

GRADE 10 PHYSICAL EDUCATION SCHEMES OF WORK FOR TERM 1

NAME OF THE TEACHER:.....

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

Week	Lesson	Strand	Sub-strand	Specific Learning Outcomes	Key Inquiry Questions	Learning Experiences	Learning Resources	Assessment	Reflection
1	1	1.0 Ball Games	1.1 Football	By the end of the lesson, the learner should be able to identify the facility and equipment used in Football.	How does the equipment of Football make it a popular game?	The learner is guided to observe pictures/real facility and identify equipment used in Football.	Curriculum Design (2024) pg 1; Balls, Whistle	Oral Questions	
	2		Football Equipment	By the end of the lesson, the learner should be able to improvise equipment for Football.		The learner is guided to engage in marking the playing field and improvising equipment.	Curriculum Design (2024) pg 1; Markers/Cones	Project Work	
	3			By the end of the lesson, the learner should be able to perform lofted pass (Stance/Contact).	Why is passing essential?	The learner is guided to demonstrate stance and contact in lofted pass.	Curriculum Design (2024) pg 1; Footballs	Observation	
	4			By the end of the lesson, the learner should be able to		The learner is guided to demonstrate	Curriculum Design (2024)	Practical	

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				perform lofted pass (Follow through).		e follow through in lofted pass.	pg 1; Footballs		
2	1		Football	By the end of the lesson, the learner should be able to execute marking in Football.	Why is marking essential?	The learner is guided to demonstrate positioning and anticipation in marking.	Curriculum Design (2024) pg 1; Bibs	Observation	
	2		Football	By the end of the lesson, the learner should be able to execute dodging in Football.		The learner is guided to demonstrate feinting, faking, and turning in dodging.	Curriculum Design (2024) pg 2; Cones	Practical	
	3		Positioning	By the end of the lesson, the learner should be able to perform goalkeeping (Positioning).		The learner is guided to demonstrate positioning and quick reactions in goalkeeping.	Curriculum Design (2024) pg 2; Goal posts	Practical	
	4		Catching/Punching	By the end of the lesson, the learner should be able to perform goalkeeping		The learner is guided to demonstrate catching, dives, and	Curriculum Design (2024) pg 2; Gloves	Practical	

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				(Catching/Punching).		punching in goalkeeping.			
3	1			By the end of the lesson, the learner should be able to play mini Football games.		The learner is guided to apply lofted pass, marking, and dodging in mini games observing rules.	Curriculum Design (2024) pg 2; Field	Game Play	
	2		Performance in Football.	By the end of the lesson, the learner should be able to appraise own performance in Football.		The learner is guided to reflect on own abilities and share feedback with peers.	Curriculum Design (2024) pg 2; Checklist	Peer review	
	3		1.2 Netball	By the end of the lesson, the learner should be able to identify facility and equipment for Netball.	How can equipment for Netball be improvised ?	The learner is guided to observe a live/recorded match and note equipment.	Curriculum Design (2024) pg 4; Netball court	Oral Questions	
	4		flip pass	By the end of the lesson, the learner should be able to execute flip pass (Stance/Grip).	Why is passing a necessary skill?	The learner is guided to demonstrate stance and grip in flip pass.	Curriculum Design (2024) pg 4; Netballs	Observation	

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4	1		flip pass Release/Follow through	By the end of the lesson, the learner should be able to execute flip pass (Release/Follow through).		The learner is guided to demonstrate release and follow through in flip pass.	Curriculum Design (2024) pg 4; Netballs	Practical	
	2		side pass (Stance/Timing)	By the end of the lesson, the learner should be able to execute side pass (Stance/Timing).		The learner is guided to demonstrate stance and timing in side pass.	Curriculum Design (2024) pg 4; Netballs	Practical	
	3		side pass Release/Accuracy	By the end of the lesson, the learner should be able to execute side pass (Release/Accuracy).		The learner is guided to demonstrate release and accuracy in side pass.	Curriculum Design (2024) pg 4; Target markers	Practical	
	4			By the end of the lesson, the learner should be able to practice combination of passes.		The learner is guided to practice combination of flip pass and side pass observing rules.	Curriculum Design (2024) pg 4; Bibs	Observation	
5	1		Netball	By the end of the lesson, the learner should be able to		The learner is guided to play mini	Curriculum Design (2024) pg 4; Court	Game Play	

