



*CREATIVE ARTS &  
SPORTS GRADE 9  
Notes*

# **CAREERS IN CREATIVE ARTS AND SPORTS.**

**Career: A career is a person's journey through learning, work, and other aspects of life.**

**It's the long-term path a person chooses in a particular field, aiming for growth and achieving goals over time.**

## **Careers in Creative Arts :**

**The following are some of the careers in Creative Arts:**

- 1. Graphic Designer – Creates visual content for ads, websites, and brands.**
- 2. Musician – Performs or composes music across genres.**
- 3. Actor – Portrays characters in movies, TV shows, or theater.**
- 4. Photographer – Captures images for fashion, events, journalism, or art.**
- 5. Writer – Writes books, scripts, or articles in fiction or non-fiction.**
- 6. Animator – Creates animated visuals for films, video games, and advertisements.**

**7.Fashion Designer – Designs clothing and accessories, often setting trends.**

**8.Interior Designer – Plans and styles the interiors of homes, offices, or commercial spaces.**

**9.Art Director – Oversees visual style and creative direction for projects, like magazines, ads, or films.**

**10.Dancer/Choreographer – Performs dance routines or designs movements for performers.**

**11.Illustrator – Draws or creates artwork for books, advertising, or online content.**

**12.Film Director – Directs films, shaping stories and guiding actors and crew.**

**13.Set Designer – Designs physical settings for movies, theater, and television productions.**

**14.Craft Artist – Creates handmade items, often for selling or exhibition, like pottery, jewelry, or textiles.**

**15.Digital Content Creator – Produces content, often for social media, including videos, blogs, and photography.**

## **Careers in Sports.**

**The following are some of the careers in Sports:**

- 1.Athlete – Competes professionally in sports like soccer, basketball, or swimming.**
- 2.Coach – Trains and guides athletes or teams to improve performance.**
- 3.Sports Journalist – Reports on sports events, interviews athletes, and analyzes games.**
- 4.Sports Manager – Manages operations, marketing, and finances of sports teams.**
- 5.Fitness Trainer – Helps people or athletes improve their fitness and physical health.**
- 6.Sports Psychologist – Works with athletes to improve mental performance and manage stress.**
- 7.Referee – Enforces rules and makes decisions during sports games.**
- 8.Physical Therapist – Helps athletes recover from injuries and maintain peak physical health.**
- 9.Sports Analyst – Analyzes games and player performance for broadcasts or teams.**

**10.Sports Medicine Doctor – Specializes in treating injuries and conditions related to sports.**

**11.Sports Photographer – Captures moments at sporting events for media and publications.**

**12.Agent – Represents athletes, managing contracts, sponsorships, and career opportunities.**

**13.Nutritionist – Works with athletes on dietary plans to enhance performance and recovery.**

**14.Event Organizer – Plans and manages sports events, from local games to international tournaments.**

**15.Stadium Manager – Manages the operations of sports venues, including events and facilities.**

**Both fields require talent,dedication and practice,offering unique paths for those passionate about creativity or physical activity.**

### **ACTIVITY:**

**1.Which career in creative arts and sports are you interested or would like to pursue?**

## **Creative Arts Spaces.**

- **Creative Arts Space:** A creative arts space is a location where artists create, showcase, and collaborate on artistic projects.
- **These spaces include theaters, studios, galleries, festivals, and other venues dedicated to arts and culture.**
- **They provide artists with the resources and environments needed to produce and present their work to audiences.**

## **Roles Performed by Different Personnel in Various Creative Arts Spaces**

### **1. Theatre**

- **Director:** Oversees the production, guiding actors and crew to bring the script to life.
- **Actor:** Performs roles to tell a story or portray a character in the play.
- **Stage Manager:** Manages backstage operations, coordinating cues and stage setup.
- **Set Designer:** Designs and builds the physical setting where the performance takes place.

- **Lighting and Sound Technicians:** Handle lighting and sound effects to enhance the performance.

## **2. Recording Studio**

- **Sound Engineer:** Manages the technical aspects of recording, mixing, and mastering audio.
- **Producer:** Oversees the recording process, guiding the artist's sound and vision.
- **Session Musician:** Provides instrumental or vocal performances as needed in recordings.
- **Audio Technician:** Sets up equipment and assists in ensuring sound quality.
- **Studio Manager:** Manages studio schedules, bookings, and ensures smooth operations.

## **3. Festivals (Music, Arts, Cultural)**

- **Event Coordinator:** Plans and organizes the festival, handling logistics, permits, and schedules.
- **Performer/Artist:** Musicians, dancers, and other performers who entertain the audience.
- **Stage Manager:** Manages stage activities, schedules performances, and coordinates with performers.
- **Vendor Coordinator:** Manages booths and food vendors, ensuring compliance with festival guidelines.

- **Marketing and PR Specialist: Promotes the festival, creating advertising and media content.**

#### **4. Galleries.**

- **Curator: Selects and arranges artworks for display, often creating thematic exhibitions.**
- **Gallery Manager: Manages daily operations, including sales, visitor relations, and gallery upkeep.**
- **Art Handler: Safely installs, packs, and moves artwork within the gallery space.**
- **Guide: Provides tours and information, educating visitors about the art on display.**
- **Marketing Specialist: Promotes exhibitions and events through advertising and social media.**

#### **5. Fine Arts Studio**

- **Artist: Creates original artwork such as paintings, sculptures, or ceramics.**
- **Studio Assistant: Assists the artist with preparation, materials, and other studio tasks.**
- **Art Instructor: Teaches techniques to students, guiding them in developing their skills.**
- **Art Therapist: Uses art-making activities to support clients' mental and emotional health.**

- **Studio Manager: Manages resources, materials, and ensures the studio is organized.**

## **6. Workshops.**

- **Workshop Leader/Instructor: Leads sessions, teaching specific techniques or skills.**
- **Coordinator: Organizes the workshop, handling logistics, registration, and materials.**
- **Facilitator: Assists participants during the workshop, helping them understand and apply techniques.**
- **Supply Manager: Manages tools, materials, and supplies needed for the workshop.**
- **Marketing Specialist: Promotes the workshop to attract participants.**

## **7. Exhibitions.**

- **Exhibition Curator: Plans the exhibition theme, selecting and arranging the pieces on display.**
- **Exhibit Designer: Designs the layout and display of the exhibition to enhance visitor experience.**
- **Event Planner: Organizes opening events, receptions, and special tours.**
- **Security Staff: Ensures the safety of artworks and visitors during the exhibition.**

- **Marketing and Public Relations: Promotes the exhibition through media, advertising, and social platforms.**

