

CAPS

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GRADE

1

LEARNER'S
BOOK

Platinum

Life Skills

J. Mansfield • S. Mahomed • L. Shaw • C. Gleeson-Baird

Platinum Life Skills Grade 1 Learner's Book

Maskew Miller Learning
10 Freedom Way, Milnerton, Cape Town, 7441

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Welcome to our Learning Adventure

Dear Learner,

Welcome to this exciting textbook! You will meet amazing characters; just like each character is special in their own way, you are too!



Thabo



Tuck Shop Lady



Lily



Sahil



Tebogo



Amina



Zara



Lulama



Lina





Aiden



Khaya

You will find the following in your Learner's Book, which will help guide you on a fun journey filled with learning and discovery.

- **Let us begin:** Each topic starts with important information you will be learning about.
- **Time to explore:** Fun activities that encourage you to explore new ideas, learn cool facts and solve puzzles.
- **New words:** Learn new words that will help you grow your vocabulary.
- **Creative Arts:** when you see this sign , it is time to use your imagination.
- **Physical Education:** It is time to move your body when you see this sign. .
- **Let us check:** At the end of each topic, complete these activities so you can be proud of how much you have learned!
- **Formal assessment:** This will test how well you have understood everything that has been taught throughout the term.

This textbook will encourage you to work alone, in pairs and in groups. You will sing, dance and learn together. Be sure to prepare for every class and ask your teacher as many questions as you can.

Get ready to learn, play and create with your friends.

Happy learning.

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Topic 1 About me



I am unique.

Topic 1 About me

Let us begin

1. How many children can you see in the picture?
2. Who are they pointing at?
3. Do they look the same?



Activity 1

Work in pairs.

1. How many children have dark hair?
2. How many children are wearing white tops?
3. What colour shirt is the boy with glasses wearing?
4. Which of the children are missing a tooth or teeth?

Personal details

Activity 2



My name is Lina. I live at 10 Main Street, in Gqeberha. Today, I am celebrating my ninth birthday.

Work in groups.

1. Say what Lina looks like.
2. How old do you think Lina is?
3. Where does Lina live?



Time to explore

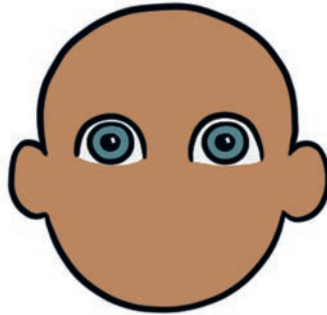
Draw a picture of yourself.
Write your name, age and address.



We are special and unique



My hair



My eyes



My smile

I am **unique**. I look different from my family and friends.

Activity 3

Work on your own.

1. Say to yourself: I am unique.
2. Complete each sentence:
 - a. I have _____ hair.
 - b. I have _____ eyes.
 - c. I like to play _____.

birthday – the day you were born on
unique – to be one of a kind

New
words

Things I can do

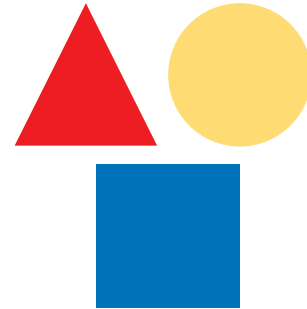
I can do many different things that make me special.

1 2 3 4

I can count.



I know different animal sounds.

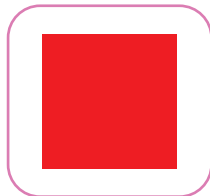


I can name shapes and colours.

Activity 4

Work in pairs.

