GRADE 10 PHYSICAL EDUCATION RECORDS OF WORK TERM 2

Week 1 Header

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
2	1						

Week 1 Main Records of Work

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education	Monday	1	2.0 Athletics - 2.1 Hurdling Techniques: Describe basic hurdling techniques in athletics. What skills are needed to run over hurdles effectively? Discuss components of hurdling and watch demonstration videos.	Charts, athletics videos, laptops	Oral questions, observation
Grade 10 Physical Education	Tuesday	2	2.0 Athletics - 2.1 Hurdling Techniques: Demonstrate correct take-off and approach to hurdles. How does proper take-off improve hurdling performance? Learners practise take-off drills and approach runs.	Hurdles, stopwatch, cones	Practical assessment
Grade 10 Physical Education	Wednesday	3	2.0 Athletics - 2.1 Hurdling Techniques: Perform hurdle clearance techniques. How can a runner clear hurdles smoothly? Teacher demonstrates clearance technique followed by learner practice.	Hurdles, whistle	Observation, peer feedback

Week 1 Footer Table

General comments if any	Headmaster	Date