## **8. Cultural and Sports Centres.**

- **Program Coordinator: Plans activities, classes, or events that align with cultural and sports objectives.**
- **Instructor/Coach: Leads classes or training sessions in sports or cultural activities.**
- **Event Manager: Organizes events and manages logistics for cultural festivals or sports competitions.**
- **Community Outreach Coordinator: Engages the local community, promoting participation in programs.**
- **Facility Manager: Oversees maintenance, safety, and resource management for the centre.**

## **Entrepreneurial Opportunities in Creative Arts and Sports.**

- **Entrepreneurial Opportunities: These are chances for people to start and grow their own businesses by identifying needs, trends, or gaps in the market.**

- **Entrepreneurs use these opportunities to create products or services that people want, often by using their skills, ideas, and resources.**

## **Entrepreneurial Opportunities in Creative Arts:**

**The following are some of the entrepreneurial opportunities in Creative Arts:**

### **1. Art Sales and Exhibitions:**

- **This involves Creating, selling, or showcasing original artwork in galleries or online.**
- **Opportunity: Artists can sell directly to buyers or work with art galleries. Some may also create online stores or use platforms to reach a wider audience.**

### **2. Graphic Design Services:**

- **This involves offering design services for branding, advertisements, or digital content.**
- **Opportunity: Entrepreneurs can start a graphic design agency, focusing on logos, social media graphics, and websites for businesses.**

### **3. Online Content Creation:**

- **This involves creating content like videos, photography, and blogs.**
- **Opportunity: Many creators monetize through ads, sponsorships, or product sales on platforms like YouTube, Instagram, and blogs.**

### **4. Handmade Crafts and Merchandise:**

- **This involves selling handmade items such as jewelry, clothing, or home decor.**
- **Opportunity: Craft artists can sell products on platforms like Etsy, at markets, or through their own websites.**

### **5. Film and Media Production:**

- **This involves producing video content, short films, or online shows.**
- **Opportunity: Filmmakers can create their own production companies, working on projects for clients or streaming platforms.**

### **6. Photography Studio:**

- **This involves opening a photography business specializing in events, portraits, or commercial photography.**

- **Opportunity: Photographers can offer specialized services, such as wedding photography, product photos for businesses, or family portraits.**

## **7.Creative Writing and Self-Publishing:**

- **This involves writing books, blogs, or scripts and self-publishing them online or in print.**
- **Opportunity: Writers can self-publish e-books, novels, or poetry collections, reaching readers directly without needing a traditional publisher.**

## **8.Music Production and Studio Services:**

- **This involves setting up a music production studio to record music for independent artists, bands, or content creators.**
- **Opportunity: Music producers can offer recording, mixing, and mastering services, helping artists produce high-quality music.**

## **9.Fashion and Clothing Line:**

- **This involves starting a brand that designs and sells unique clothing, accessories, or wearable art.**

- **Opportunity: Fashion designers can sell their creations through online platforms, pop-up stores, or collaborations with larger brands.**

## **Entrepreneurial Opportunities in Sports.**

### **1. Personal Training and Coaching:**

- **This involves offering training sessions for fitness, specific sports, or skill development.**
- **Opportunity: Personal trainers and coaches can create their own fitness programs, open gyms, or train clients individually or in groups.**

### **2. Sports Merchandise:**

- **This involves selling sports-related items like clothing, jerseys, equipment.**
- **Opportunity: Entrepreneurs can start an online store or partner with local teams to sell branded merchandise.**

### **3. Sports Event Planning:**

- **This involves organizing sports events or tournaments.**
- **Opportunity: Event planners can create and host sports events, from local tournaments to larger events, offering ticket sales, sponsorships, and promotions.**

#### **4.Sports Nutrition and Supplements:**

- **This involves creating or selling nutrition products aimed at athletes and fitness enthusiasts.**
- **Opportunity: This can include starting a line of health supplements or providing diet plans focused on sports performance.**

#### **5.Sports Media and Blogging:**

- **This involves reporting, analyzing, or creating content about sports.**
- **Opportunity: Sports bloggers, analysts, and videographers can build a following and monetize through ads, sponsorships, or paid content.**

#### **6.Athlete Management and Representation:**

- **This involves representing athletes to negotiate contracts, sponsorships, and brand deals.**
- **Opportunity: Agents or managers work with athletes to handle career growth, business opportunities, and public relations.**

#### **7.Sports Technology and App Development:**

- **This involves creating apps or tech solutions for sports training, fitness tracking, or team management.**

- **Opportunity: Entrepreneurs can develop mobile apps for things like skill tracking, virtual coaching, or injury prevention.**

## **8.Virtual Sports Training Programs:**

- **This involves offering online courses, workouts, or training plans accessible from anywhere.**
- **Opportunity: Coaches can create video-based programs or live sessions, providing flexible and accessible training for people worldwide.**

## **9.Youth Sports Camps and Clinics:**

- **This involves organizing camps or clinics to train young athletes in specific sports.**
- **Opportunity: By targeting younger athletes, entrepreneurs can build a reputation in sports training, helping youth develop skills and interest in sports.**

## **10.E-sports and Gaming Events:**

- **This involves organizing events, tournaments, or leagues in the fast-growing field of esports.**
- **Opportunity: With the rise of competitive gaming, event organizers can tap into this market, hosting live or online tournaments with sponsorships and streaming revenue.**

- **Entrepreneurial opportunities in both fields allow people to turn their passion and expertise into a business, creating unique services and products that meet the needs of fans, customers, and communities.**

## **COMPONENTS OF CREATIVE ARTS AND SPORTS.**

### **1.PLAY.**

**A play is a story told through dialogue and action, performed by actors on a stage. It often explores human experiences and emotions.**

#### **Components of a Play:**

##### **1.Theme:**

- **This is the main idea or message of the play. It's what the story is really about, like love, friendship, or conflict.**

##### **2.Characters:**

- **These are the people in the play. Each character has their own personality, goals, and relationships with others. They drive the story forward.**

### **3.Plot:**

- **These are the sequence of events that happen in the play. It includes the beginning (introduction), middle (rising action and climax), and end (resolution).**

### **4.Setting:**

- **Refers to time and place where the play occurs. This can include details about the location (like a city or a house) and the time period (like the past, present, or future).**

### **5.Language:**

- **Refers to the words and style of speech used by the characters.**
- **This includes dialogue (what characters say) and sometimes monologues (long speeches by one character). It helps convey emotions and character traits.**

### **6.Conflict Resolution:**

- **Refers to the way problems or conflicts in the play are solved by the end.**
- **This can involve characters overcoming challenges, making decisions, or finding peace after a struggle.**

**These components work together to create an engaging and meaningful experience for the audience.**

## **PHYSICAL FITNESS AND IT'S COMPONENTS.**

- **Physical fitness refers to the ability of your body to work effectively and efficiently during physical activity.**
- **Being physically fit means having strength, endurance, flexibility, and overall health that helps you perform daily tasks without feeling too tired and reduces your risk of injuries and illness.**

