

**GRADE 10 PHYSICAL EDUCATION LESSON PLANS FOR TERM 1**

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**WEEK 1: LESSON 1**

| SCHOOL | LEVEL    | LEARNING AREA      | DATE | TIME | ROLL |
|--------|----------|--------------------|------|------|------|
|        | Grade 10 | Physical Education |      |      |      |

Strand: 1.0 Ball Games

Sub Strand: 1.1 Football

Specific Learning Outcomes:

By the end of the lesson, the learner should be able to identify the facility and equipment used in Football.

**Key Inquiry Question(s):**

How does the equipment of Football make it a popular game?

**Core Competencies, Values, PCIs:**

Critical Thinking: Analysis of equipment functions.

Values: Responsibility.

PCIs: Citizenship (Sportsmanship).

**Learning Resources:**

Curriculum Design (2024) pg 1

Real footballs, whistle, cones, goal posts

Organization of Learning:

Introduction (5 minutes):

General warm-up: Light jogging around the field and dynamic stretching.

Introduce the topic: Football as a major sport and the necessity of standard equipment.

**Lesson Development (30 minutes):**

**Step 1:** Guide learners to observe the playing field. Identify key areas: Penalty box, center circle, goal area, and corner arc.

**Step 2:** Display equipment: Standard football (size 5), referee's whistle, flags, and player kits (boots/shin guards).

**Step 3:** Discuss the specifications of the ball (circumference, weight) and why they matter for gameplay.

**Step 4:** Learners sketch a simple diagram of a football pitch in their notebooks, labeling the key areas.

**Conclusion (5 minutes):**

Cool down: Static stretching.

Oral questions: Ask learners to name three essential pieces of equipment for a football match.

**Assessment:** Oral Questions.

**Teacher Self-Evaluation:**

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**WEEK 1: LESSON 2**