1. Can you name these shapes and their colours?



2. Draw a blue triangle.
3. Count from one to ten.

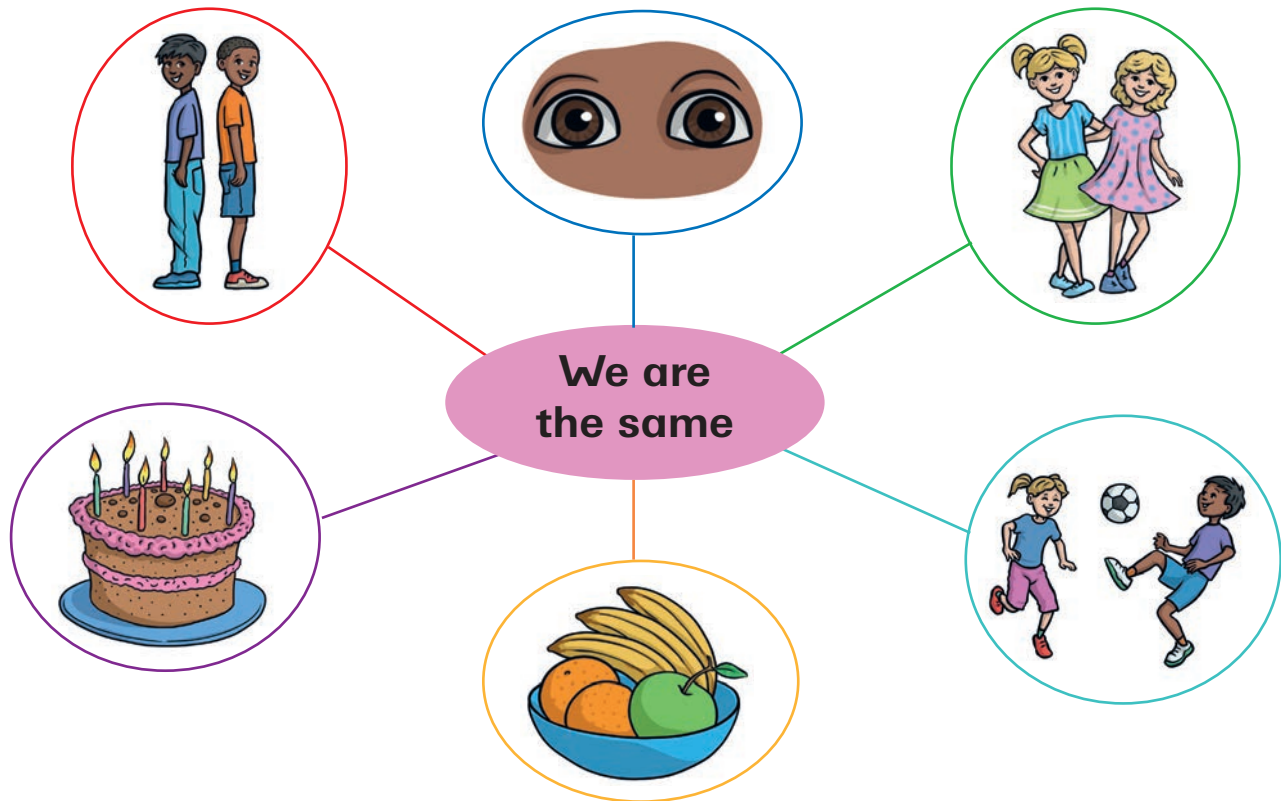


Time to explore

Name **three** things that you can do.

How am I the same as my friends?

These are the things that could be the same as my friends.



Activity 5

Work in pairs.

1. Which colour do you both like?
2. Name a fruit that you both like.
3. What is your favourite game?
4. Can you find someone in your class who has the same colour eyes as you?

How am I different from my friends?



Time to explore

1. What things about the two friends in picture 1 are the same?
2. What is **different** between the two girls in picture 2?
3. Do the two friends in the last picture like doing the same thing?

different – when something is not the same
address – a place where you live

New words

Let us check

1. Write down your name and surname.
2. How old are you?
3. When is your birthday?
4. What is your **address**?
5. Name one thing that you enjoy doing.
6. Draw a picture of your friend and you.



Topic 2 At school



Beginning our day at school

Let us begin

Look at the picture.

1. What can you see at the front of the **school** building?
2. What do **learners** do when they get to school every morning?
3. At what time do you go to school?



Activity 1

Work on your own.

