GRADE 10 PHYSICAL EDUCATION TERM 3 RECORDS OF WORK – HUMMINGBIRD

Week 1

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
3	1						

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK AND ITS PAGES	REMARKS
Grade 10 Physical Education			**Athletics - Middle Distance Races (Categories and Starting Techniques):** Identified 800m and 1500m races; observed video clips of staggered and curved starts; demonstrated standing start positioning, foot placement, forward lean, and explosive take-off. Assessed via oral questions and observation.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			**Athletics - Middle Distance Races (Acceleration and Pacing):** Explained acceleration and pacing roles; demonstrated building stride length within 100–200m; executed cone pacing drills using forward lean. Assessed via observation and peer assessment.	Hummingbird Physical Education, pg 142	
Grade 10 Physical Education			**Athletics - Middle Distance Races (Running Form and Posture):** Described running posture; performed form drills over 50m with upright posture, relaxed shoulders, and midfoot strike; corrected form errors in peer reviews. Assessed via observation and oral questions.	Hummingbird Physical Education, pg 142	