

GRADE 10 PHYSICAL EDUCATION IN ENGLISH TERM 2 LESSON PLANS

Grade 10 Physical Education LESSON PLAN: Week 1, Lesson 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
..... ...	Grade 10	Physical Education			

WEEK 1: LESSON 1

Strand:

2.0 Athletics

Sub Strand:

2.1 Hurdling Techniques

Specific Learning Outcomes:

By the end of the lesson, the learner should be able to:

Describe basic hurdling techniques in athletics.

Key Inquiry Question(s):

What skills are needed to run over hurdles effectively?

Core Competencies, Values, and PCIs:

Core Competencies	Values	PCIs
Communication	Responsibility	Sportsmanship
Critical thinking	Respect	Health education

Learning Resources:

Charts, athletics videos, laptops

Organization of Learning:

Introduction (5 minutes):

Introduce the concept of hurdling as a sprint race that requires rhythm, speed, and technique.

Lesson Development (25 minutes):

Step 1: Guide the class in a discussion identifying the key components of hurdling (approach, take-off, clearance, landing, and recovery).

Step 2: Use laptops to show professional athletics videos demonstrating correct hurdling forms.

Step 3: Refer to charts to break down the biomechanics of the lead leg and trail leg.

Step 4: Engage learners with oral questions to check their understanding of the observed techniques.

Conclusion (10 minutes):

Summarize the basic hurdling techniques and highlight common mistakes to avoid.

Extended Activities:

Learners to research the standard hurdle heights for their age group and gender.

Teacher Self-Evaluation:

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Grade 10 Physical Education LESSON PLAN: Week 1, Lesson 2

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
..... ...	Grade 10	Physical Education			

WEEK 1: LESSON 2**Strand:**

2.0 Athletics

Sub Strand:

2.1 Hurdling Techniques