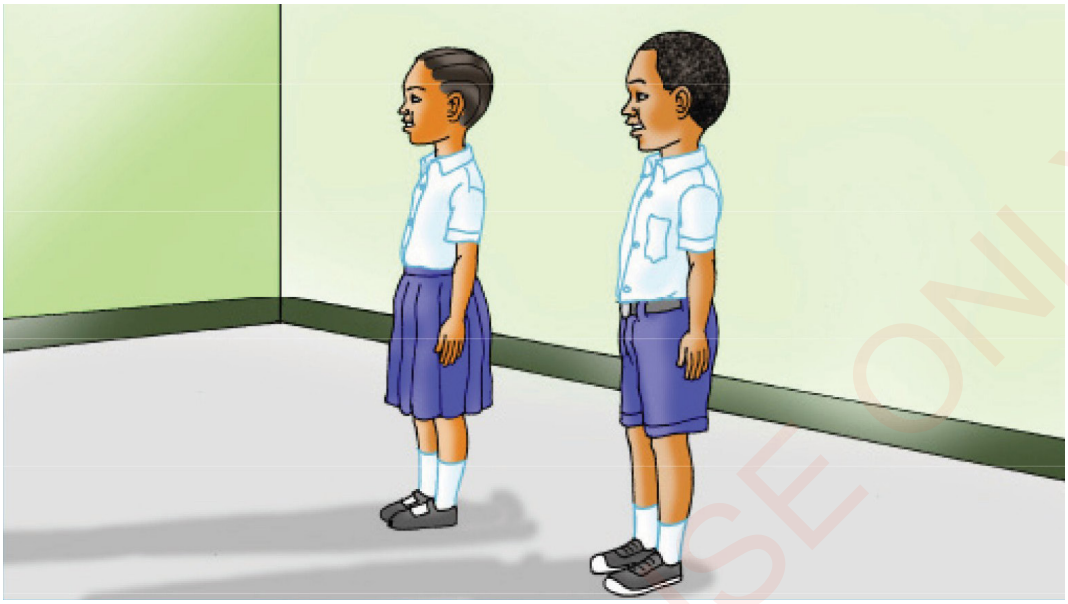
How to play the game "Stand Up, Sit Down"

1. Stand upright in a line. Sing "stand up" while you are standing.



2. Sing "sit down" while you are sitting down.



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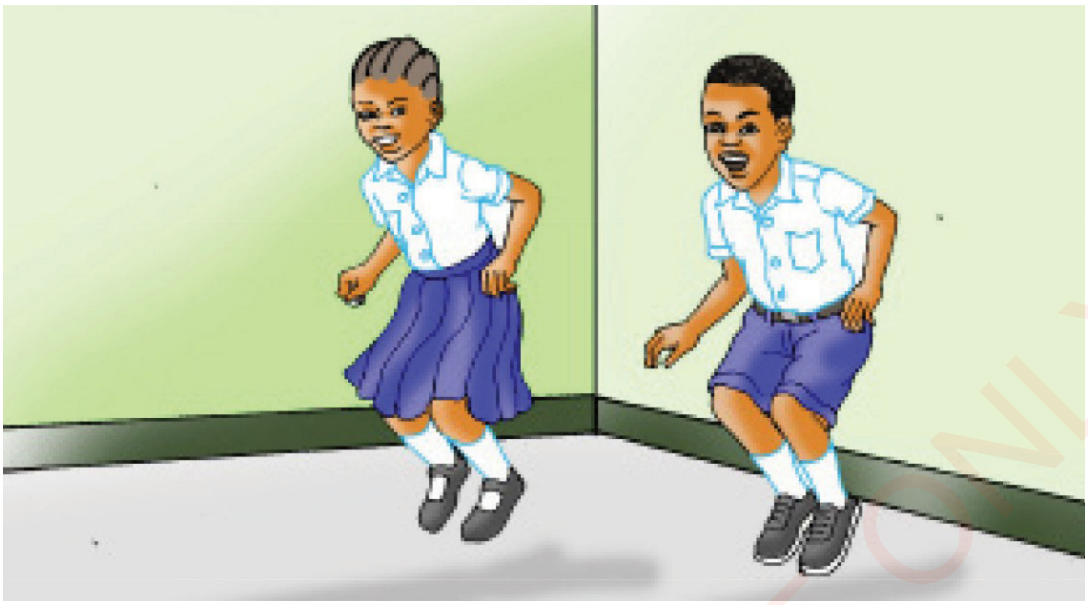
3. Sing 'jump' while you are jumping.



4. Sing "stand up" while you are standing.



5. Sing 'walk' while you are walking.
6. Sing 'run' while you are running.

Activity 2

Play the game of "stand up", sit down.