1. Draw yourself in school **uniform**.
2. Write the name of your school under the picture.



Time to explore

What do you like about your school?

school – where a person goes to learn
learner – someone who goes to school
uniform – clothes worn to school

New words

Name of the school, teacher and principal

Activity 2



Mr Mpho is our principal.
He is greeting the Grade 1
on their first day of school.
Our teacher is Mrs Brown.

Work in groups.

1. What is the name of the **principal**?
2. What is the name of the **teacher**?
3. What does the principal of a school do?



Time to explore

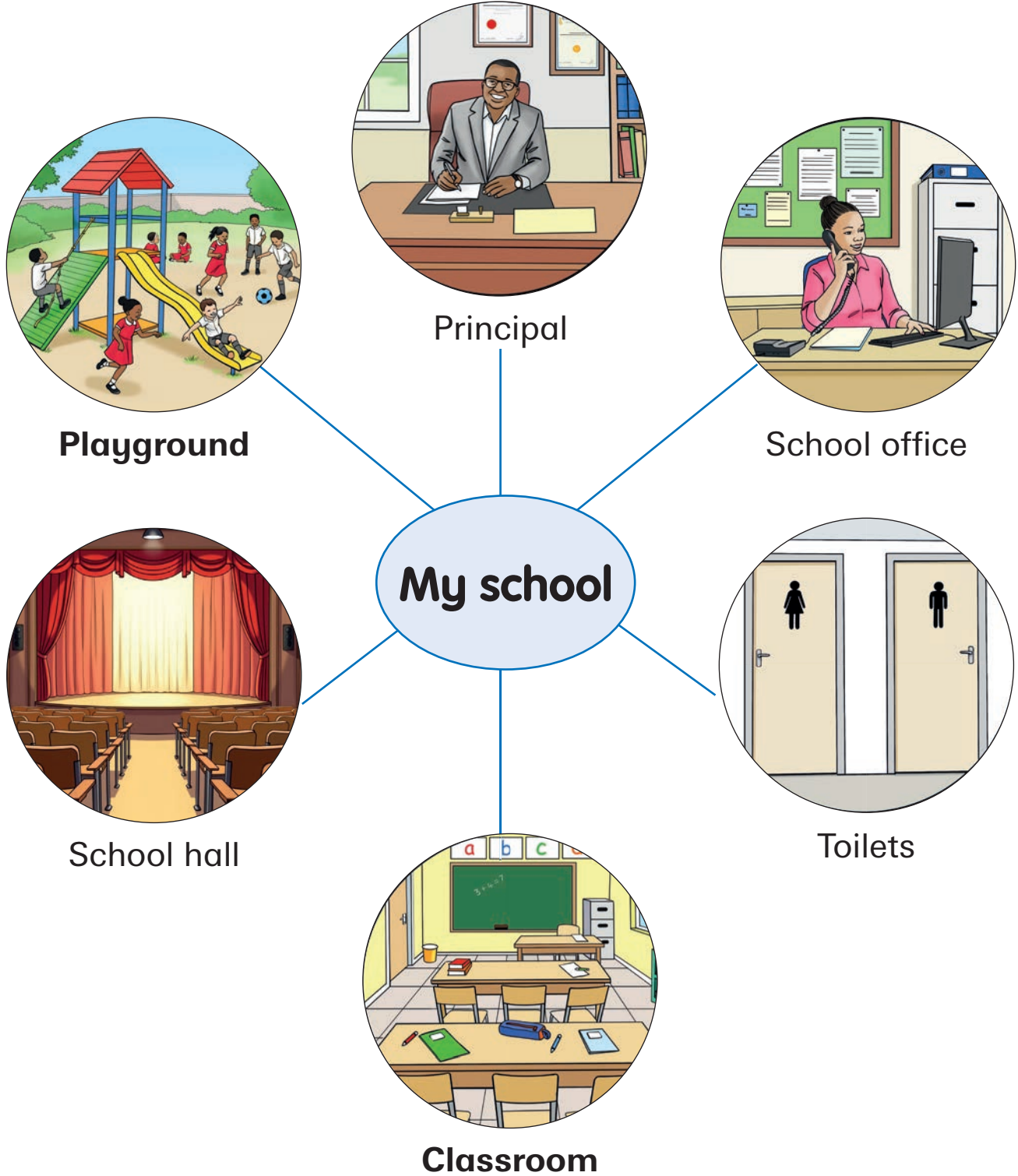
What is the name of your teacher and principal?

