

GRADE 10 SPORTS AND RECREATION SCHEMES OF WORK FOR TERM 2

NAME OF THE TEACHER:.....

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

Wk	Lsn	Strand	Sub-strand	Specific Learning Outcomes	Key Inquiry Question(s)	Learning Experiences	Learning Resources	Assessment Methods	Ref
1	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.	
	2			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.	
	3			Classify sports facilities used in school.	How do sports facilities support training?	Group discussion on indoor and outdoor facilities.	Charts, pictures, ICT.	Observation.	
	4			Explain safety	How can learners	Teacher demonstrati	Sports equipme	Observati on.	

				considerations when using sports equipment.	use sports equipment safely?	on on safe use of equipment.	nt.		
	5			Evaluate the suitability of sports facilities in school.	Are our school sports facilities adequate?	Learners inspect school sports facilities.	School field, checklist.	Group discussion.	
2	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.	
	2			Design improvised sports equipment.	How can creativity help improve sports equipment?	Group activity to design equipment.	Improvise materials.	Project assessment.	
	3			Construct simple improvised sports equipment.	Can improvised equipment support sports training?	Learners create equipment from available materials.	Recyclable materials.	Practical assessment.	
	4			Explain benefits of	Why should facilities	Discussion on facility	Charts.	Oral questions	