

GRADE 10 SPORTS & RECREATION LESSON PLANS FOR TERM 1

WEEK 1: LESSON 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	Grade 10	Sports & Recreation			

Strand: 1.0 Health And Fitness

Sub Strand: 1.1 Flexibility

Specific Learning Outcomes:

By the end of the lesson, the learner should be able to: Identify dynamic and static stretches as performed in physical activities.

Key Inquiry Question(s):

How does flexibility improve performance in sports and recreation?

Core Competencies, Values, PCIs:

Critical Thinking: Analysis of movement.

Values: Responsibility.

PCIs: Health Education.

Learning Resources:

2024 Senior School Curriculum Design

ICT devices, Open space, Mats

Organization of Learning:

Introduction (5 minutes):

Warm-up: Light jogging.

Introduce the concept of flexibility as the range of motion around a joint.

Lesson Development (30 minutes):

Step 1: Guide learners to view live demonstrations or videos showing dynamic (moving) and static (holding) stretches.

Step 2: Discuss the difference: Dynamic prepares the body for movement; Static relaxes the muscle.

Step 3: Learners categorize observed exercises into 'Dynamic' or 'Static'.

Step 4: Practical identification: Teacher performs a stretch; learners shout out the type.

Conclusion (5 minutes):

Oral questioning on when to use each type of stretch.

Assessment: Oral questions, Observation.

Teacher Self-Evaluation:

WEEK 1: LESSON 2

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	Grade 10	Sports & Recreation			

Strand: 1.0 Health And Fitness