principal – a person in charge of the school

teacher – a special person who helps you learn new things

New words

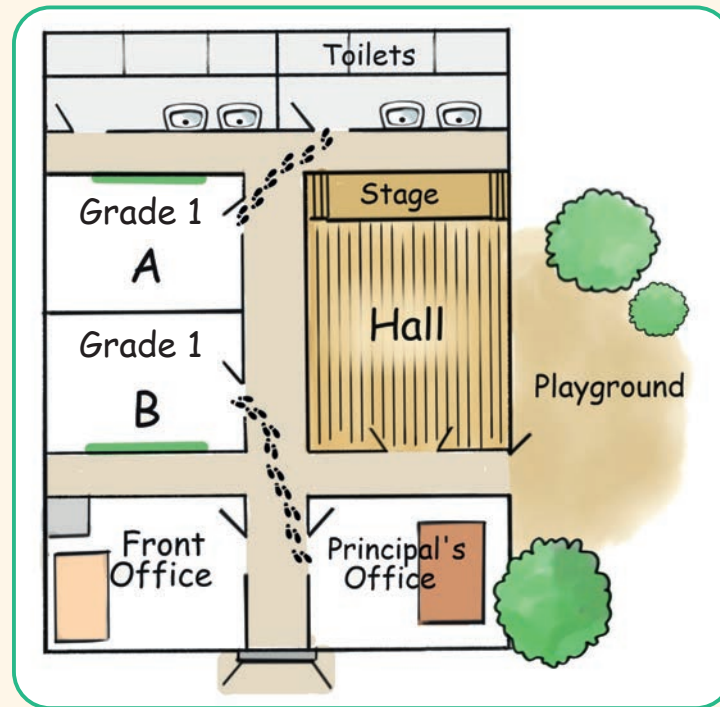
Where to find different places in the school





Time to explore

Look at the **map** of the school.



1. Count the steps to the principal's office.
2. Count the steps to the toilet.
3. Write the steps down.
4. Can you name places which are missing that you have in your own school?

New words

playground – a space to play outside

classroom – a room in the school where lessons take place

map – a picture that shows where places are

Classroom routines and rules



Activity 3

Work in pairs.

Look at the pictures on page 13.

In your exercise book, match the number on the picture to the activity below.

The first one has been done for you.

- 10 Home time
- Line up
- Unpack my bag
- Lunch time
- Greet my teacher
- Hang up my bag
- Bell rings
- Playground time
- Begin working
- Mat work



Time to explore

Does your class have rules?
Name **two** class rules that you need to follow.



routine – doing something the same way every day

rules – how people or an individual should act

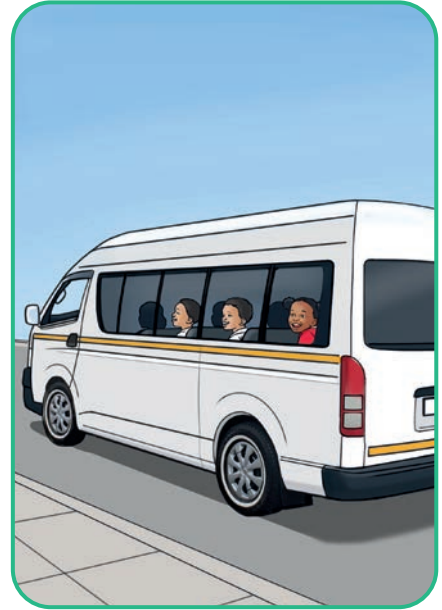
How do I get to school?



