

GRADE 10 SPORTS AND RECREATION TERM 2 LESSON PLANS

GRADE 10 SPORTS AND RECREATION LESSON PLAN: Week 1, Lesson 1

SCHOOL:

LEVEL:

LEARNING AREA:

DATE:

TIME:

ROLL:

WEEK 1: LESSON 1

Strand:

2.0 Coaching

Sub Strand:

2.2 Facilities and Equipment in Sports and Recreation

Specific Learning Outcomes:

By the end of the lesson, the learner should be able to:

1. Identify various facilities used in games and athletics within the school and community.
2. Discuss the necessity of specific facilities for different sports activities.

Key Inquiry Question(s):

What facilities are needed for different sports activities?

Core Competencies, Values, and PCIs:

Core Competencies	Values	PCIs
Communication and collaboration	Responsibility	Safety and security
Critical thinking	Integrity	Social cohesion

Learning Resources:

Sports field, charts of sports facilities, and ICT devices.

Organization of Learning:

Introduction (5 minutes):

Teacher leads a brainstorming session where learners list sports facilities they have interacted with in school or at home.

Learners share examples of where specific games like football or tennis are played.

Lesson Development (30 minutes):

Step 1: Teacher uses charts and ICT devices to show different sports facilities such as swimming pools, gyms, and tracks.

Step 2: Learners identify specific facilities required for athletics (e.g., track, jumping pits) and those for games (e.g., courts, pitches).

Step 3: Discussion on the features of these facilities, such as the shape of a track or the height of a volleyball net.

Step 4: Learners record a list of facilities and the corresponding sports in their notebooks.

Conclusion (5 minutes):

Oral questions to check if learners can name three essential facilities for athletics.

Teacher summarizes the importance of choosing the right facility for each sport.

Extended Activities:

Learners to observe and draw one sports facility they see in their local neighborhood.

Teacher Self-Evaluation:

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