

GRADE 10 SPORTS & RECREATION SCHEMES OF WORK FOR TERM 1

NAME OF THE TEACHER:.....

SCHOOL:..... YEAR:.....

W K	LS N	STRAND	SUB- STRAND	LESSON LEARNING OUTCOME	LEARNING EXPERIENCES	KEY INQUIRY QUESTION	LEARNING RESOURCE S	ASSESSME NT	REFLECTI ON
1	1	1.0 Health And Fitness	1.1 Flexibility	By the end of the lesson, the learner should be able to: Identify dynamic and static stretches as performed in physical activities.	The learner is guided to: View live demonstrations, videos, or pictures to identify dynamic and static stretches ² .	How does flexibility improve performance in sports and recreation? ³	2024 Senior School Curriculum Design, ICT devices, Open space, Mats ⁴ .	Oral questions, Observation.	
	2			By the end of the lesson, the learner should be able to: Compare static and dynamic stretches based on form and range of motion.	The learner is guided to: Discuss observations on dynamic and static stretches, focusing on form and range of motion ⁵ .		2024 Senior School Curriculum Design, Video clips, Pictures.	Oral discussion, Checklist.	
	3			By the end of the lesson, the learner should be able to: Perform dynamic stretches for improved flexibility.	The learner is guided to: Demonstrate and practice dynamic stretches with or without apparatus safely ⁶ .		2024 Senior School Curriculum Design, Open space, Mats.	Practical assessment, Observation.	
	4			By the end of the lesson, the learner should be able to: Perform static stretches for	The learner is guided to: Demonstrate and practice static stretches (e.g.,		2024 Senior School Curriculum Design, Open space, Mats.	Practical assessment, Observation.	

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				improved flexibility.	holding positions) safely ⁷ .				
	5			By the end of the lesson, the learner should be able to: Apply fluid movement and balance in stretching exercises.	The learner is guided to: Practice dynamic and static stretches emphasizing fluid movement and balance ⁸ .		2024 Senior School Curriculum Design, Open space.	Checklist, Peer assessment.	
	6			By the end of the lesson, the learner should be able to: Critique demonstrations of stretches.	The learner is guided to: Critique each other's demonstration of dynamic and static stretches to foster fairness and equity ⁹ .		2024 Senior School Curriculum Design, Assessment rubric.	Peer assessment, Oral feedback.	
2	1	1.0 Health And Fitness	1.1 Flexibility	By the end of the lesson, the learner should be able to: Enhance flexibility through games.	The learner is guided to: Play games specifically designed to enhance flexibility ¹⁰ .	Why are dynamic stretches performed in sports and recreation? ¹¹	2024 Senior School Curriculum Design, Game props, Open space.	Observation, Participation.	
	2			By the end of the lesson, the learner should be able to: Execute complex stretching routines.	The learner is guided to: Combine dynamic and static stretches into a routine for warm-up or cool-down ¹² .		2024 Senior School Curriculum Design, Open space.	Practical assessment.	
	3			By the end of the lesson, the learner should be able to: Appreciate the role of stretches in health.	The learner is guided to: Discuss the benefits of dynamic and static stretches in preventing non-		2024 Senior School Curriculum Design, Stationery, Journals.	Oral questions, Journal entry.	