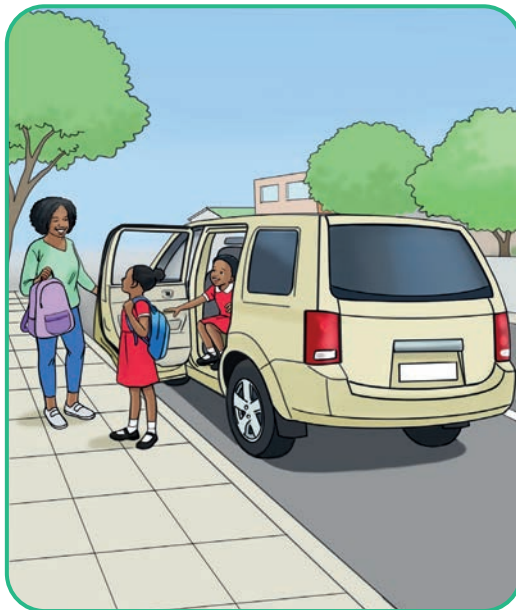
James and Siphon walk to school.



Meike cycles to school.



Frances, Josh and Kaylee go to school in a taxi.



Hlonelwa and Buhle get a lift in their father's car.



Abdullah goes to school on the bus.

Activity 4

Work in groups.

How do these children get to school?

1. Hlonewa and Buhle
2. Abdullah
3. Sipho and James
4. Meike
5. Frances, Josh and Kaylee



Time to explore

1. How do you get to school?
2. What other ways can learners use to get to school?

Let us check

Work on your own.

Complete the sentences.

1. I go to school at _____.
2. My principal's name is _____.
3. My teacher's name is _____.
4. The transport I use to get to school is _____.

Answer: Yes or No.

1. I can find my way to school.
2. I know where the playground is.
3. The principal's office is far from my classroom.
4. The toilets are close to my classroom.
5. My school has a library.



Topic 3 Healthy habits



A healthy **lifestyle**

Let us begin

Healthy **habits** are good for your body. They are:

Eating
healthy
food

Getting
enough
sleep

Exercising
and
playing

Keeping
our bodies
clean

Activity 1

Work in groups.

1. Look at the pictures. Which healthy habit must we do every day?
2. Why should we brush our teeth every day?



**Time to
explore**

Why is sleeping an important healthy habit?

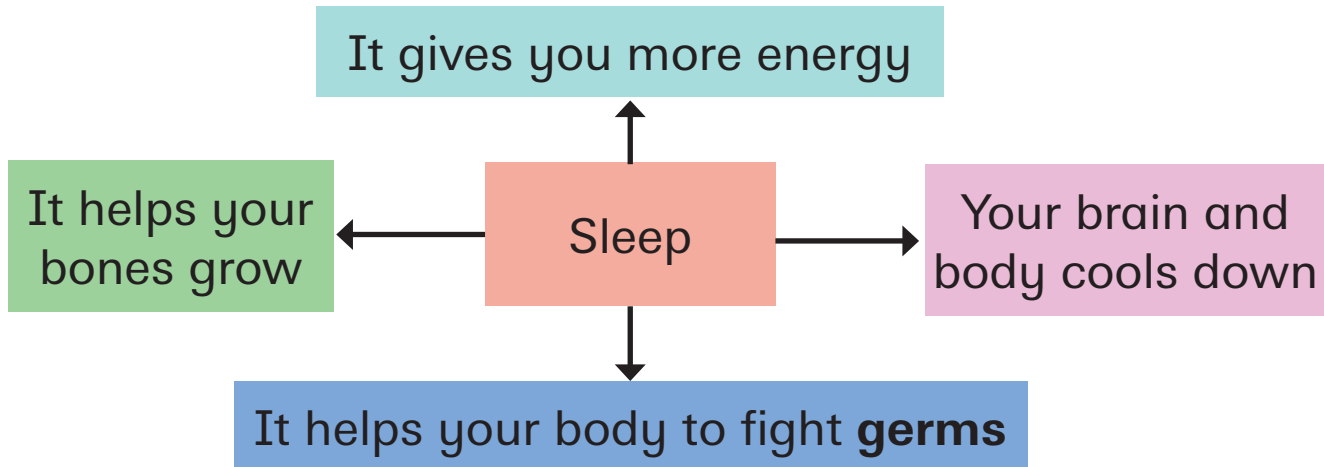
lifestyle – how you live

habit – something that you do every day

**New
words**

Sleep

Sleep is very important for our bodies because:



To have a healthy night's sleep, you should be in bed by eight o'clock.

