Grade 8 Creative Arts and Sports

Terms 1, 2 and 3 - notes for 14 topics

IN EVERY TOPIC

- What you will learn and the key words.
- Short, clear notes with worked examples.
- Questions to try and a topic test, with the answers at the back.

TOPICS IN THESE NOTES

Topic	Name	Term
1.1	Roles of Creative Arts and Sports	1
1.2	Components of Creative Arts and Sports	1
2.1	Drawing and Painting	1
2.2	Rhythm	1
2.3	Athletics and Montage	1
2.4	Melody	2
2.5	Netball	2
2.6	Fabric Decoration	2
2.7	Descant Recorder	2
2.8	Verse	3
2.9	Volleyball	3
2.10	Kenyan Folk Dance	3
2.11	Indigenous Kenyan craft - Basketry	3
3.1	Analysis of Creative Arts and Sports	3

Elimu254 • Learn • Grow • Build Tomorrow

CONTENTS

Topic	Name	Term	Page
1.1	Roles of Creative Arts and Sports	1	3
1.2	Components of Creative Arts and Sports	1	6
2.1	Drawing and Painting	1	10
2.2	Rhythm	1	14
2.3	Athletics and Montage	1	17
2.4	Melody	2	21
2.5	Netball	2	24
2.6	Fabric Decoration	2	28
2.7	Descant Recorder	2	31
2.8	Verse	3	34
2.9	Volleyball	3	37
2.10	Kenyan Folk Dance	3	41
2.11	Indigenous Kenyan craft - Basketry	3	44
3.1	Analysis of Creative Arts and Sports	3	47
	Answers		50

Elimu254
Learn • Grow • Build Tomorrow

Strand 1.0 Foundations of Creative Arts and Sports | Term 1

1.1 Roles of Creative Arts and Sports

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- describe the roles of Creative Arts and Sports in society
- make a storyboard highlighting the roles of Creative Arts and Sports in society

KEY WORDS

visual arts, performing arts, sports, entertainment, heritage, livelihood, storyboard, frame, caption.

1. Creative Arts and Sports in our community

Three areas

Visual arts: drawing, painting, sculpture, pottery, weaving, fabric decoration, basketry, photography.
Performing arts: music, dance, drama, verse, film.
Sports: athletics, ball games, swimming, indigenous games.
In the community we see them at weddings, funerals, national holidays, church and mosque events, school music festivals, county sports days and markets selling crafts.

2. Social and cultural roles

Bringing people together

Entertainment and relaxation after work.
Unity: national teams and festivals bring different communities together.
Preserving heritage: folk songs, dances, crafts and indigenous games pass culture to the next generation.
Communication: songs, plays and posters carry messages on health, peace and the environment.
Celebrating and mourning: marking births, weddings, harvests and deaths.

3. Economic roles: talents that earn a living

Earning from talent

Jobs: athletes, coaches, referees, musicians, sound engineers, actors, designers, painters, photographers, craftspeople, dance trainers.
Selling products: paintings, baskets, decorated fabric, recorded music.
Tourism: crafts and cultural performances attract visitors.
Events create work for caterers, transporters and security.
Earning from talent helps families out of poverty, but it takes training, practice and good decisions about money and contracts.

4. Health, education and personal roles

Growing in body and mind

Physical health: exercise strengthens the heart, lungs and muscles.
Mental health: art, music and play reduce stress and are used in therapy.
Learning: songs and drama make lessons memorable; art builds observation.
Personal skills: discipline, teamwork, confidence, creativity and leadership.
Talent identification: festivals and games help learners find and grow their gifts.

5. What a storyboard is

Storyboards

A storyboard is a series of drawn frames that shows a story or message in order, like a comic strip, used to plan films, adverts and presentations.

Parts: frames (boxes) numbered in order; a simple drawing in each; a caption under each frame describing the action or words; arrows or notes for movement.

Drawings can be simple (stick figures) as long as the message is clear.

6. Practical: planning a storyboard

Practical: planning

Materials: paper, pencil, ruler.

Choose one role, for example "sports bring communities together".

Plan six frames: 1 the problem (two villages in conflict); 2 a teacher suggests a football match; 3 teams train; 4 the match; 5 players shake hands; 6 the villages celebrate together.