### **Components of Physical Fitness**

#### **1.Power:**

- **Power is the ability to exert maximum force quickly.**
- **It combines strength and speed, like when you jump high, sprint fast, or lift a heavy weight in a short burst.**
- **Power helps in activities that require quick movements, such as in sports or when lifting something heavy.**

#### **2.Reaction Time:**

- **Reaction time is how quickly you can respond to a stimulus, like when you start moving as soon as you hear a starting signal in a race.**

- **It's important in situations where fast responses are needed, like catching a ball, dodging an object, or reacting quickly in emergencies.**

**Here are examples of activities that demonstrate power and reaction time:**

**a) Power:**

**1. Jumping:**

- **Exercises like vertical jumps, box jumps, and long jumps show power as they require you to push off the ground with maximum force quickly.**

**2.Sprinting:**



- **Sprinting at full speed needs both strength and speed, making it a good example of power.**

**2. Weightlifting:**



- **Lifting a heavy weight in a short, explosive movement, such as in clean and jerk or snatch lifts, shows power.**

**b) Reaction Time:**

## 1. Table Tennis:



- **Players need to react quickly to the opponent's shots, adjusting their movements instantly to hit the ball back.**

## **2.Dodgeball:**



- **In dodgeball, players must react fast to dodge or catch the ball being thrown at them.**

### **ACTIVITY:**

**1.Which other activities demonstrates power and reaction time?**

## **RHYTHM.**

- **Rhythm is the pattern of sounds and silences in music.**
- **It is what makes music feel steady and helps us keep time.**
- **You can think of rhythm as the beat or pulse that you tap your foot to or clap your hands along with.**
- **It includes how long notes are played and how they are organized in a piece of music.**
- **Rhythm gives music its movement and flow, making it enjoyable to listen to and easy to dance to.**

## **Components of Rhythm.**

### **1.Dotted Minim**

- **A dotted minim is a musical note that lasts for 3 beats.**
- **The dot adds an extra beat to the regular minim, which normally lasts for 2 beats.**
- **Rest: The rest for a dotted minim is called a dotted minim rest, which also lasts for 3 beats of silence.**

### **2.Dotted Crotchet.**

- **A dotted crotchet is a note that lasts for 1.5 beats.**
- **The dot adds half of the value of the crotchet, which normally lasts for 1 beat.**

- **Rest: The rest for a dotted crotchet is called a dotted crotchet rest, which lasts for 1.5 beats of silence.**

### **3.Quaver.**

- **A quaver is a note that lasts for 0.5 beats. It's a shorter note, often used in fast music.**
- **Rest: The rest for a quaver is called a quaver rest, which lasts for 0.5 beats of silence.**

### **Summary**

**Dotted Minims: 3 beats (note) and 3 beats (rest).**

**Dotted Crotchets: 1.5 beats (note) and 1.5 beats (rest).**

**Quavers: 0.5 beats (note) and 0.5 beats (rest).**

- **These notes and rests help create the rhythm in music by determining how long sounds and silences last.**

### **Activities for Demonstration includes:**

#### **1.Clapping Exercise:**

- **Dotted Minim (3 beats): Have learners clap their hands for three beats, counting out loud (1-2-3).**
- **Dotted Crotchet (1.5 beats): Learners can clap once for one beat and then hold a quick clap for half a beat .**

- **Quaver (0.5 beats):** Learners can clap twice quickly in succession (1-and).

**Rests:** After each exercise, pause for the corresponding rest duration:

**Dotted Minim Rest:** Silence for 3 beats.

**Dotted Crotchet Rest:** Silence for 1.5 beats.

**Quaver Rest:** Silence for 0.5 beats.

## **2.Using Instruments:**

- **Dotted Minim:** Play a long note on an instrument (like a recorder or piano) for 3 beats, then pause for a rest of the same duration.
- **Dotted Crotchet:** Play a note for 1.5 beats, and then add a quick note for half a beat.
- **Quaver:** Play two quick notes back-to-back, each lasting 0.5 beats.

**Use rests after each note to practice silent periods.**

## **3.Body Movement:**

- **Dotted Minim:** Have learners hold a pose or remain still for 3 beats.
- **Dotted Crotchet:** Perform a small jump or gesture for 1.5 beats.

- **Quaver: Take two quick steps or claps for 0.5 beats each.**
- **Incorporate pauses to represent rests, encouraging learners to be aware of the timing.**

## **Note Extension.**

- **Note extension is a way to make a note last longer than its usual duration in music.**
- **Dots and ties are two ways to extend the length of a note:**

### **1.Dots:**

- **A dot placed after a note makes the note longer by adding half of its original value.**
- **For example, a minim (2 beats) with a dot becomes a dotted minim and lasts for 3 beats (2 beats + 1 extra beat from the dot).**

### **2.Ties:**

- **A tie is a curved line connecting two notes of the same pitch, making them sound as one combined note.**
- **For example, if two crotchets (1 beat each) are tied, they become a single note lasting for 2 beats.**
- **In short, dots and ties are ways to extend the duration of notes, helping to create smooth, flowing rhythms in music.**

## **Pitch and Grand Stave.**

### **1. Grand Stave:**

- **The grand stave is a set of two staves (or lines) used in music, usually for piano.**
- **It includes the treble staff (for higher notes) on top and the bass staff (for lower notes) on the bottom.**
- **This helps musicians read a large range of notes at once.**

### **2. Pitch:**

- **Pitch is how high or low a note sounds.**
- **Higher pitch notes sound lighter or sharper, while lower pitch notes sound deeper or heavier.**
- **On the grand stave, the pitches are represented by notes placed on the treble staff (top) and bass staff (bottom).**

## **Here's a breakdown of the key pitches:**

### **1. Treble Staff (Top).**

- **Lines (from bottom to top): E, G, B, D, F**
- **Mnemonic: "Every Good Boy Deserves Fruit."**
- **Spaces (from bottom to top): F, A, C, E**
- **Mnemonic: "FACE."**
- **These notes represent higher pitches, commonly played by the right hand on instruments like the piano.**

## **2. Bass Staff (Bottom).**

- **Lines (from bottom to top): G, B, D, F, A**
- **Mnemonic: "Good Boys Deserve Fruit Always."**
- **Spaces (from bottom to top): A, C, E, G**
- **Mnemonic: "All Cows Eat Grass."**
- **These notes represent lower pitches, often played by the left hand on the piano.**

## **3. Middle C.**

- **Middle C is an important note that sits between the treble and bass staves.**
- **It's right on the line that connects the two staves in the grand stave and serves as a central reference point for pitch.**
- **Each pitch on the grand stave corresponds to a specific key on the piano and helps musicians identify which notes to play, whether high or low.**