Activity 2

Work on your own.

1. Draw a picture of yourself sleeping.
2. What do you think happens to your body when you sleep?



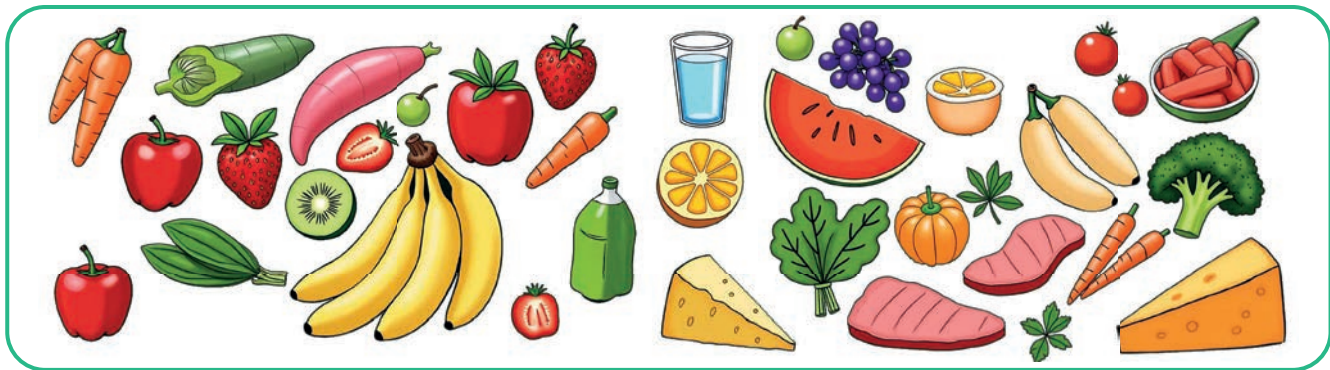
germs – small living things that we cannot see. They can be good for our bodies, but they can also make us sick

New word

Eating healthy food

Eating healthy food helps you grow stronger.

Healthy foods include fruit, meats and vegetables.



Activity 3

Work in groups.

1. Make a food poster showing healthy foods and snacks.
2. You can draw the pictures, or cut them from a newspaper or magazine and paste them in your poster.
3. Show the class your poster.



Time to explore

Name all the fruit and vegetables you know.

Proper use of a toilet

Whether we are at home or at school, we may have to share a toilet with other people. It is important to learn healthy toilet habits.



Always leave the toilet area clean after using it.



Do not waste the toilet paper.



Always wash your hands after using the toilet.



Time to explore

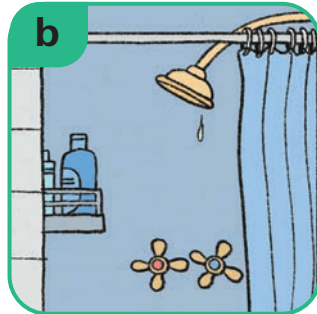
If the toilet is not clean, what should you do?

Remember to:

Flush the toilet after using it and turn off the tap after washing your hands.

Keeping clean

We keep our bodies clean by doing these things:



Activity 4

Work in pairs.

1. Talk about what is happening in each picture.
2. How do you keep your body clean?
3. When do you brush your teeth?
4. Why is it important to keep our bodies clean?

Regular exercise and play

Keep your body healthy by exercising and playing.

Here are some ways we play and **exercise**:



Playing sport



Reading books



Doing art

Activity 5

Work in pairs.

1. Which exercise do you like doing?
2. How many times a week do you exercise?
3. What sport do you do at school?



Time to explore

Is watching television all the time a healthy habit?



exercise – activities you do to keep your body healthy

Let us check

Work on your own.

1. Draw all the healthy habits that you do in the morning before going to school.
2. What important habits do you do at school?
3. When washing my hands or brushing my teeth, I must turn off the _____.

4. Balance on one leg.

Slowly lift one leg, stand on one leg, and count to ten. Then do the same with your other leg.



