

GRADE 10 PHYSICAL EDUCATION SCHEMES OF WORK FOR TERM 1

NAME OF THE TEACHER:.....

SCHOOL:..... YEAR:.....

Week	Lesson	Strand	Sub-strand	Specific Learning Outcomes	Key Inquiry Questions	Learning Experiences	Learning Resources	Assessment	Reflection
1	1	1.0 Ball Games	1.1 Football	By the end of the lesson, the learner should be able to identify the facility and equipment used in Football.	How does the equipment of Football make it a popular game?	The learner is guided to observe pictures/real facility and identify equipment used in Football.	Curriculum Design (2024) pg 1; Balls, Whistle	Oral Questions	
	2			By the end of the lesson, the learner should be able to improvise equipment for Football.		The learner is guided to engage in marking the playing field and improvising equipment.	Curriculum Design (2024) pg 1; Markers/Cones	Project Work	
	3			By the end of the lesson, the learner should be able to perform lofted pass (Stance/Contact).	Why is passing essential?	The learner is guided to demonstrate stance and contact in lofted pass.	Curriculum Design (2024) pg 1; Footballs	Observation	
	4			By the end of the lesson, the learner should be able to perform lofted pass (Follow through).		The learner is guided to demonstrate follow through in lofted pass.	Curriculum Design (2024) pg 1; Footballs	Practical	
2	1			By the end of the lesson, the learner should be able to execute marking in Football.	Why is marking essential?	The learner is guided to demonstrate positioning and anticipation in	Curriculum Design (2024) pg 1; Bibs	Observation	

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						marking.			
	2			By the end of the lesson, the learner should be able to execute dodging in Football.		The learner is guided to demonstrate feinting, faking, and turning in dodging.	Curriculum Design (2024) pg 2; Cones	Practical	
	3			By the end of the lesson, the learner should be able to perform goalkeeping (Positioning).		The learner is guided to demonstrate positioning and quick reactions in goalkeeping.	Curriculum Design (2024) pg 2; Goal posts	Practical	
	4			By the end of the lesson, the learner should be able to perform goalkeeping (Catching/Punching).		The learner is guided to demonstrate catching, dives, and punching in goalkeeping.	Curriculum Design (2024) pg 2; Gloves	Practical	
3	1			By the end of the lesson, the learner should be able to play mini Football games.		The learner is guided to apply lofted pass, marking, and dodging in mini games observing rules.	Curriculum Design (2024) pg 2; Field	Game Play	
	2			By the end of the lesson, the learner should be able to appraise own performance in Football.		The learner is guided to reflect on own abilities and share feedback with peers.	Curriculum Design (2024) pg 2; Checklist	Peer review	
	3		1.2 Netball	By the end of the lesson, the learner should be able to identify facility and equipment for Netball.	How can equipment for Netball be improvised?	The learner is guided to observe a live/recorded match and note equipment.	Curriculum Design (2024) pg 4; Netball court	Oral Questions	
	4			By the end of the	Why is	The learner is	Curriculum	Observation	