# **DRAWING AND PAINTING.**

- **Harmony, or unity, in a picture refers to how different elements within the artwork work together to create a pleasing and cohesive whole.**
- **Here's a simple breakdown of the concept:**

## **1. Color Harmony.**

- **Similar Colors: Using colors that are next to each other on the color wheel (like blue and green) creates a calm feeling.**
- **Complementary Colors: Using colors opposite each other (like red and green) can create vibrant contrast but still feel balanced when done right.**

## **2. Shape and Form.**

- **Repeating Shapes: If a picture has shapes that are repeated (like circles or triangles), they create a sense of unity.**
- **Balanced Composition: Placing shapes in a way that they balance each other out, either symmetrically or asymmetrically, helps the viewer's eye move comfortably across the image.**

## **3. Texture.**

- **Consistent Texture:** Using similar textures (smooth, rough, soft) throughout the picture can tie the elements together.
- **Varied but Related:** A mix of textures can add interest while still maintaining harmony if they relate to the theme.

#### **4. Line and Direction.**

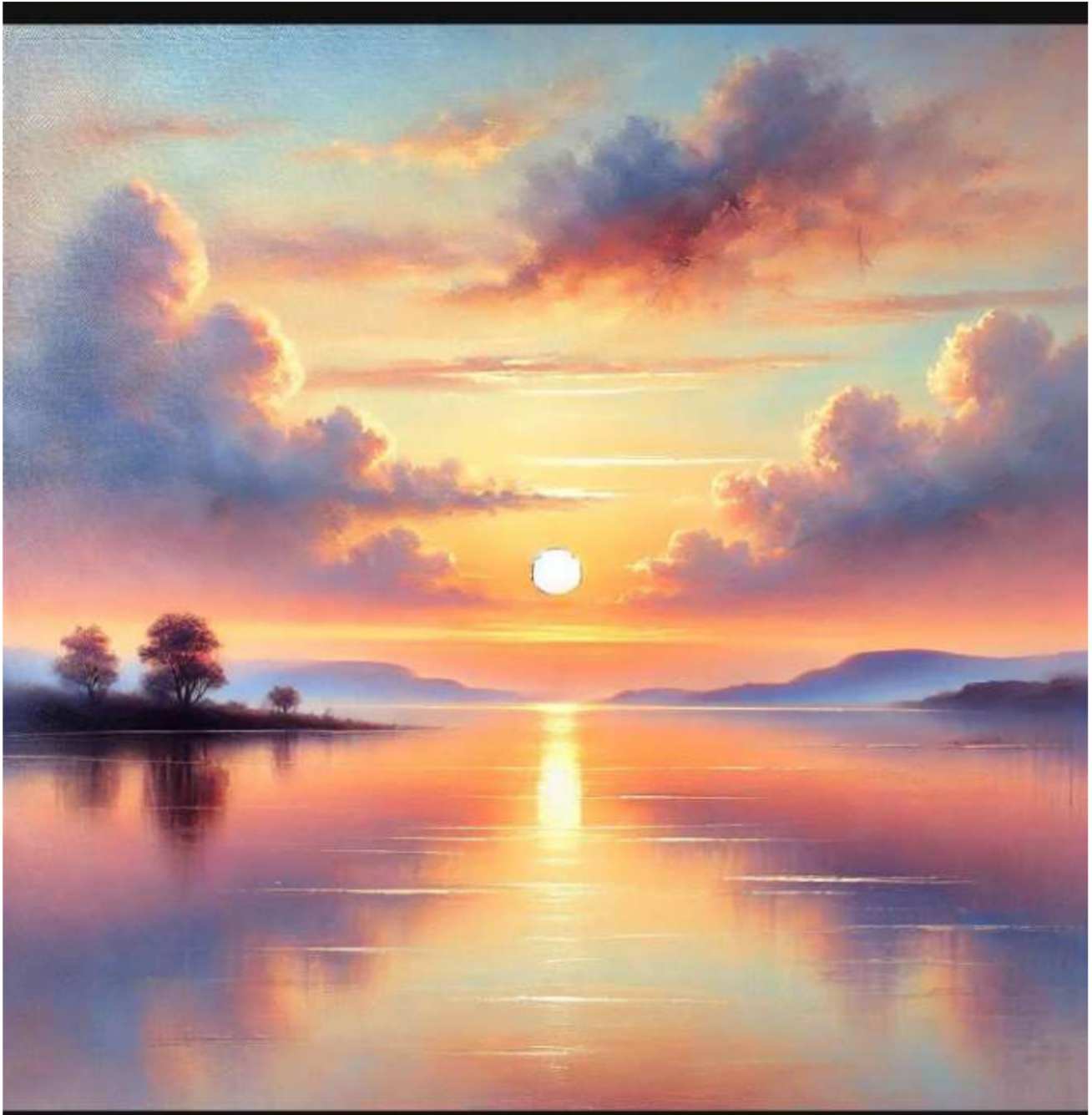
- **Connecting Lines:** Lines that lead the viewer's eye across the picture can create a sense of flow and unity.
- **Directional Lines:** Lines that point toward a focal point can help unify the elements around that point.

#### **5. Subject Matter**

- **Thematic Consistency:** If all the elements in the picture relate to a common theme or subject (like a landscape, still life, or portrait), it helps create harmony.
- **Mood and Emotion:** The feelings expressed in the image (joyful, peaceful, dramatic) can unify the elements and engage the viewer.

## **Example of Harmony in a Picture.**

**Imagine a painting of a sunset over a calm lake:**



- **Color Harmony: Soft oranges, pinks, and blues create a soothing palette.**

- **Shape and Form:** The smooth curves of the water reflect the rounded shapes of the clouds.
- **Texture:** The gentle ripples in the water might mimic the fluffy texture of the clouds, tying them together.
- **Line and Direction:** The horizon line draws the eye across the picture, connecting the sky to the water.
- **Subject Matter:** Everything in the painting (the sun, water, and clouds) relates to the theme of nature and tranquility.

➤ In summary, harmony or unity in a picture occurs when all the elements—colors, shapes, textures, lines, and themes—work together to create a cohesive and pleasing image.

➤ This sense of harmony helps the viewer feel connected to the artwork and enhances the overall experience.