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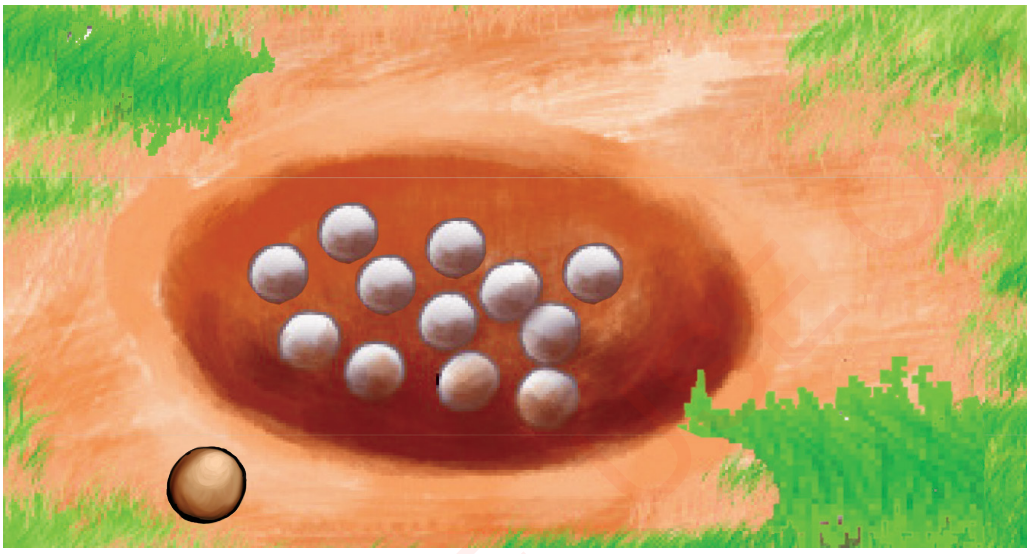
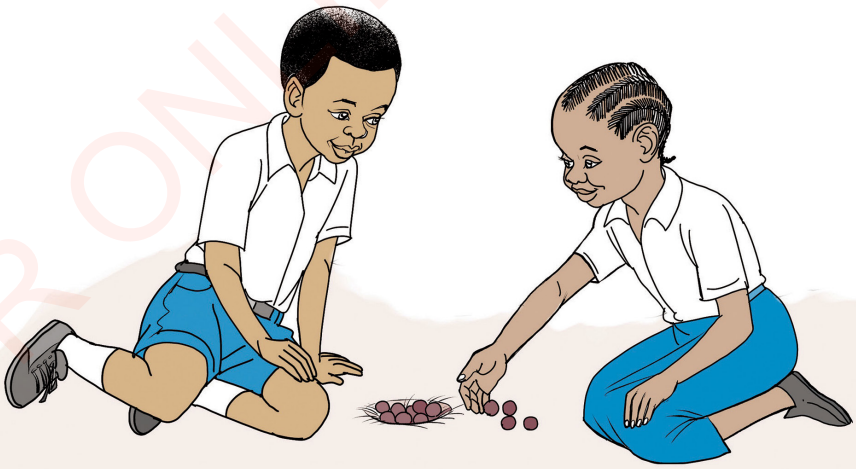
Let us play jacks.

Requirements for jacks: *12 small marbles (or stones), 1 big marble (or stone) and a small round hole.*



Jacks involve more than one player.



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How to play kneel jacks

Players should sit down facing each other. The hole should be between the players.

1. *Hold the big marble in one hand.*



2. *Toss up the big marble or stone while the small marbles are still in the small hole.*



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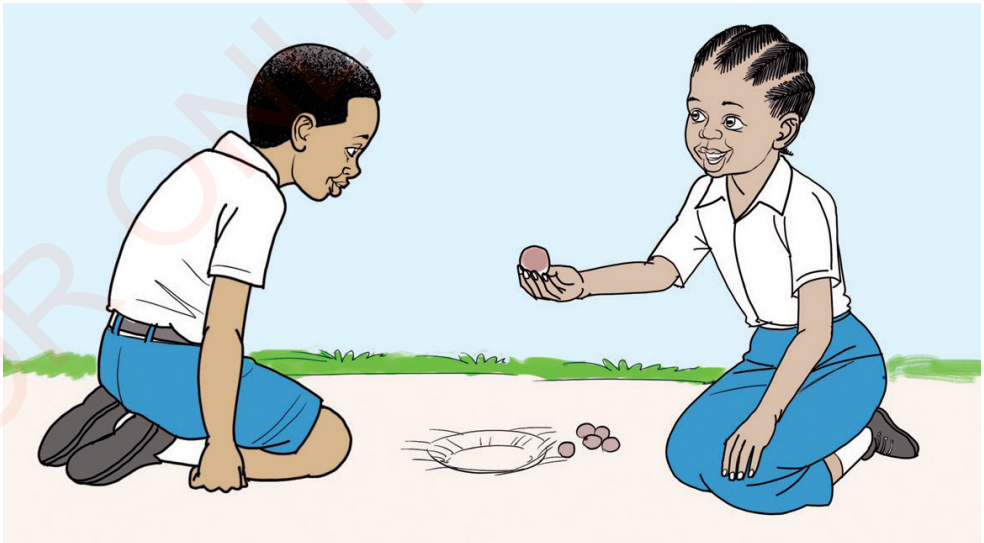
3. While the big marble is in the air, take one of the small marbles out of the hole.



4. Catch the big marble before it touches the ground. Then toss it up again and take out another small marble. Go on tossing up the big marble and taking out the small marbles one by one until the hole is empty.



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5. Repeat tossing up the big marble and returning the marbles into the hole. Go on returning marbles one by one without dropping the big marble.

6. Repeat the process by removing and returning the marbles for example two at a time (2, 2, 2, 2, 2, 2). Then three at a time (3, 3, 3, 3). Four at a time (4, 4, 4). Remove all the marbles in groups up to twelve.

7. Finally, remove and return all twelve marbles at once.

8. The winner is the one who takes out and returns marbles correctly without dropping the big marble.

Activity 3

Form small groups, then play Jacks according to the rules.

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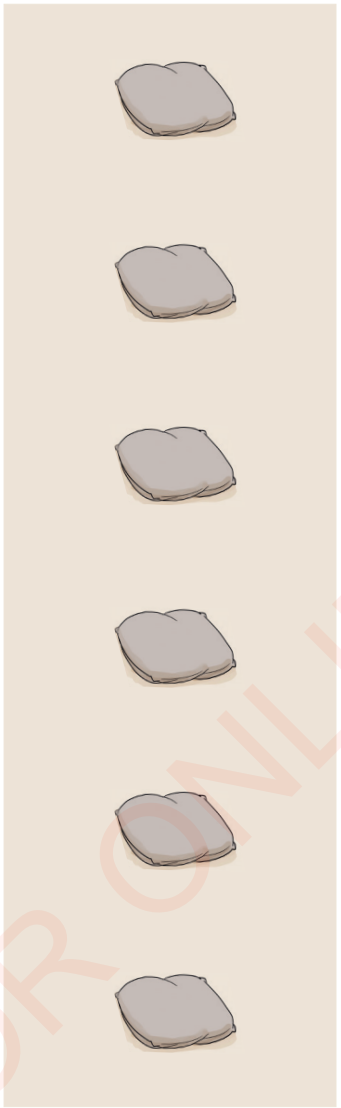
Let us play a hurdles game.

