

GRADE 10 SPORTS AND RECREATION RECORDS OF WORK TERM 2

Week 1 Header

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Week 1 Main Records of Work

SUBJECT & GRADE	DAY	PERIO D	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Sports and Recreation	Monday	1	2.0 Coaching - 2.2 Facilities and Equipment in Sports and Recreation: Identify facilities used in games and athletics. What facilities are needed for different sports activities? Learners brainstorm facilities used in athletics and games.	Sports field, charts, ICT devices.	Oral questions, observation.
Grade 10 Sports and Recreation	Tuesday	2	2.0 Coaching - 2.2 Facilities and Equipment in Sports and Recreation: Describe equipment used in games and athletics. Why is appropriate equipment important in sports? Learners examine different sports equipment.	Sports equipment, balls, rackets.	Practical assessment.
Grade 10 Sports and Recreation	Wednesday	3	2.0 Coaching - 2.2 Facilities and Equipment in Sports and Recreation: Classify sports facilities used in school. How do sports facilities support training? Group discussion on indoor and outdoor facilities.	Charts, pictures, ICT.	Observation.
Grade 10 Sports and Recreation	Thursday	4	2.0 Coaching - 2.2 Facilities and Equipment in Sports and Recreation: Explain safety considerations when using sports equipment. How can learners use sports equipment safely? Teacher demonstration on safe use of equipment.	Sports equipment.	Observation.
Grade 10 Sports and Recreation	Friday	5	2.0 Coaching - 2.2 Facilities and Equipment in Sports and Recreation: Evaluate the suitability of sports facilities in school. Are our school sports facilities adequate? Learners inspect school sports facilities.	School field, checklist.	Group discussion.

Week 1 Footer Table

General comments if any	Headmaster	Date

Week 2 Header

TERM	WEEK	DATE	MON	TUE	WED	THU	FRI
2	2						

Week 2 Main Records of Work

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Sports and Recreation	Monday	1	2.0 Coaching - 2.3 Improvisation of Equipment and Modification of Facilities: Identify materials used to improvise sports equipment. How can locally available materials be used in sports? Learners identify recyclable materials.	Reusable materials.	Observation.
Grade 10 Sports and Recreation	Tuesday	2	2.0 Coaching - 2.3 Improvisation of Equipment and Modification of Facilities: Design improvised sports equipment. How can creativity help improve sports equipment? Group activity to design equipment.	Improvised materials.	Project assessment.
Grade 10 Sports and Recreation	Wednesday	3	2.0 Coaching - 2.3 Improvisation of Equipment and Modification of Facilities: Construct simple improvised sports equipment. Can improvised equipment support sports training? Learners create equipment from available materials.	Recyclable materials.	Practical assessment.
Grade 10 Sports and Recreation	Thursday	4	2.0 Coaching - 2.3 Improvisation of Equipment and Modification of Facilities: Explain benefits of modifying sports facilities. Why should facilities sometimes be modified? Discussion on facility modification.	Charts.	Oral questions.
Grade 10 Sports and Recreation	Friday	5	2.0 Coaching - 2.3 Improvisation of Equipment and Modification of Facilities: Evaluate improvised equipment. How can we assess the quality of improvised equipment? Learners assess durability and safety.	Created equipment.	Observation.

Week 2 Footer Table

General comments if any	Headmaster	Date

Week 3 Header