### **Example; Drawing Ideas for Harmony/Unity**

**Nature Scene: Draw a forest where all trees have similar textures, and animals have matching colors.**



**Cityscape: Create a city drawing where buildings repeat in similar shapes and colors.**



**Family Portrait: A drawing of family members with consistent colors in clothing and repeated shapes (like similar smiles or eyes).**

## **PAINTING.**

- **Painting is a way of creating pictures or designs by applying color to a surface, like paper, canvas, or walls, usually with brushes, sponges, or even fingers.**

- **It's a form of art where people express ideas, emotions, or scenes by using different colors and techniques.**

## **1. Color Harmony**

- **Color harmony is when colors in an artwork look good together and create a pleasing, balanced effect.**
- **It happens when colors work well together, making the picture feel unified and attractive to the eye.**
- **For example, using colors that sit next to each other on the color wheel, like blue, green, and blue-green, creates a peaceful and harmonious effect.**

## **2. Color Mood**

- **Color mood is the feeling or atmosphere that colors in an artwork can create.**
- **Different colors can make people feel different emotions, so artists choose colors to set the mood they want in their art.**
- **Warm colors (like red, orange, and yellow) can make a picture feel energetic, happy, or intense.**
- **Cool colors (like blue, green, and purple) can create a calm, peaceful, or sometimes sad feeling.**
- **Dark colors can add a mysterious or serious mood, while light colors can make a picture feel bright and cheerful.**

### **3. Texture of Forms (Dabbing)**

- **Texture in art refers to how something feels to the touch or how it looks like it would feel.**
- **Dabbing is a painting technique where artists tap the surface with a brush or sponge to create a rough or soft texture.**
- **This texture gives the picture more depth and interest, making it look like certain parts have a real, touchable feel.**

**For instance, dabbing can make trees look leafy, clouds look fluffy, or rocks look rough. It's a way to make the painting look more lifelike and interesting.**

#### **In summary:**

- **Color harmony makes colors in a picture look good together.**
- **Color mood sets the feeling of the artwork.**
- **Texture of forms (dabbing) adds a touchable quality to the artwork, giving it depth and interest.**
- **Analogous colors are colors that sit next to each other on the color wheel.**

- **They usually blend well together and create a harmonious, calming effect because they share similar hues.**

## **Identifying Analogous Colors**

- **To identify analogous colors, pick any color on the color wheel.**
- **Then, look at the colors directly to the left and right of it. These three colors make an analogous color scheme.**

**For example, if you start with blue, the colors next to it are blue-green and blue-purple.**

## **Classifying Analogous Colors on the Color Wheel**

- **Here's how analogous color groups might look on a typical color wheel:**
  - Yellow, Yellow-Orange, and Orange: These colors are warm and work well for sunset or autumn scenes.**
  - Red, Red-Orange, and Orange: These are also warm and are good for fiery or energetic scenes.**

- iii. Blue, Blue-Green, and Green: These colors are cooler and create a peaceful, nature-inspired feel, like oceans or forests.**
- iv. Purple, Blue-Purple, and Blue: Another cool scheme that can feel relaxing or dreamy, often used in night or sky scenes.**

## **Using Analogous Colors in Painting**

- When painting with analogous colors:**
  - They blend smoothly together, so you don't get sharp contrasts.**
  - They create a soothing, cohesive look, perfect for themes like nature, calm emotions, or gentle transitions.**
- **In summary, analogous colors are side-by-side on the color wheel and are perfect for creating harmony and unity in art.**

## **Why Color Classification is Important in Drawing**

- **Color classification means organizing colors into groups, like warm colors (reds, yellows, oranges) and cool colors (blues, greens, purples), or grouping them as primary colors, secondary colors, and so on.**

➤ **Classifying colors helps artists:**

- i. Create Harmony:** When colors are organized, it's easier to choose colors that look good together and create a balanced picture.
- ii. Control Contrast:** Artists can decide when to use contrasting colors to make certain parts of a picture stand out.
- iii. Set a Theme:** By selecting colors from a particular group, artists can make a drawing look unified and cohesive.

## **How Color Affects Mood**

➤ **Colors have a big impact on how a picture feels.**

➤ **Here's a simple guide on how different colors can affect mood:**

- i. Warm Colors (Red, Orange, Yellow):** These colors feel energizing, cheerful, and can even look intense or exciting. They're often used to show warmth, happiness, or action.
- ii. Cool Colors (Blue, Green, Purple):** These give a calm, relaxing, and sometimes sad feeling. Cool colors are common in nature scenes like oceans, forests, and mountains.

**iii. Neutral Colors (Black, White, Gray, Brown): Neutral colors are often used as backgrounds or to balance out bright colors. They can feel calm, classic, or serious.**

- **By understanding color classification and how colors affect mood, artists can make their drawings more powerful and meaningful.**
- **Colors help bring out emotions and tell stories without words**

## **RHYTHM.**

- **Note extension in rhythmic patterns, like holding a note for longer than its usual duration, can have several interesting effects on music.**

- **Here's an outline of its main effects in simple terms:**

**i. Creates Emphasis:**

- **Holding a note longer than usual draws attention to it.**
- **This can make certain parts of the rhythm stand out and feel more important.**

**ii. Adds Tension and Release:**

- **Extended notes can build a feeling of anticipation, especially when the next note is delayed.**
- **When the music finally moves on, it often feels more satisfying.**

**iii. Changes the Flow:**

- **Extending a note can slow down the feel of a rhythm or create a momentary “pause.”**
- **This can make the rhythm feel more relaxed or help the listener focus on certain beats.**

**iv. Adds Expression and Emotion:**

- **Longer notes can make a rhythm feel more expressive, adding drama or calmness, depending on how they’re used.**

**v. Breaks Repetition:**

- **If a rhythm is very repetitive, extending a note here and there can make it more interesting and prevent it from feeling monotonous.**



**In short, note extensions bring variety, emotion, and movement to rhythms, making the music more engaging for listeners.**

## **4/4 Time Signature:**

- **The time signature 4/4 is one of the most common time signatures in music.**
- **It indicates that there are four beats in each measure (the top number, 4), and the quarter note receives one beat (the bottom number, 4).**
- **This means that in each measure, you can fit four quarter notes or any combination of notes that equals the same total duration.**

## **Counting in 4/4 Time.**

- **To count in 4/4 time, you typically emphasize the first beat and maintain a steady pulse.**
- **Here's how to do it:**
  - **Count Aloud: Say “1, 2, 3, 4” for each measure.**
    - ✓ **1 is the strong beat (downbeat).**
    - ✓ **2 and 3 are medium strength.**
    - ✓ **4 is slightly less strong but still important.**
  - **Clap or Tap: You can also clap or tap on each count to feel the rhythm physically.**
  - ✓ **Clap on each count: Clap on “1,” “2,” “3,” and “4.”**

- **Visual Representation**
- **Here's how you would see this in music notation:**
- **Each measure (bar) has four beats.**
- **In a measure, you might see combinations like:**
- **Four quarter notes: ♩ ♩ ♩ ♩**
- **Two half notes: ♪ ♪ (each half note counts as 2 beats)**
- **One whole note: ♩ (counts as 4 beats)**

## **Practice Counting**

**To practice counting in 4/4 time:**

- **Listen to a piece of music in 4/4 time.**
- **Clap along with the rhythm, counting “1, 2, 3, 4” for each measure.**
- **Try playing simple rhythms, counting out loud to reinforce your understanding of the time signature.**
- **Counting in 4/4 time helps maintain a steady tempo and is essential for coordinating with other musicians in ensemble settings.**
- **Note values represent the duration of a note in music, indicating how long it should be held relative to other notes.**

- Here's an explanation of some common note values, specifically the dotted minim, dotted crotchet, and quaver, along with their respective rests.