Requirements for the game

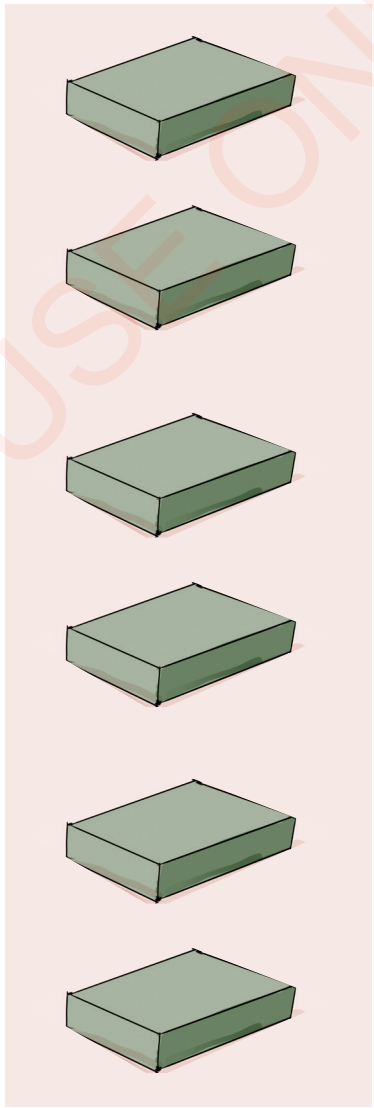
Bags of sand, wooden blocks and whistle



Bags of sand



Whistle



Pieces of wooden blocks

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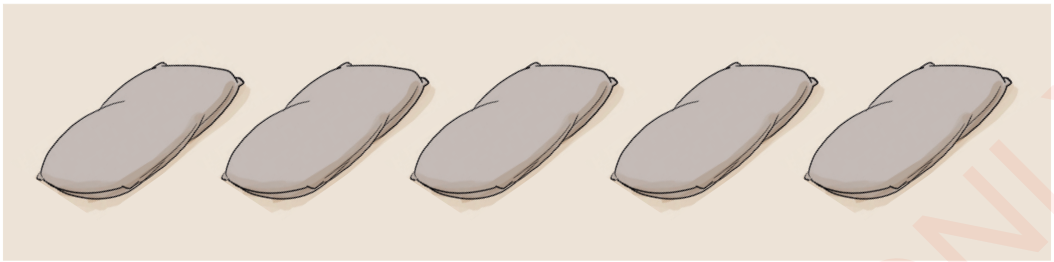
How to play hurdles using sand bags

1. Arrange sand bags in a straight line on the playground.
2. There should be an equal space between bags.



3. Each player stands at the back of one lane.
4. When the whistle blows, each player starts jumping over the sand bags one after the other.



5. Each player must jump over all bags one after another. Each player should jump over the bags in his or her lane.
6. If a player steps on a sandbag, he or she will be out of the game.

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7. The winner is the one who jumps over all the bags without stepping on any of them.

Exercise 1

What will this game help you with?

Activity 4

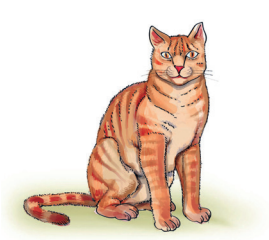
Play hurdles with your fellow pupils using sand bags.

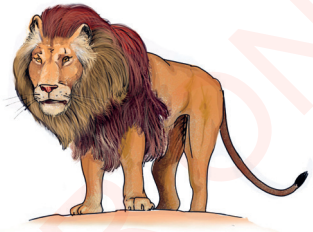


Let us play the nyama nyama nyama nyama game.

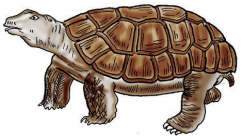
Animals of different types

Look at the following pictures, then do the exercise:



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Exercise 2

1. Name the animals which people eat in your community _____, _____.
2. Name the animals which people do not eat in your community _____, _____.



Song of nyama nyama nyama

Leader: Nyama nyama nyama
Players: Nyama
Leader: Nyama nyama nyama
Players: Nyama
Leader: Nyama nyama nyama
Players: Nyama
Leader: Ya kuku (chicken)
Players: _____.
Leader: Ya ng'ombe (beef)
Players: _____.
Leader: Ya kobe (tortoise)
Players: _____.

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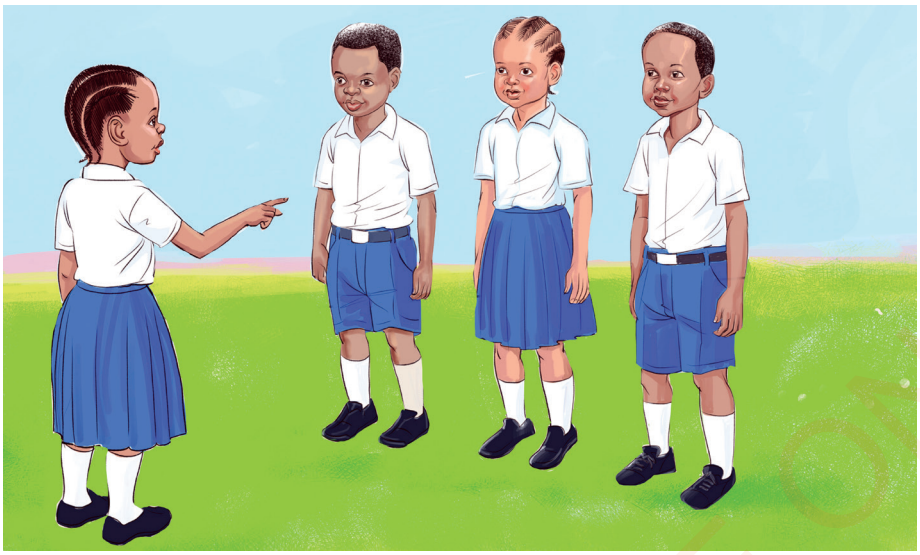
How to play the game

1. Stand in a line facing the leader.



2. The leader calls out 'nyama nyama nyama', others reply 'nyama'.



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3. *The leader calls out the name of an animal. If that animal is edible, jump and say 'nyama'.*



4. *If the animal is not edible, do not jump and do not say 'nyama'. If you do jump, or even move your body, you will be taken out of the game.*



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5. To win the game, you must not make a mistake. The winner is the one who remains alone at the end of the game when all the others are out because they have made mistakes.



