

**GRADE 9 RATIONALIZED CREATIVE ARTS AND SPORTS TERM 3 RECORDS OF  
WORK - MENTOR**

**Week 1**

| TERM                           | WEEK | DATE S | MON                                                                                                                                                                                                                                                             | TUE | WED | THU | FR I                                                    |         |
|--------------------------------|------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|---------------------------------------------------------|---------|
| Term 3                         | 1    |        |                                                                                                                                                                                                                                                                 |     |     |     |                                                         |         |
| SUBJECT & GRADE                | DAY  | PERIOD | STRAND & WORK COVERED                                                                                                                                                                                                                                           |     |     |     | REFERENCE / MAIN BOOK AND ITS PAGES                     | REMARKS |
| Grade 9 Creative Arts & Sports |      |        | Creating and Performing in Creative Arts and Sports - Swimming (Body Positioning in Standing Dive): Discussed safe water entry methods and described arm, leg, trunk, and head alignment using pictures. Assessed through oral questions and written responses. |     |     |     | Mentor Creative Arts and Sports Learner's Book, pg. 157 |         |
| Grade 9 Creative Arts & Sports |      |        | Creating and Performing in Creative Arts and Sports - Swimming (Techniques for Standing Dive): Analyzed video clips on dive execution, noted safety zones, and outlined water safety rules. Assessed via oral discussions and safety checklists.                |     |     |     | Mentor Creative Arts and Sports Learner's Book, pg. 158 |         |
| Grade 9 Creative Arts & Sports |      |        | Creating and Performing in Creative Arts and Sports - Swimming (Performing Standing Dive): Executed warm-up drills, ready position, and push-off dives into the deep end under safety guidelines. Assessed via practical demonstration and peer feedback.       |     |     |     | Mentor Creative Arts and Sports Learner's Book, pg. 159 |         |
| Grade 9 Creative Arts & Sports |      |        | Creating and Performing in Creative Arts and Sports - Swimming (Body Positioning in Butterfly                                                                                                                                                                   |     |     |     | Mentor Creative Arts and Sports Learner's               |         |

| <b>SUBJECT &amp; GRADE</b>     | <b>DAY</b> | <b>PERIOD</b>     | <b>STRAND &amp; WORK COVERED</b>                                                                                                                                                                                                                    | <b>REFERENCE / MAIN BOOK AND ITS PAGES</b>              | <b>REMARKS</b> |
|--------------------------------|------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------|
|                                |            |                   | Stroke): Studied illustrations and video clips to describe swimmer body alignment and phase transitions. Assessed through question and answer.                                                                                                      | Book, pg. 160                                           |                |
| Grade 9 Creative Arts & Sports |            |                   | Creating and Performing in Creative Arts and Sports - Swimming (Techniques for Butterfly Stroke): Analyzed prone body mechanics, dolphin kicks, and catch-pull-recovery arm actions. Assessed via diagrammatic representations and oral discussion. | Mentor Creative Arts and Sports Learner's Book, pg. 161 |                |
| <b>General comments if any</b> |            | <b>Headmaster</b> | <b>Date</b>                                                                                                                                                                                                                                         |                                                         |                |

## Week 2

| TERM                           | WEEK | DATE S | MON                                                                                                                                                                                                                                                    | TUE | WED | THU | FR I                                                    |         |
|--------------------------------|------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|-----|---------------------------------------------------------|---------|
| Term 3                         | 2    |        |                                                                                                                                                                                                                                                        |     |     |     |                                                         |         |
| SUBJECT & GRADE                | DAY  | PERIOD | STRAND & WORK COVERED                                                                                                                                                                                                                                  |     |     |     | REFERENCE / MAIN BOOK AND ITS PAGES                     | REMARKS |
| Grade 9 Creative Arts & Sports |      |        | Creating and Performing in Creative Arts and Sports - Swimming (Performing Butterfly Stroke Components): Practiced prone positioning and kickboard-supported arm actions at the shallow end. Assessed through practical observation and peer feedback. |     |     |     | Mentor Creative Arts and Sports Learner's Book, pg. 162 |         |
| Grade 9 Creative               |      |        | Creating and Performing in Creative Arts and Sports                                                                                                                                                                                                    |     |     |     | Mentor Creative Arts                                    |         |