## 1. Dotted Minims

- **Value:** A minim (or half note) is worth 2 beats in 4/4 time.
- **Dotted Minim:** When a dot is added to a minim, it increases its duration by half of its original value.

### Calculation:

**Original value: 2 beats**

**Half of 2 beats: 1 beat**

**Total: 3 beats (2 beats + 1 beat).**

- **Notation:** The dotted minim looks like a regular minim but has a dot placed to its right.
- **Rest:** The rest for a minim (half note) is called a minim rest and looks like a small rectangle hanging from the second line of the staff.
- It also represents 2 beats of silence.

## 2. Dotted Crochets

- **Value:** A crotchet (or quarter note) is worth 1 beat in 4/4 time.

- **Dotted Crotchet:** A dot added to a crotchet increases its duration by half of its original value.

### **Calculation:**

**Original value: 1 beat**

**Half of 1 beat: 0.5 beats**

**Total: 1.5 beats (1 beat + 0.5 beats).**

- **Notation:** The dotted crotchet looks like a regular crotchet with a dot to its right.
- **Rest:** The rest for a crotchet (quarter note) is called a crotchet rest and is represented by a small squiggle. It indicates 1 beat of silence.

### **3. Quaver Notes**

- **Value:** A quaver (or eighth note) is worth 0.5 beats in 4/4 time.
- **Notation:** A quaver has a stem and a single flag.
- **Rest:** The rest for a quaver is called a quaver rest, which looks like a small curved line similar to a number "7." It represents 0.5 beats of silence.

## Summary of Note Values and Rests.

<u>Note Type</u>	<u>Duration (Beats)</u>	<u>Notation Rest Notation</u>
Dotted Minim	3 beats ( )	( ) 2 beats
Dotted Crotchet	1.5 beats ( )	( ) 1 beat
Quaver	0.5 beats( )	( ) 0.5 beats

- **Understanding these note values and their corresponding rests is fundamental for reading and writing music, as they help establish the rhythm and flow of a piece.**
- **Notating four-bar rhythms in 4/4 time from dictation means listening to a rhythmic pattern (four bars long) in 4/4 time and then writing it down using musical notation.**
- **This exercise builds listening skills and helps students connect sounds with their written symbols in music.**

# **ATHLETICS AND MOSAIC.**

## **1. Triple Jump**

- **The triple jump is an athletic event where an athlete performs three distinct phases: a hop, a step (or bound), and a jump, before landing in a sand pit.**

### **Phases of the Triple Jump:.**

- **In the triple jump, the movement is divided into four main phases: approach, take-off, flight, and landing. Here's how each phase works:**

#### **1. Approach.**

- **The approach phase is the running start that builds speed and momentum before the jump.**

### **How it's done:**

- **The athlete runs down the track, gradually accelerating to reach maximum speed just before the take-off.**
- **Purpose: A strong, controlled approach is essential for a powerful jump, as speed translates into greater distance.**

#### **2. Take-Off.**

- **The take-off phase is when the athlete transitions from running to jumping.**

### **How it's done:**

- **The athlete plants one foot firmly on the take-off board and uses it to launch into the first phase of the jump.**
- **Purpose: The take-off converts the forward speed into upward and forward motion, giving the jump distance and height.**

### **3. Flight (Hop, Step, and Jump)**

- **The flight phase has three parts:**
  - ✓ **Hop: The athlete jumps off the take-off foot, lands on the same foot, and then pushes off again.**
  - ✓ **Step: After the hop, the athlete lands on the opposite foot and pushes off once more.**
  - ✓ **Jump: Finally, the athlete takes off from the opposite foot and jumps into the sandpit.**
- **Purpose: Each part of the flight phase builds on the previous one, helping the athlete maintain balance and maximize distance.**

### **4. Landing.**

- **The final phase where the athlete lands in the sandpit.**

### **How it's done:**

- **The athlete brings their legs forward, extending them for the furthest landing possible, and uses their arms to help balance.**
- **Purpose: A well-controlled landing maximizes the jump's total distance and helps prevent injury.**
- **Each phase is critical for a successful triple jump, requiring coordination, balance, and timing to achieve the maximum possible distance.**

### **1. Approach Phase Skills.**

- **Speed and Acceleration Control: The athlete must build and control speed without losing balance.**
- **Consistency in Stride Length: Helps maintain rhythm and reach the take-off board accurately.**
- **Focus and Coordination: Essential for timing the final step before take-off.**

### **2. Take-Off Phase Skills.**

- **Power and Explosiveness: The athlete must push off the take-off board with force to gain height and distance.**
- **Balance and Stability: Helps keep the body controlled as it transitions from running to jumping.**

- **Proper Foot Placement:** Ensures a strong push-off and minimizes the risk of fouling (overstepping the take-off line).

### **3. Flight Phase Skills (Hop, Step, Jump)**

- **Hop Skill:** Balance and control while landing on the same foot after the first jump.
- **Step Skill:** Coordination to transition from the first foot to the opposite foot without losing momentum.
- **Jump Skill:** Ability to push off strongly from the second foot and maintain body posture for maximum distance.

### **4. Landing Phase Skills.**

- **Leg Extension and Control:** Brings the legs forward for a longer reach and controlled descent.
- **Body Positioning:** Leaning forward helps prevent falling backward on impact, which would reduce the measured distance.
- **Core Stability:** Keeps the body balanced to ensure a safe, effective landing.



