

GRADE 10 SPORTS AND RECREATION TERM 3 LESSON PLANS - MTP

Grade 10 Sport and Recreation LESSON PLAN: Week 1, Lesson 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
.....	Grade 10	Sport and Recreation			

WEEK 1: LESSON 1

Strand:

Coaching

Sub Strand:

Formations in Game 1 – Formations in Football: Analysis and Demonstration

Specific Learning Outcomes:

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

- Identify and describe the 4-4-2 and 4-3-3 formations in Football including player positions and roles.
- Demonstrate the 4-4-2 and 4-3-3 formations by positioning players correctly on the field and maintaining formation shape.
- Appreciate how team formations in Football improve tactical organisation and performance.

Key Inquiry Question(s):

- How do the 4-4-2 and 4-3-3 Football formations balance attack and defence?

Core Competencies, Values, and PCIs:

Core Competencies	Values	PCIs
Communication and collaboration	Unity	Health education (physical fitness)
Critical thinking and problem solving	Respect	Life skills (teamwork)

Learning Resources:

- MTP Sports and Recreation Learner's Book pg. 75
- Digital resources and ICT devices
- Open space / football pitch, cones, and markers

Organization of Learning:

Introduction (5 minutes):

- Teacher presents pictures and diagrams showing various football formations on an ICT display or whiteboard.
- Learners observe the visuals and brainstorm what numerical configurations in football represent.

Lesson Development (25 minutes):

- **Step 1:** Teacher guides learners in analyzing the 4-4-2 and 4-3-3 setups, explaining how defenders, midfielders, and forwards are distributed across the pitch.
- **Step 2:** In small groups, learners research and discuss how each formation balances defensive stability with attacking options.
- **Step 3:** Learners move to the field, take up designated positions in a 4-4-2 formation using cones, and execute short passing drills while maintaining spatial shape.
- **Step 4:** Learners transition into a 4-3-3 formation, rotate positions, and demonstrate coordinated movement across different zones of the pitch.

Conclusion (10 minutes):

- Teacher conducts a brief oral question-and-answer session on player responsibilities in both tactical systems.
- Summary of how formation discipline enhances team performance.

Extended Activities:

- Watch a recorded football match at home or school and sketch the formations used by both teams during offensive and defensive transitions.

Teacher Self-Evaluation:

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Grade 10 Sport and Recreation LESSON PLAN: Week 1, Lesson 2

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
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