

Grade 10 Physical Education

Term 2 - 60 complete lesson plans

Ready to teach, in the KICD lesson-plan format | 40-minute lessons | PDF and editable Word

ABOUT THIS PACK

60 complete, ready-to-teach Grade 10 Physical Education lesson plans for Term 2, covering sprints, long jump, javelin throw, shot put, hockey and swimming.

TOPICS IN THIS PACK

Topic	Name	Lessons
2.1	Sprints	10
2.2	Long Jump	10
2.3	Javelin Throw	10
2.4	Shot Put	10
3.1	Hockey	10
3.2	Swimming	10

INSIDE EVERY LESSON PLAN

- The specific learning outcomes, key inquiry question, core competencies, values and PCIs, and the resources needed.
- A timed lesson flow: what the teacher does and what the learners do, from introduction to summary.
- The key content (a worked example, notes or a practical with its expected results), then four practice questions with the answers for the teacher.
- The common mistake to watch for, and ideas for learners who need support and for those ready for more.
- A four-level CBC assessment rubric (EE, ME, AE, BE), homework, and a blank reflection space to fill in after teaching.

A TASTE OF LESSON 1

Sprint events, the track and equipment, and a warm-up for sprinting

By the end of the lesson, the learner should be able to: a) identify the sprint events, the track and the equipment; b) carry out a full warm-up for sprinting safely

Sprints, the track and the warm-up

Sprints are short races run flat out from start to finish: the 100 metres, 200 metres and 400 metres (and relays). A standard track is 400 metres round with lanes about 1.22 metres wide; runners stay...

You also receive this pack as an editable Word file, so you can change any lesson to suit your class before you print it. Lessons follow the order of the KICD curriculum design.