

GRADE 10 PHYSICAL EDUCATION SCHEMES OF WORK FOR TERM 2

NAME OF THE TEACHER:.....

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

Wk	Lsn	Strand	Sub-strand	Specific Learning Outcomes	Key Inquiry Question(s)	Learning Experiences	Learning Resources	Assessment Methods	Refl
1	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	
	2			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	
	3			Perform hurdle clearance techniques.	How can a runner clear hurdles smoothly?	Teacher demonstrates clearance technique followed by learner	Hurdles, whistle	Observation, peer feedback	

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2	1	2.0 Athletics	2.1 Hurdling Techniques	Demonstrate landing and recovery after hurdle clearance.	Why is proper landing important in hurdling?	practice. Learners practise landing and recovery drills.	Athletics track, cones	Observation	
	2			Perform acceleration and approach techniques.	How does acceleration affect hurdling speed?	Learners conduct sprint acceleration drills.	Stopwatch, marked track	Practical evaluation	
	3			Apply hurdling techniques in practice races.	How can practice races improve hurdling skills?	Conduct mini hurdle races in groups.	Hurdles, whistle	Performance assessment	
3	1	2.0 Athletics	2.1 Hurdling Techniques	Demonstrate finishing techniques in hurdling races.	What makes a strong finish in hurdling races?	Teacher demonstrates finishing techniques followed by practice.	Stopwatch, track	Observation	
	2			Apply full hurdling sequence in a race.	How do all hurdling stages combine in a race?	Learners participate in short hurdle races.	Hurdles, cones	Performance checklist	