Topic 4 The weather



Let us begin

Look at the three pictures.

1. What type of **weather** do you see in each picture?
2. What clothes must you wear when it is raining?
3. How do you feel when it is hot?
4. How do you feel when it is cold?



Time to explore

Go outside.

1. How is the weather?
2. Draw what you see.

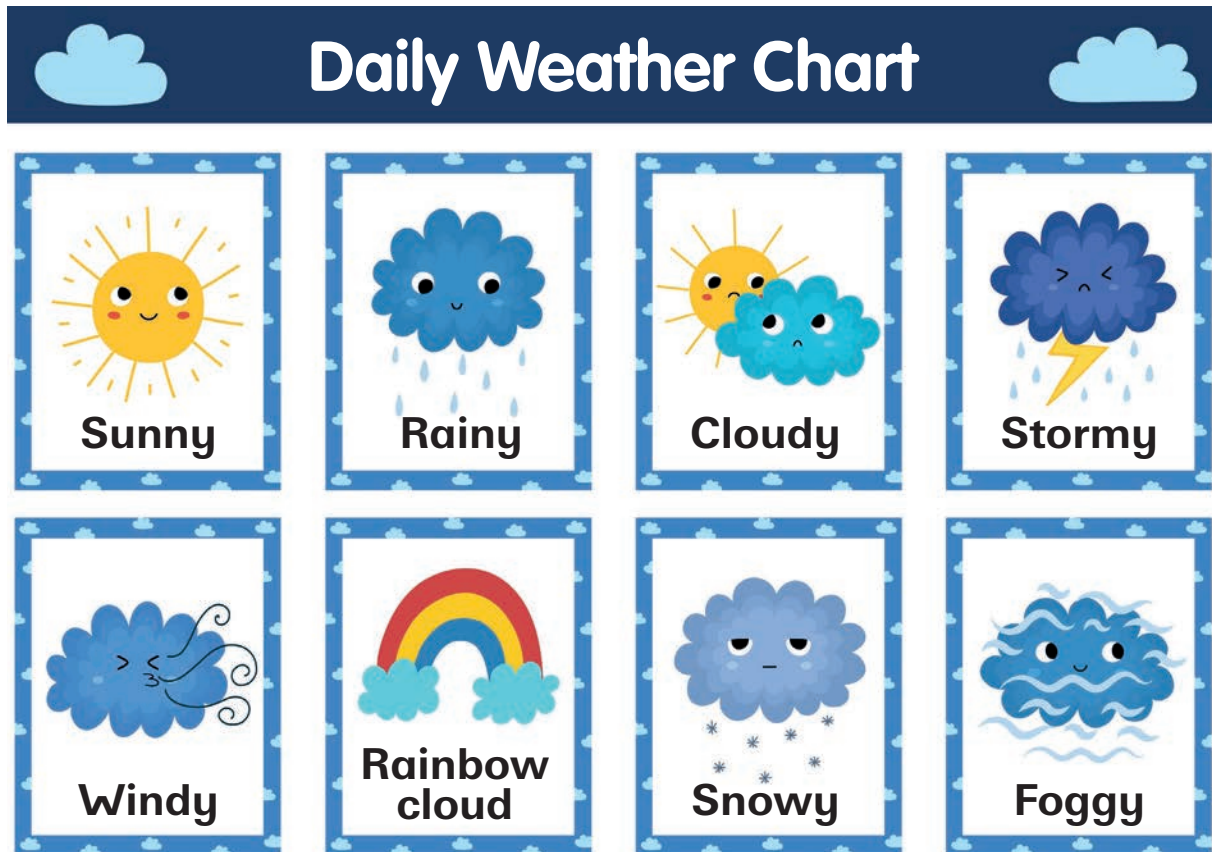


weather – how hot, cold, windy, rainy, misty or cloudy it is outside

New word

A daily weather chart

Activity 1



Work on your own.

1. Look at the daily weather chart. Talk about the weather you see.
2. In your exercise book, draw your own daily weather chart showing the sun, rain, wind and clouds.