**In summary, while the phases describe the actions taken in each part of the triple jump, the skills are the abilities needed to perform these actions well.**

- **Each phase relies on specific skills to maximize performance and achieve the best jump distance.**

## **LONG DISTANCE RACES IN ATHLETICS.**

- **Long-distance running refers to running races that cover significant distances, typically beyond a mile. These races emphasize endurance, stamina, and strategy rather than speed**

### **Types of Long Distance Races:**

#### **(1).5,000 meters (5K):**

**A popular race distance, often seen in track events and road races.**

#### **(2).10,000 meters (10K):**

**A standard distance in track and cross country events.**

#### **(3).Half Marathon (21.1 kilometers):**

**A road race that covers half the distance of a full marathon.**

#### **(4).Marathon (42.2 kilometers):**

**A long-distance running race that is a staple in road racing events**

## **Techniques for Long Distance Running:**

### **1.Pacing:**

- **Maintaining a consistent speed throughout the race to avoid fatigue.**

### **2.Breathing:**

- **Using a rhythmic breathing pattern to optimize oxygen intake.**

### **3.Foot Strike:**

- **Running with a mid-foot or forefoot strike to improve efficiency and reduce injury risk.**

### **4.Posture:**

- **Keeping an upright posture with relaxed shoulders helps with breathing and reduces fatigue.**

### **5.Nutrition and Hydration:**

- **Fueling properly before and during the race, and staying hydrated to maintain energy levels.**

# **MOSAIC.**

- **A mosaic is a piece of art or decoration made by assembling small pieces of colored glass, stone, or other materials to create a larger image or pattern.**

## **Characteristics of Mosaic:**

### **1.Composition:**

- ✓ **Made up of small, often irregularly shaped pieces (called tesserae) that fit together to form a complete picture.**

### **2.Color Variety:**

- ✓ **Mosaics can use a wide range of colors and materials to create visual interest.**

### **3.Durability:**

- ✓ **Mosaics are often very durable and can withstand the elements, making them suitable for both indoor and outdoor use.**

### **4.Detail and Texture:**

- ✓ **The use of different materials can create a textured surface, adding depth to the artwork.**

### **5.Versatility:**

✓ **Mosaics can be used in various applications, including flooring, wall art, and decorative objects.**

❖ **Here are some locally available materials and tools that can often be used to create mosaic art:**

### **Materials:**

**1.Ceramic Tiles: Old or broken tiles from construction sites or home projects can be used as tesserae.**

**2.Glass Pieces: Broken glass from bottles or windows can be cut into small pieces for mosaics.**

**3.Pebbles and Stones: Small stones or pebbles collected from natural areas add texture and earth tones.**

**4.Shells: Collected from beaches, shells provide natural patterns and colors.**

**5.Recycled Plastic: Pieces of plastic from containers can be cut into small shapes and used as colorful tesserae.**

**6.Beads: Leftover or inexpensive beads from jewelry-making provide small, colorful details.**

**7.Pottery Shards: Broken pottery can be used to add a unique look and cultural feel to the mosaic.**

**8. Seeds or Beans: Dried seeds, lentils, or beans can add natural colors and textures.**

### **Tools:**

**1. Tile Cutter: Used to cut larger tiles or glass pieces into smaller shapes.**

**2. Hammer: Useful for breaking tiles or other materials into smaller pieces.**

**3. Adhesive (Glue or Cement): Needed to stick tesserae to the base; cement, tile adhesive, or even strong glue can work.**

**4. Grout: Can be prepared from locally available cement to fill spaces between tesserae.**

**5. Tweezers: For placing small pieces precisely.**

**6. Safety Gear: Gloves and safety goggles are essential to protect against sharp edges.**

**7. Sponge or Cloth: For wiping away excess grout and cleaning the surface of the mosaic.**

- **Using locally available materials and simple tools can make mosaic art accessible and sustainable, often incorporating recycled or natural materials into creative designs.**

- ❖ **In mosaic art, support and adhesive are essential for creating a stable and durable piece. Here's what they mean:**

## **1.Support**

- ✓ **The support is the base or surface on which the mosaic is created.**
- ✓ **Types of Supports: Common supports include wood panels, concrete slabs, metal sheets, glass, or even walls and floors.**
- ✓ **Purpose: The support provides a solid foundation for the mosaic. It needs to be durable and stable enough to hold the weight of the tesserae (tiles) and withstand environmental conditions if used outdoors.**

## **2.Adhesive**

- ✓ **The adhesive is the material used to attach the tesserae to the support.**
- ✓ **Types of Adhesives: Common adhesives include tile glue, cement-based mortar, or specialized mosaic glue, depending on the type of support and materials used.**
- ✓ **Purpose: Adhesive keeps the tesserae securely in place on the support. A strong adhesive ensures that the mosaic is**

**durable and that pieces won't easily come off over time or with exposure to moisture.**

- ❖ **In short, the support is the foundation of the mosaic, while the adhesive is what bonds the tesserae to the support, creating a lasting work of art.**

# **MELODY.**

- **Melody is the main tune in a piece of music, the part that you usually remember and can hum or sing along to.**
- **It's a series of musical notes played or sung in a sequence that creates a recognizable pattern.**

## **Key Points about Melody:**

### **1. Single Line of Notes:**

- **A melody is a line of individual notes, one after another, creating a tune.**

### **2. Pitch and Rhythm:**

- **Melody is made up of different pitches (how high or low a note sounds) and rhythm (the timing of the notes).**

### **3. Catchy and Memorable:**

- **Melodies are often designed to be memorable or catchy, which is why they stand out in songs.**

### **4. Emotional Expression:**

- **Melodies can convey different emotions—happy, sad, exciting, or calm—depending on the notes and rhythm.**

- ❖ For example, in a song, the part you sing along to, like the chorus, is usually the melody. It's the "voice" of the music that tells the story and connects with listeners.

## **VARIATIONS.**

- Variations in music refer to changes made to a musical idea or theme.

- There are three main types of variations:

### a. **Rhythmic Variations.**

- Refers to the changes to the rhythm of a musical phrase while keeping the notes the same.

**Examples:**

**Changing the speed of the notes (making some faster or slower).**

**Adding rests or changing the timing of notes.**

**Purpose: To create interest and excitement in the music.**

### b. **Melodic Variations**

- Refers to the changes to the melody (the main tune) while keeping the overall structure the same.

**Examples:**

**Altering some notes in the melody (making them higher or lower).**

**Adding extra notes or changing the order of the notes.**

**Purpose: To give a fresh perspective on the original melody.**

### **c. Dynamic Variations**

- **Refers to the changes to the volume or intensity of the music.**

**Examples:**

**Playing a section louder or softer (e.g., from piano to forte).**

**Adding accents to certain notes to emphasize them.**

**Purpose: To create emotion and contrast within the music.**

### **Note Values**

- **Note values indicate how long a note is held in music.**

**Here's a breakdown of the dotted minim, dotted crotchet, and quaver:**

#### **a. Dotted Minim**

- **Value: A minim is worth 2 beats.**
- **With a dot: A dot adds half of the note's value, which is 1 extra beat (half of 2 beats).**

- **Total Value:** So, a dotted minim is worth 3 beats ( $2 + 1 = 3$ ).

