

GRADE 10 PHYSICAL EDUCATION TERM 3 RECORDS OF WORK - HUMMINGBIRD

Week 1

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SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education			Athletics - Middle Distance Races (Categories and Starting Techniques): Identified 800m and 1500m races; observed video clips of staggered and curved starts; demonstrated standing start positioning, foot placement, forward lean, and explosive take-off. Assessed via oral questions and observation.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			Athletics - Middle Distance Races (Acceleration and Pacing): Explained acceleration and pacing roles; demonstrated building stride length within 100-200m; executed cone pacing drills using forward lean. Assessed via observation and peer assessment.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			Athletics - Middle Distance Races (Running Form and Posture): Described running posture; performed form drills over 50m with upright posture, relaxed shoulders, and midfoot strike; corrected form errors in peer reviews. Assessed via observation and oral questions.	Hummingbird Physical Education, pg 142	

General comments if any	Headmaster	Date
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Week 2

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SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education			Athletics - Middle Distance Races (Stride Length and Breathing): Demonstrated ball-of-foot landing and knee drive; practised 2:2 breathing pattern over 400m; completed an object-flipping relay. Assessed via observation and peer assessment.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			Athletics - Middle Distance Races (Finishing Techniques): Described shoulder shrug, drop, and run-through techniques; executed top-speed finishes approaching the finish line; evaluated performance using checklists. Assessed via observation and peer assessment.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			Athletics - Middle Distance Races (Finishing Techniques): Reviewed finishing strategies; performed repeated finishing drills under race conditions; assessed peer execution of drop and run-through finishes. Assessed via oral questions and peer assessment.	Hummingbird Physical Education, pg 142	
General comments if any		Headmaster	Date		

Week 3