6. The winner is the one who remains without making a mistake until the end.

Activity 5

Form small groups and play the 'nyama nyama nyama game'.

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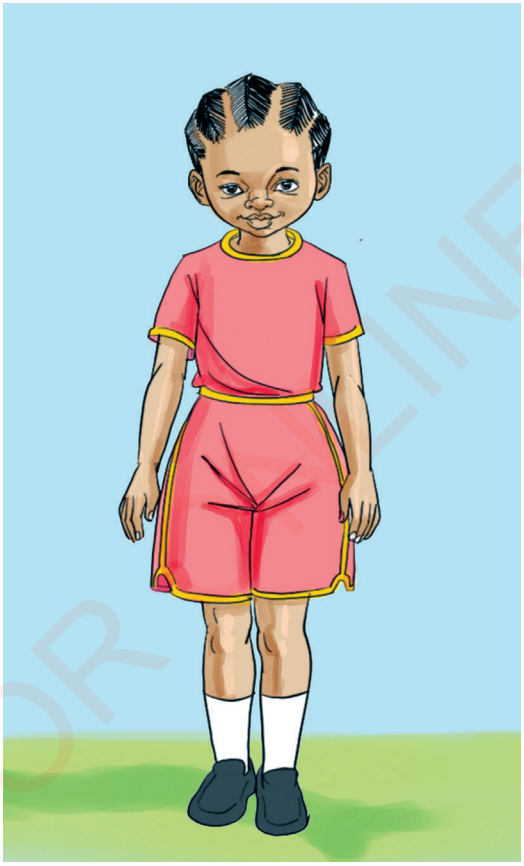
Let us play the game of standing on one leg.

Steps

1. Stand upright with your legs together.
2. Stand upright.
   Move your legs apart.
   Put your hands on your waist.





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3. Stretch your hands out sideways. Bend one leg from the knee and stand on one leg.



4. Repeat these steps, switching legs.

Exercise 3

Why do you spread your arms when standing on one leg?

Activity 6

Perform the exercise of standing on one leg.

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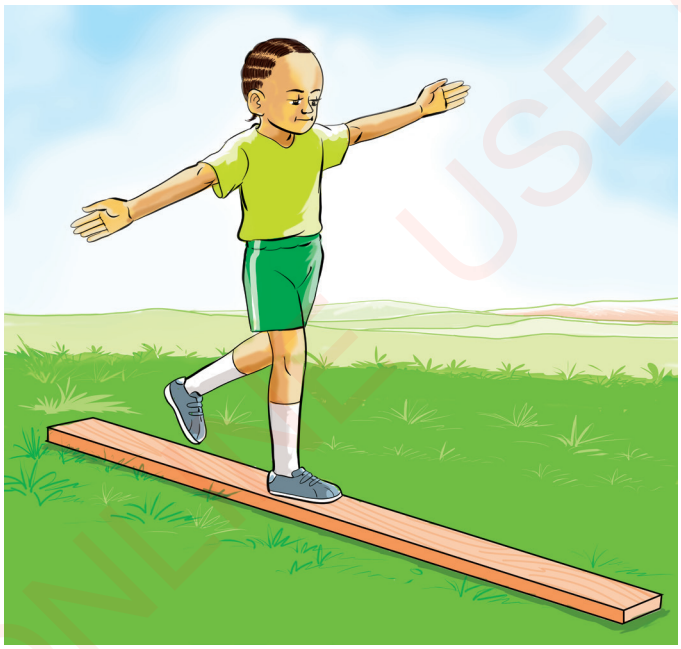
Let us play the walking on the board game.

Steps to follow:

1. Lay a narrow board flat on the ground.
2. Stand upright while facing the board.
3. Spread your arms and step onto the board.
4. Walk with your arms spread wide.
5. Repeat gradually while increasing your pace.



Exercise 4

1. What have you enjoyed in this game?
2. What will you use to play this game if you do not have a board?
3. What have you learnt from this game?

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Let us play the game of hopscotch.

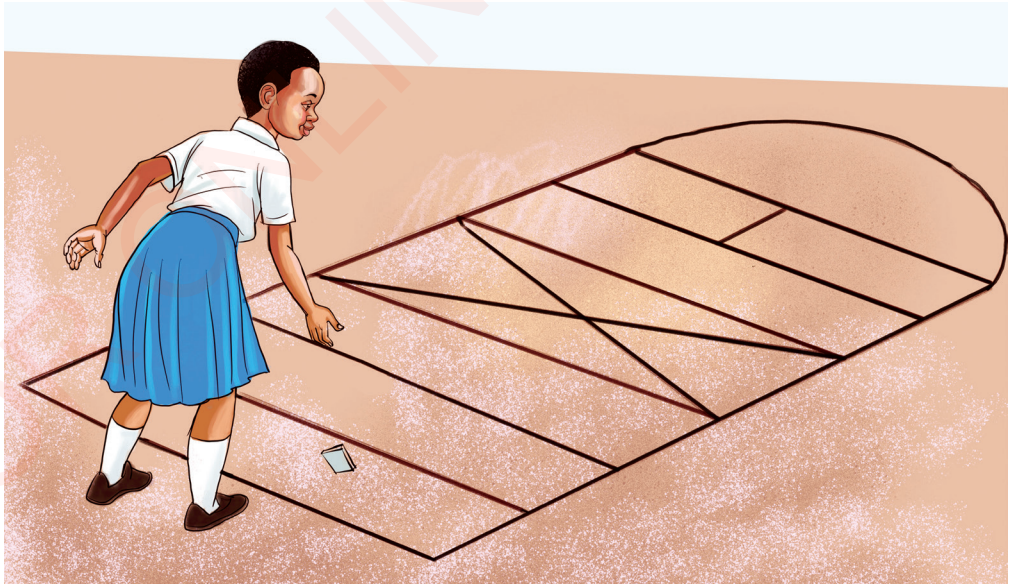
This game is played by more than one person by taking turns.