### **b. Dotted Crotchet**

- **Value:** A crotchet is worth 1 beat.
- **With a dot:** The dot adds half of its value, which is 0.5 extra beats.
- **Total Value:** So, a dotted crotchet is worth 1.5 beats ( $1 + 0.5 = 1.5$ ).

### **c. Quaver**

- **Value:** A quaver is worth 0.5 beats.
- **No dots:** It has no additional value added.
- **Total Value:** A quaver remains 0.5 beats.

## **Summary**

**Variations:**

**Rhythmic:** Changes in timing.

**Melodic:** Changes in the tune.

**Dynamic:** Changes in loudness.

### **Note Values:**

**Dotted Minim:** 3 beats ( $2 + 1$ ).

**Dotted Crotchet: 1.5 beats (1 + 0.5).**

**Quaver: 0.5 beats.**

❖ **Understanding these concepts helps in reading, performing, and appreciating music more deeply!**

# **RUGBY.**

## **What is Rugby?**

- **Rugby is a team sport played with an oval-shaped ball, where two teams try to score points by carrying the ball to the opposing team's end zone or kicking it through their goalposts.**



## Basic Rules of Rugby.

### 1.Teams:

- Each team has 15 players in rugby union and 13 players in rugby league.

### Scoring:

## **2.Try:**

- **Worth 5 points; scored by touching the ball down in the opponent's in-goal area.**

## **3.Conversion:**

- **Worth 2 points; a kick taken after a try to add extra points by kicking the ball through the goalposts.**

## **4.Penalty Kick:**

- **Worth 3 points; awarded after a foul, where the team can attempt to kick the ball through the goalposts.**

## **5.Drop Goal:**

- **Worth 3 points; a kick taken from open play that goes through the goalposts after the ball is dropped and kicked.**

## **6.Passing:**

- **The ball can only be passed backward or sideways. Forward passes are not allowed.**

## **7.Tackling:**

- **Players can tackle the ball carrier below the shoulders. High tackles (above the shoulders) are illegal.**

## **8.Offside Rule:**

- **A player is offside if they are in front of the ball when it is played by a teammate. Offside players cannot participate in the play.**

## **9.Set Pieces:**

**9.Scrum: Used to restart play after minor infractions, where players pack together and compete for the ball.**

**10.Lineout: Used to restart play after the ball goes out of bounds, where players jump to catch the ball thrown in from the sideline.**

## **11.Duration of the Game:**

- **A standard match consists of two halves, usually lasting 40 minutes each, with a halftime break.**

## **12.Referee:**

- **The referee oversees the game, enforces the rules, and can penalize players for infractions.**

## **Safety Measures in Rugby**

### **1.Protective Gear:**

- **Players are encouraged to wear appropriate gear, such as mouthguards, headgear (scrum caps), and shoulder pads, to reduce the risk of injury.**

## **2. Proper Tackling Technique:**

- **Players must be trained in safe tackling techniques to minimize the risk of head and neck injuries. Tackles should be executed below the line of the shoulders.**

## **3. Fitness and Conditioning:**

- **Players should maintain good fitness levels to reduce the risk of injuries during games and practices.**

## **4. Hydration and Nutrition:**

- **Staying hydrated and eating properly helps players perform well and recover quickly.**

## **5. Medical Support:**

- **Access to medical staff during games and practices is essential. Players should be monitored for injuries and have access to first aid if needed.**

## **6. Education and Training:**

- **Players, coaches, and referees should be educated about the rules of the game and safety practices to ensure a safe playing environment.**

## **7. Warm-Up and Cool-Down:**

- **Proper warm-up before games and cool-down exercises afterward can help prevent injuries.**

## **8. Respecting the Game:**

- **Players should respect opponents, referees, and the rules of the game to maintain a safe and fair environment for all participants.**
- ❖ **Following these basic rules and safety measures can help ensure a positive and safe experience for everyone involved in rugby.**

## **DIFFERENT PASSES IN RUGBY.**

### **1. Spin Pass.**

- **A spin pass is a type of pass that involves spinning the ball with both hands to make it travel farther and more accurately.**

### **How to do it:**

- ✓ **Hold the ball with your fingers on the seams.**
- ✓ **Stand sideways to your target.**
- ✓ **As you throw the ball, twist your wrists to create a spin.**
- ✓ **The ball should rotate as it travels, making it easier for your teammate to catch.**

## **When to use it:**

- **Use the spin pass when you need to pass the ball over a longer distance and want to ensure it reaches your teammate accurately, especially in open play.**

## **2. Pop Pass.**

- **A pop pass is a short, quick pass made by pushing the ball to a teammate, usually when they are close to you.**

## **How to do it:**

- ✓ **Hold the ball close to your body with both hands.**
- ✓ **Bend your knees slightly and use a quick motion to push the ball out to the side.**
- ✓ **Your teammate should be ready to catch it right away.**

## **When to use it:**

- **Use the pop pass in tight situations, like when you are near the defensive line or when you want to keep the ball moving quickly between teammates.**

## **3. Basic Pass.**

- **The basic pass is the most fundamental pass in rugby, usually thrown to the side or backward to a teammate.**

## **How to do it:**

- ✓ **Hold the ball with both hands at chest level.**
- ✓ **Step to the side of your teammate and push the ball toward them using a straight motion.**
- ✓ **Keep your arms straight and follow through to ensure accuracy.**

### **When to use it:**

- **Use the basic pass to quickly get the ball to a teammate during play, especially when you're moving as a team and need to maintain possession.**

### **Summary**

- **Spin Pass: A longer pass that spins for accuracy.**
- **Pop Pass: A quick, short pass for close situations.**
- **Basic Pass: A straightforward pass to keep the game moving.**
- ❖ **Mastering these passes helps teams work together and create scoring opportunities in rugby!**

## **KICKING TECHNIQUES IN RUGBY.**

### **1.Place Kick:**

- **Used for conversions (after a try) or penalty kicks.**



- **The ball is placed on the ground, and the kicker aims to kick it through the goalposts.**

## **2.Drop Kick:**

- **The ball is dropped and kicked just as it touches the ground.**



- **Commonly used for kickoffs and trying to score during open play.**

### **3.Punt Kick:**

- **A kick where the ball is kicked before it touches the ground.**

- **Often used to clear the ball from the defensive area or gain territory.**

#### **4.Grubber Kick:**

- **A low kick that bounces along the ground.**
- **Useful for running through defenses and can create scoring opportunities.**

#### **5.Chip Kick:**

- **A short kick over the heads of defenders, allowing the kicker or a teammate to chase after it.**
- **It can create space and catch the defense off guard.**
- ❖ **These skills in passing and kicking are essential for effective gameplay and strategy in rugby.**

#### **ACTIVITY;**

**1.Use digital devices to search for clips and pictures of the passes and kicks in rugby.**

**THE END.**

