

GRADE 10 SPORTS AND RECREATION TERM 3 RECORDS OF WORK - MTP

Week 1

TERM	WEEK	DATE	MON	TUE	WED	THU	FR I		
3	1								
SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED					REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Football Formations: Analysis & Demonstration): Described 4-4-2 and 4-3-3 formations; analysed player roles and tactical balance between attack and defence; demonstrated field positioning and passing movements while maintaining team shape. Assessed via observation, oral questions, and written assignments.					MTP Sports and Recreation Learner's Book, pg 75	
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Performing Football Formations in a Mini Game): Executed 4-4-2 and 4-3-3 formations during conditioned mini-games; evaluated tactical effectiveness and formation discipline; switched tactical setups safely. Assessed via observation and practical assessment.					MTP Sports and Recreation Learner's Book, pg 77	
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Basketball Formations: Analysis & Demonstration): Examined the 4-Out-1-In offensive alignment and 3-2 Zone Defence; executed ball movement, tactical cuts, and defensive court shifts. Assessed via observation and written assignments.					MTP Sports and Recreation Learner's Book, pg 78	

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Performing Basketball Formations in a Mini Game): Applied 4-Out-1-In offensive and 3-2 Zone defensive setups in small-sided games; rotated player positions; reviewed tactical coordination and defensive coverage. Assessed via practical assessment and performance-based tasks.	MTP Sports and Recreation Learner's Book, pg 80	
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Performing Basketball Formations in a Mini Game): Played conditioned basketball games using structured formations; evaluated attacking patterns and defensive cohesion; gave peer performance feedback. Assessed via observation and practical assessment.	MTP Sports and Recreation Learner's Book, pg 80	
General comments if any		Headmaster	Date		

Week 2

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI		
3	2								
SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED		REFERENCE / MAIN BOOK AND ITS PAGES		REMARKS		
Grade 10 Sport and Recreation			Coaching - Formations in Game 1 (Netball Formations: Analysis & Demonstration): Analysed attacking and defensive netball formations; drew labelled court diagrams;		MTP Sports and Recreation Learner's Book, pg 81				