Requirements:

Stick, chalk or charcoal for drawing, a tile or stone for playing

How to play the one-legged hopscotch game:

1. *Take the playing tile.*
2. *Throw the tile into the first section of the hopscotch board.*



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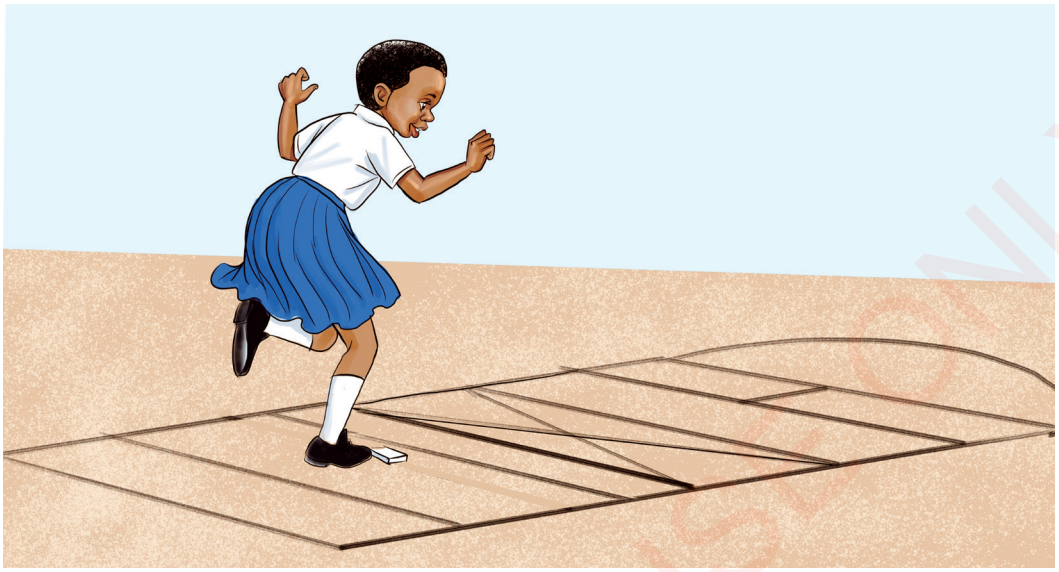
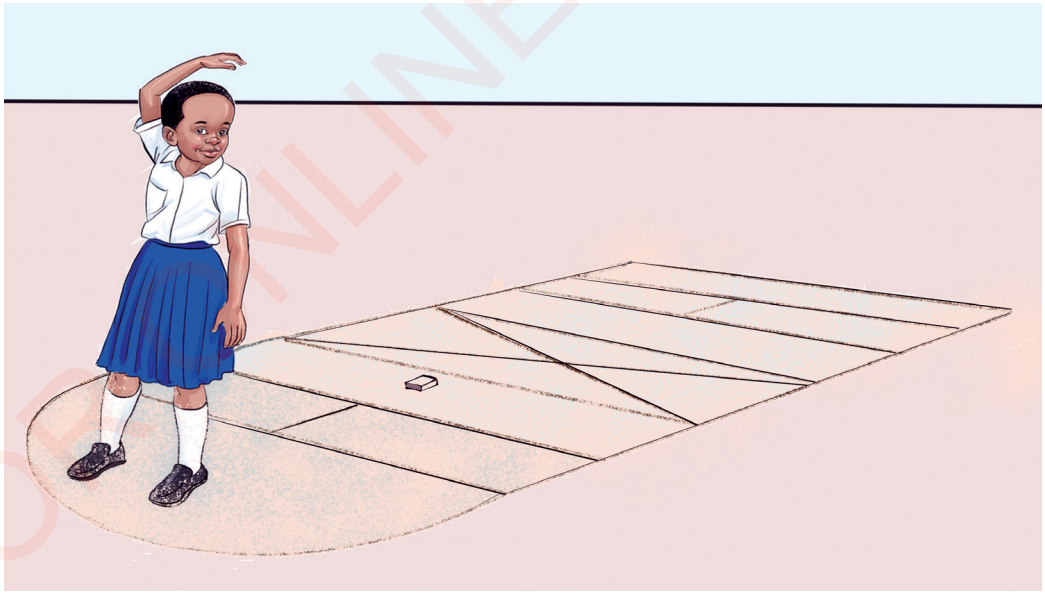
3. Jump to the space with the tile. Push the tile with one foot to the next space. Continue doing this until you reach the last space.



4. When you reach the end, throw the tile backward.



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5. Mark a line in the space in which the tile falls.
6. Another player is not allowed to step in or throw a tile into that space.
7. If a player throws a tile outside the field, it will be a mistake. If the tile falls on the line, it will be a mistake. Another player will take their turn.
8. The game will continue like this until lines are marked in all the space. The winner is the one with the most space with marked lines.