Rule six boxes on the paper, leaving space for captions.

Sketch lightly in pencil first.

7. Practical: completing and colouring the storyboard

Practical: finishing

Materials: storyboard sketch, coloured pencils or crayons, black pen.

Strengthen the main lines of each drawing.

Write a short caption under each frame in neat letters (one sentence).

Add colour to the important parts so they stand out.

Give the storyboard a title that states the role, such as "Sport Unites Us".

8. Displaying storyboards and reflecting

Gallery walk

Display storyboards on the wall.

Each group explains its role in one minute.

Classmates give one compliment and one suggestion.

Summary of roles: entertainment, unity, heritage, communication, income and careers, health, learning and personal growth.

TRY THESE

1. Name the three areas of Creative Arts and Sports.
2. Is basketry visual or performing art?
3. How do sports promote national unity?
4. How do folk dances preserve culture?
5. Name three careers in Creative Arts and Sports.
6. How do crafts help tourism?
7. Give one physical benefit of sports.
8. How can art help mental health?
9. What is a storyboard?
10. What goes under each frame?
11. How many frames are planned?
12. What should the first frame show?
13. How long should a caption be?

14. Why colour the important parts?
15. Name four roles of Creative Arts and Sports.
16. What is a gallery walk?

TOPIC TEST

T1. Which of the three areas do you take part in most? Why?
T2. Name a song that carries a message for society and state the message.
T3. Interview someone who earns from a creative or sports skill.
T4. Compose a short chant that teaches a fact from another subject.
T5. Name two jobs that use storyboards.
T6. Add a frame that shows a turning point in the story.
T7. Act out your storyboard in one minute.
T8. Write a short paragraph on the role you think matters most.

Elimu254
Learn • Grow • Build Tomorrow

Strand 1.0 Foundations of Creative Arts and Sports | Term 1

1.2 Components of Creative Arts and Sports

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- describe elements of Verse
- perform activities that enhance endurance and agility in physical fitness
- write note values on the bass staff
- name pitches on the bass staff
- group music notes in three-four time
- construct the scale of G major on a staff

KEY WORDS

verse, rhyme, rhythm, stanza, endurance, agility, bass clef, staff, semibreve, minim, crotchet, quaver, bar line, scale, tone, semitone, key signature.

1. Elements of verse

Verse

Verse is writing arranged in lines with a beat, usually performed aloud (poems, chants, praise verse).

Elements: lines and stanzas (groups of lines); rhythm (the beat); rhyme (words ending in the same sound: tree, free); repetition; imagery (word pictures); a theme or message.

Example: "The rain has come, the land is green, / The finest season we have seen." (two lines, rhyme green/seen, theme: the blessing of rain).

2. Endurance activities

Endurance

Materials: field, cones, stopwatch, water.

Endurance is the ability of the heart, lungs and muscles to keep working for a long time.

Warm-up: 5 minutes of jogging and stretching.

Activities: steady jogging round the field for 6 minutes; skipping in sets of 1 minute with 30 seconds rest; a circuit of step-ups, star jumps and jogging.

Cool-down: walk and stretch; drink water.

Run at a pace at which you can still talk.

3. Agility activities

Agility

Materials: cones, field, whistle.

Agility is the ability to change direction quickly while keeping balance and control.

Warm-up first.

Zig-zag run: weave between 6 cones placed 2 m apart.

Shuttle run: sprint to a line 10 m away, touch it, return; repeat 4 times.

Mirror game: in pairs, copy your partner's quick side steps.

Keep knees slightly bent and stay on the balls of the feet.

4. Note values on the bass staff

The bass staff

The bass staff has five lines and four spaces and begins with the bass clef (F clef); its two dots sit either side of the F line (the fourth line from the bottom).

Note values: semibreve (an open note) = 4 beats; minim (open with a stem) = 2 beats; crotchet (filled with a stem) = 1 beat; quaver (filled with a stem and a tail) = half a beat; two quavers are joined by a beam.

On the bass staff, stems go up on the right for notes below the middle line and down on the left for notes on or above it.

