

GRADE 10 PHYSICAL EDUCATION RECORDS OF WORK TERM 2

Week 1 Header

TER M	WEE K	DATE S	MON	TUE	WED	THU	FRI
2	1						

Week 1 Main Records of Work

SUBJECT & GRADE	DAY	PERIO D	STRAND & WORK COVERED	REFERENC E / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education	Monday	1	2.0 Athletics - 2.1 Hurdling Techniques: Describe basic hurdling techniques in athletics. What skills are needed to run over hurdles effectively? Discuss components of hurdling and watch demonstration videos.	Charts, athletics videos, laptops	Oral questions, observation
Grade 10 Physical Education	Tuesday	2	2.0 Athletics - 2.1 Hurdling Techniques: Demonstrate correct take-off and approach to hurdles. How does proper take-off improve hurdling performance? Learners practise take-off drills and approach runs.	Hurdles, stopwatch, cones	Practical assessment
Grade 10 Physical Education	Wednesday	3	2.0 Athletics - 2.1 Hurdling Techniques: Perform hurdle clearance techniques. How can a runner clear hurdles smoothly? Teacher demonstrates clearance technique followed by learner practice.	Hurdles, whistle	Observation, peer feedback

Week 1 Footer Table

General comments if any	Headmaster	Date

Week 2 Header

TERM	WEEK	DATE	MON	TUE	WED	THU	FRI
2	2						

Week 2 Main Records of Work

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education	Monday	1	2.0 Athletics - 2.1 Hurdling Techniques: Demonstrate landing and recovery after hurdle clearance. Why is proper landing important in hurdling? Learners practise landing and recovery drills.	Athletics track, cones	Observation
Grade 10 Physical Education	Tuesday	2	2.0 Athletics - 2.1 Hurdling Techniques: Perform acceleration and approach techniques. How does acceleration affect hurdling speed? Learners conduct sprint acceleration drills.	Stopwatch, marked track	Practical evaluation
Grade 10 Physical Education	Wednesday	3	2.0 Athletics - 2.1 Hurdling Techniques: Apply hurdling techniques in practice races. How can practice races improve hurdling skills? Conduct mini hurdle races in groups.	Hurdles, whistle	Performance assessment

Week 2 Footer Table

General comments if any	Headmaster	Date