Activity 7

Play hopscotch with your fellow pupils using:

(a) One leg

(b) Two legs

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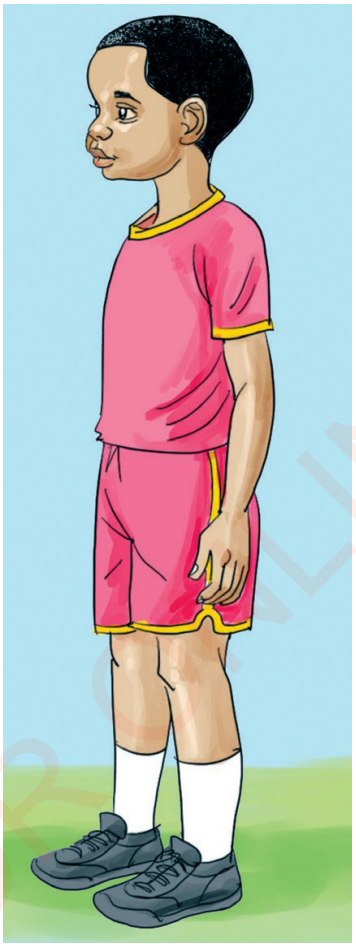
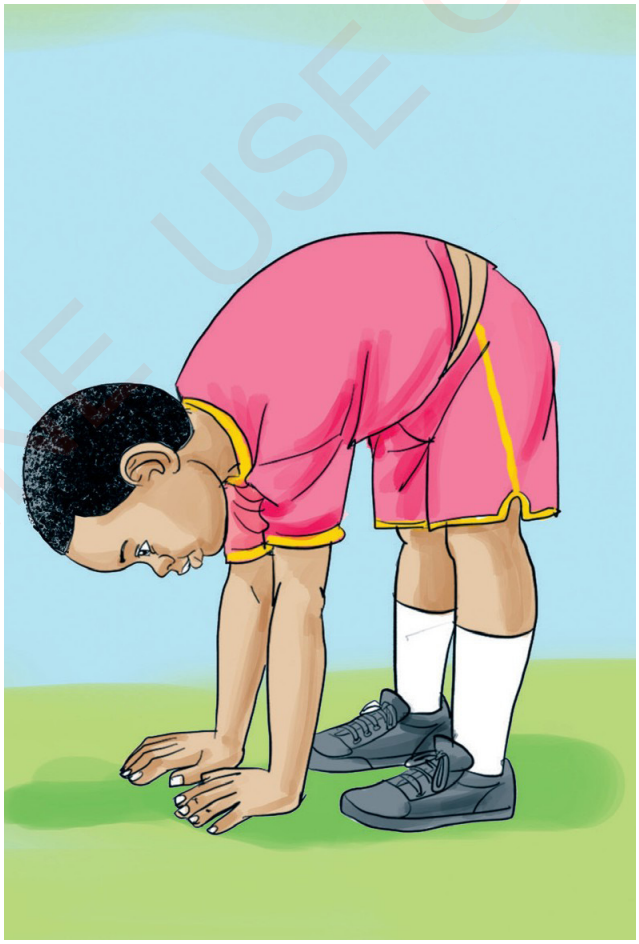
Let us play the handstand game.

Steps to follow:

1. Stand upright.
2. Bend forward and touch the ground with both hands without bending your knees.





3. Push yourself and lean your feet against the wall.

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4. Remove your feet from the wall and stand on your hands only.



5. Repeat these steps.

Activity 8

Collaborate with your peers to perform the handstand exercise.

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Let us somersault.

There are two types of somersault:

1. Forward somersault; and
2. Backward somersault.

How to perform a forward somersault

1. Kneel down.
2. Bend over and place your hands on the ground.





3. Lift your waist.

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4. Put your head down and push forward.





5. Somersault and land with your hands in front.
6. Lift yourself up with your hands and sit down.





7. Repeat somersaulting by following these steps.

Activity 9

Perform a forward somersault exercise.

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How to perform a backward somersault

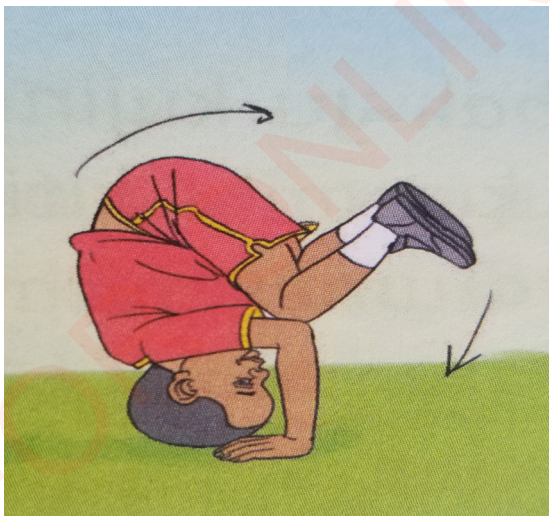
Steps for backward somersault.

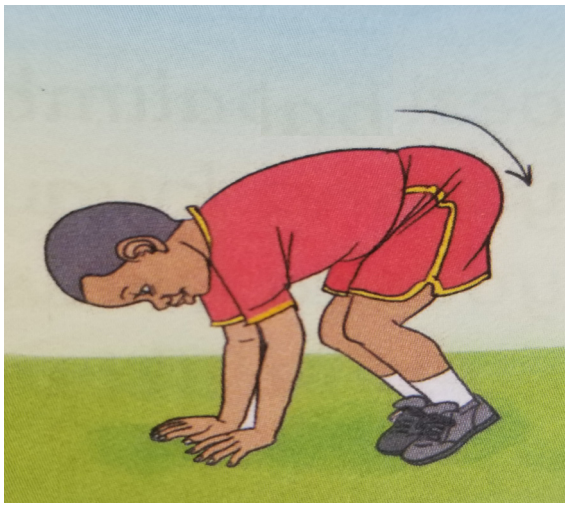
1. Sit down and place your hands behind your back.
2. Lie on your back and lift your legs up.