5. Pitches on the bass staff

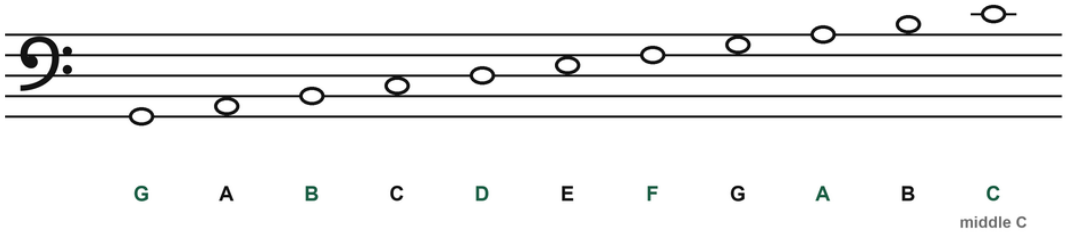
Naming pitches

The bass staff is used for low sounds: bass voices, the left hand of a keyboard, bass guitar.

Lines from the bottom: G, B, D, F, A. Memory aid: "Good Boys Do Fine Always".

Spaces from the bottom: A, C, E, G. Memory aid: "All Cows Eat Grass".

Middle C sits on a short extra (ledger) line just above the bass staff.



Notes on the bass staff

6. Grouping notes in three-four time

Three-four time

The time signature shows a 3 written above a 4: three crotchet beats in each bar.

Beat 1 is strong, beats 2 and 3 are weak: STRONG weak weak (a waltz feel).

Each bar must add up to three beats: three crotchets; a minim and a crotchet; a dotted minim (3 beats); two quavers and two crotchets.

Quavers are beamed in pairs within a beat; a bar line is drawn after every three beats; a double bar line ends the piece.

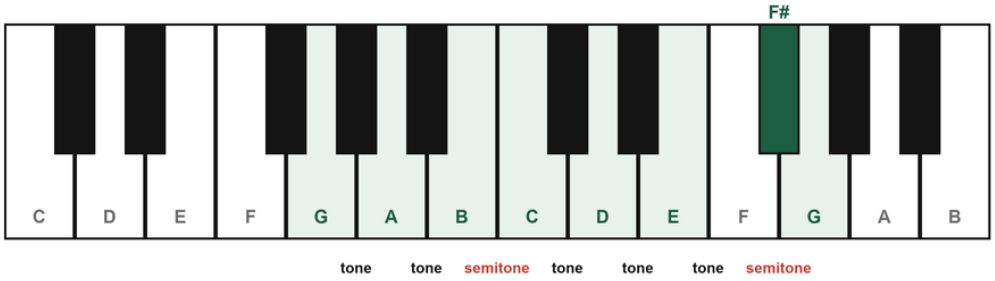


Bars in ¾ time

7. The scale of G major

Building G major

A major scale follows the pattern: tone, tone, semitone, tone, tone, tone, semitone (between me-fah and te-doh the steps are semitones).
Start on G: G, A, B, C, D, E, F sharp, G.
F must be raised to F sharp to keep a tone between E and F sharp and a semitone between F sharp and G.
The key signature of G major is one sharp, F sharp, written on the F line at the start of every staff.
In sol-fa, G is doh.



G A B C D E F# G: the F is raised to F sharp. Key signature: one sharp (F#).

The scale of G major

8. Review: components of Creative Arts and Sports

Summary

Verse: lines, stanzas, rhythm, rhyme, repetition, imagery, theme.
Fitness: endurance (keep going) and agility (change direction quickly).
Music: note values (semibreve 4, minim 2, crotchet 1, quaver half a beat); bass staff lines G B D F A and spaces A C E G; three-four time has three crotchet beats a bar; G major has one sharp, F sharp.
All three areas share rhythm, pattern and practice.

TRY THESE

1. What is a stanza?
2. Which words rhyme in the example?
3. Define endurance.
4. Name two endurance activities.
5. Define agility.
6. Name two agility drills.
7. How many beats is a minim?
8. How many beats is a semibreve?
9. Name the bottom line of the bass staff.
10. Name the spaces from the bottom.
11. How many crotchet beats are in a bar of three-four time?
12. Which beat is strong?
13. Write the notes of G major.
14. Which note is sharpened in G major?
15. Name two elements of verse.
16. What is agility?