RECORD OF WORK COVERED

Grade 10 Physical Education • Term II

WEEK 1

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
II	1						

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK(S) AND PAGES	REMARKS
Physical Education — Grade 10			**Games — Basketball: Crossover Dribble (Stance and Ball Control)** Described the crossover dribble and its purpose, demonstrated correct stance, knee bend, fingertip control and low ball position, and related ball control to a driver maintaining a firm yet sensitive grip.	Hummingbird PE pg. 66	
Physical Education — Grade 10			**Games — Basketball: Crossover Dribble (Change of Direction and Hand Positioning)** Explained how push-off, weight transfer and receiving-hand positioning enable direction change, performed crossover dribbles with quick variations, and related the deceptive change to a driver smoothly changing lanes.	Hummingbird PE pg. 70	
Physical Education — Grade 10			**Games — Basketball: Crossover Dribble (Deception, Timing and Follow-through)** Described how eye fakes, shoulder drops and change of pace contribute to deception, demonstrated double and in-and-out crossovers with correct timing, and related deception tactics to everyday negotiation.	Hummingbird PE pg. 71	

GENERAL COMMENTS (IF ANY)	HEAD MASTER	DATE

WEEK 2

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
II	2						