3. Push yourself backward.
4. Land by placing your feet forward.





5. Lower your waist and hips gracefully.

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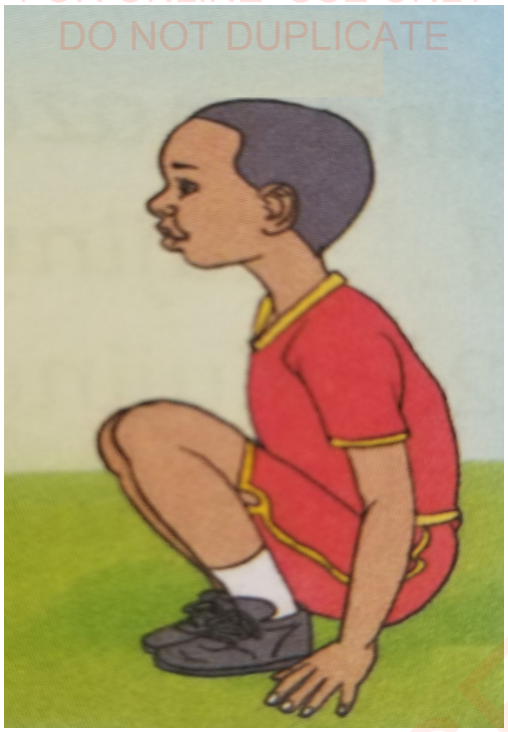

6. Repeat somersaulting by following these steps.

Exercise 5

1. Explain the difference between forward somersault and backward somersault.
2. Why is it important to play these exercise?

Activity 10

Perform a backward somersault exercise.

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This game is played by pairs of players.

Steps to play

1. Stand upright facing your partner.
2. Place the ball in the middle of the two players.
3. Listen to the referee's commands.



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4. Perform the actions announced by the referee.
5. Grab the ball quickly when the referee says 'Ball'.
6. The first player to grab the ball earns one point.
7. The first player to reach 5 points wins.

Exercise 6

What does this game help you with?

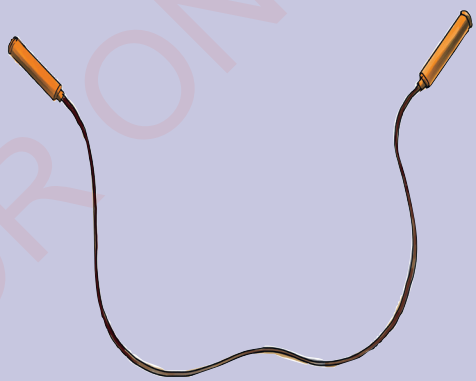
Activity 11

Play the grab game.



Let us play the rope skipping game.

Requirement: Rope





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There are two types of skipping games:

1. Skipping on your own (solo skipping).
2. Skipping in a group (group skipping).

Skipping on your own (solo skipping)

This game is played by one person. The player swings the rope and jumps over it alone. You can jump with both feet or one foot.



Skipping with two legs

1. Hold one end of the rope with one hand.
2. Hold the other end of the rope with the other hand.

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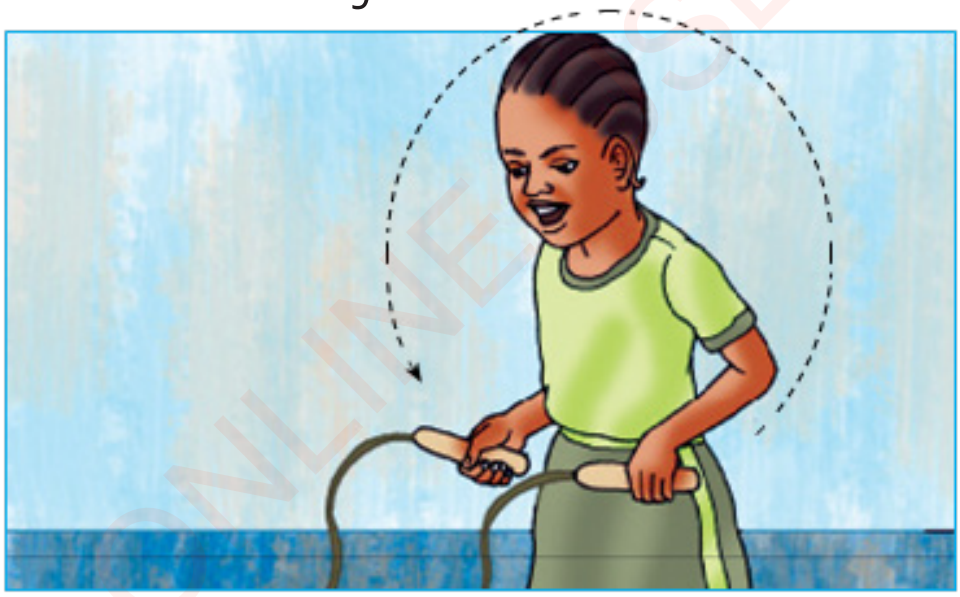
3. Swing the rope upward and forward starting from your back.
4. When the rope touches the ground, jump without touching it.



5. Start jumping with both feet.
6. Keep jumping while counting.
7. If you touch the rope, let your friend take a turn.
8. The one who jumps the most without touching the rope wins.

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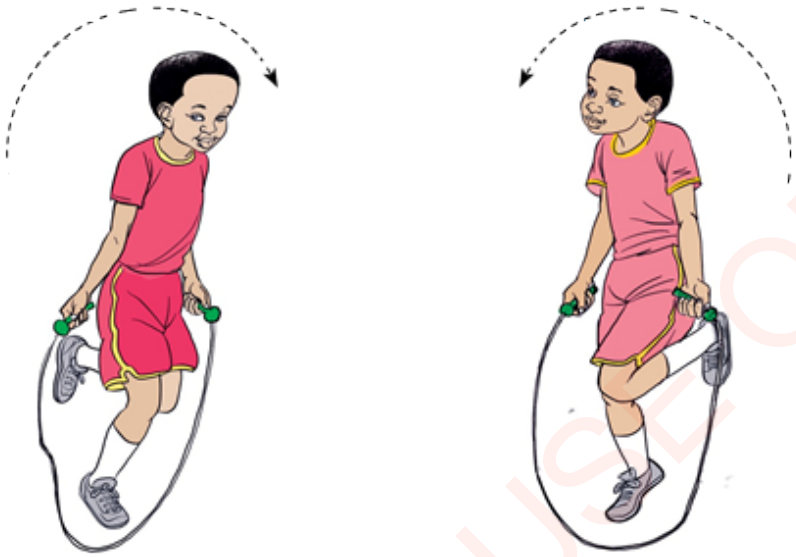
Activity 12

Skip rope with two legs.