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				play mini Netball games.		Netball games applying pass skills observing safety.			
	2		Netball	By the end of the lesson, the learner should be able to give feedback on performance.		The learner is guided to observe and give feedback on others' performance in Netball.	Curriculum Design (2024) pg 5; Checklist	Peer Assessment	
	3	2.0 Athletics	2.1 Sprints	By the end of the lesson, the learner should be able to perform bunch start in sprints.	Why is body alignment crucial?	The learner is guided to demonstrate the bunch start in sprints.	Curriculum Design (2024) pg 18; Starting blocks	Practical	
	4		Sprints	By the end of the lesson, the learner should be able to perform medium start in sprints.		The learner is guided to demonstrate the medium start in sprints.	Curriculum Design (2024) pg 18; Starting blocks	Practical	
6	1		Sprints	By the end of the lesson, the learner should be able to perform elongated start in sprints.		The learner is guided to demonstrate the elongated	Curriculum Design (2024) pg 18; Starting blocks	Practical	

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						start in sprints.			
	2		Body position	By the end of the lesson, the learner should be able to demonstrate acceleration (Body position).		The learner is guided to demonstrate body position during acceleration.	Curriculum Design (2024) pg 18; Track	Observation	
	3			By the end of the lesson, the learner should be able to demonstrate acceleration (Leg/Arm action).		The learner is guided to demonstrate leg and arm action during acceleration.	Curriculum Design (2024) pg 18; Track	Practical	
	4			By the end of the lesson, the learner should be able to demonstrate finish techniques (Dip).		The learner is guided to demonstrate the dip finish in a sprint race.	Curriculum Design (2024) pg 18; Finish line	Practical	
7	1		sprint races	By the end of the lesson, the learner should be able to participate in sprint races.	Why is sprinting beneficial?	The learner is guided to participate in sprint races applying starts and	Curriculum Design (2024) pg 19; Track	Performance	

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						running skills.			
	2		sprint races	By the end of the lesson, the learner should be able to review performance in sprints.		The learner is guided to observe and give feedback on each other's performance.	Curriculum Design (2024) pg 19; Checklist	Peer review	
	3		2.2 Long Jump	By the end of the lesson, the learner should be able to describe equipment for Long Jump.	How does Long jump develop skills?	The learner is guided to observe pictures or real Long jump facilities.	Curriculum Design (2024) pg 20; Landing pit	Oral Questions	
	4			By the end of the lesson, the learner should be able to demonstrate approach and take off.		The learner is guided to demonstrate approach and take off phases.	Curriculum Design (2024) pg 20; Runway	Practical	
8	MID-TERM	MID-TERM BREAK	MID-TERM BREAK	MID-TERM BREAK	MID-TERM BREAK	MID-TERM BREAK	MID-TERM BREAK	MID-TERM BREAK	MID-TERM
9	1		Hang style	By the end of the lesson, the learner should be able to demonstrate flight (Hang style).		The learner is guided to demonstrate the hang	Curriculum Design (2024) pg 20; Pit	Practical	

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						technique in flight.			
	2		Hitch kick	By the end of the lesson, the learner should be able to demonstrate flight (Hitch kick).		The learner is guided to demonstrate the hitch kick technique in flight.	Curriculum Design (2024) pg 20; Pit	Practical	
	3		Landing and recovery.	By the end of the lesson, the learner should be able to demonstrate landing and recovery.	How is safety enhanced?	The learner is guided to demonstrate landing and recovery phases observing safety.	Curriculum Design (2024) pg 20; Rake	Practical	
	4			By the end of the lesson, the learner should be able to practice full sequence of Long Jump.		The learner is guided to practice hang/hitch kick following all phases.	Curriculum Design (2024) pg 20; Runway/Pit	Performance	
10	1		Long Jump games	By the end of the lesson, the learner should be able to play mini Long Jump games.		The learner is guided to play mini Long Jump games applying techniques.	Curriculum Design (2024) pg 20; Pit	Game Play	

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	2		Long Jump	By the end of the lesson, the learner should be able to share feedback on Long Jump.		The learner is guided to share feedback on own and others' performance.	Curriculum Design (2024) pg 21; Checklist	Peer review	
	3	REVISION	Revision	By the end of the lesson, the learner should be able to revise Football concepts.		Review of rules, skills, and safety.	Past papers	Written Practice	
	4	REVISION	Revision	By the end of the lesson, the learner should be able to revise Netball concepts.		Review of rules, skills, and safety.	Past papers	Written Practice	
11		REVISION	Revision	By the end of the lesson, the learner should be able to revise Athletics concepts.		Review of Sprints and Long Jump phases.	Past papers	Written Practice	
12&13		END TERM ONE ASSESSMENT CLOSING							