Skipping with one leg (single player)



How to skip with one leg

1. Hold one end of the rope with one hand.
2. Hold the other end of the rope with the other hand.
3. Swing the rope upwards and forwards.
4. When the rope touches the ground, jump without touching it.
5. Start jumping with one foot.
6. Keep jumping while counting.
7. If you touch the rope, let your friend take a turn.
8. The one who jumps the most without touching the rope wins.

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Activity 13

Skip rope with one leg.

Skippping in groups

This game is played by four or more people. The game is played in turns.



How to skip in pairs or groups

1. Have two rope holders.
2. One holds one end of the rope, and another holds the other.
3. The rope holders start swinging the rope.
4. Those standing start jumping over the rope while singing.
5. Players who touch the rope will switch over with the rope holders.

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Exercise 7

1. What actions can you do while jumping over the rope?
2. Explain why people play this game.



Let us play the box game.

This game is played with 8 or more players. The number of boxes should be two less than the number of players.



How to Play

1. Stand on the starting line.
2. Get ready and listen to the referee's whistle.
3. Run to touch a box when the whistle blows.

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4. When you run and hear the whistle, sit down.
5. Stand up and run again when the whistle blows.
6. Keep obeying the whistle while running to touch a box.
7. If you miss touching a box, you are out of the game.
8. Two boxes will be removed in each round.
9. The final round will have four players competing for two boxes.
10. The winners are the two who touch the boxes first.

Exercise 8

What did you learn from this game?

Activity 14

Play the box-touching game.

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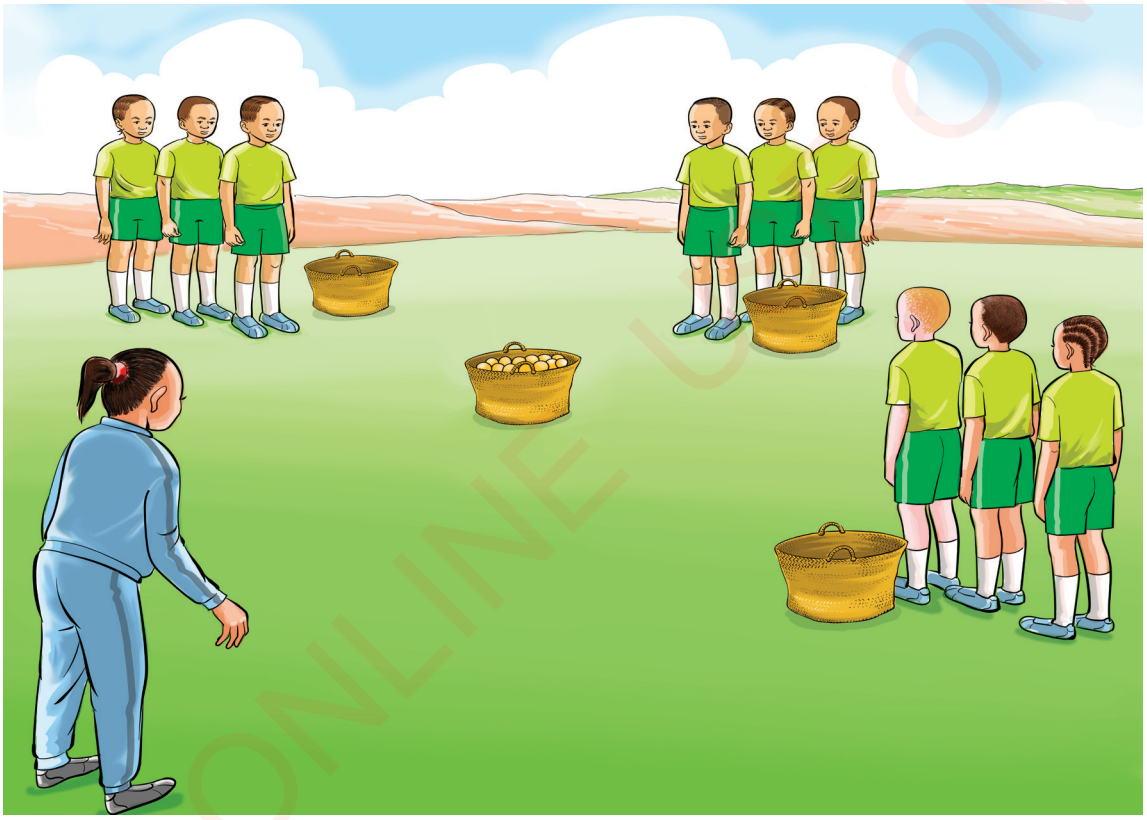
Let us play the fruit basket game.

This game can be played by any number of players divided into three equal teams.



How to Play

1. *Place a basket of fruits in the center.*
2. *Put three empty baskets around the fruit basket.*
3. *Divide players into three teams of five pupils.*

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4. Each team should sit behind the empty basket and the fruit basket.
5. Give each player a number from 1 to 5.
6. The referee will randomly call out numbers.
7. When your number is called, run to the fruit basket and take a fruit.
8. Return and put the fruit into your team's basket.
9. The referee will continue calling numbers until all the fruits in the large basket are finished.
10. The team that collects the most fruits wins.

Exercise 9

1. What did this game teach you?
2. What would you use if you didn't have fruits to play this game?
3. What challenges did you face while playing this game?

Activity 15

Play the fruit basket game.

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Glossary

Msuli: A type of clothing, like a wrap worn by men around their waist.

Batik: Fabric decorated with various colors, used to make shirts, dresses, or headscarves.

Kaniki: A black-colored cloth worn by some women.

Referee: A person who oversees the rules of the game.

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