



GRADE 10 SPORTS & RECREATION SCHEMES OF WORK FOR TERM 1

NAME OF THE TEACHER:.....

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

W K	LS N	STRAND	SUB- STRAND	LESSON LEARNING OUTCOME	LEARNING EXPERIENCES	KEY INQUIRY QUESTION	LEARNING RESOURCE S	ASSESSME NT	REFLECTI ON
1	1	1.0 Health And Fitness	1.1 Flexibility	By the end of the lesson, the learner should be able to: Identify dynamic and static stretches as performed in physical activities.	The learner is guided to: View live demonstrations, videos, or pictures to identify dynamic and static stretches ² .	How does flexibility improve performance in sports and recreation? ³	2024 Senior School Curriculum Design, ICT devices, Open space, Mats ⁴ .	Oral questions, Observation.	
	2			By the end of the lesson, the learner should be able to: Compare static and dynamic stretches based on form and range of motion.	The learner is guided to: Discuss observations on dynamic and static stretches, focusing on form and range of motion ⁵ .		2024 Senior School Curriculum Design, Video clips, Pictures.	Oral discussion, Checklist.	
	3			By the end of the lesson, the learner should be able to: Perform dynamic stretches for improved flexibility.	The learner is guided to: Demonstrate and practice dynamic stretches with or without apparatus safely ⁶ .		2024 Senior School Curriculum Design, Open space, Mats.	Practical assessment, Observation.	
	4			By the end of the lesson, the learner should be able to: Perform static	The learner is guided to: Demonstrate and practice static		2024 Senior School Curriculum	Practical assessment, Observation.	

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				stretches for improved flexibility.	stretches (e.g., holding positions) safely ⁷ .		Design, Open space, Mats.		
	5			By the end of the lesson, the learner should be able to: Apply fluid movement and balance in stretching exercises.	The learner is guided to: Practice dynamic and static stretches emphasizing fluid movement and balance ⁸ .		2024 Senior School Curriculum Design, Open space.	Checklist, Peer assessment.	
	6			By the end of the lesson, the learner should be able to: Critique demonstrations of stretches.	The learner is guided to: Critique each other's demonstration of dynamic and static stretches to foster fairness and equity ⁹ .		2024 Senior School Curriculum Design, Assessment rubric.	Peer assessment, Oral feedback.	
2	1	1.0 Health And Fitness	1.1 Flexibility	By the end of the lesson, the learner should be able to: Enhance flexibility through games.	The learner is guided to: Play games specifically designed to enhance flexibility ¹⁰ .	Why are dynamic stretches performed in sports and recreation? ¹¹	2024 Senior School Curriculum Design, Game props, Open space.	Observation, Participation.	
	2			By the end of the lesson, the learner should be able to: Execute complex stretching routines.	The learner is guided to: Combine dynamic and static stretches into a routine for warm-up or cool-down ¹² .		2024 Senior School Curriculum Design, Open space.	Practical assessment.	
	3			By the end of the lesson, the learner should be able to: Appreciate the role	The learner is guided to: Discuss the benefits of dynamic and static		2024 Senior School Curriculum Design,	Oral questions, Journal entry.	

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				of stretches in health.	stretches in preventing non-communicable diseases ¹³ .		Stationery, Journals.		
	4			By the end of the lesson, the learner should be able to: Demonstrate mastery of flexibility exercises.	The learner is guided to: Perform a full flexibility session demonstrating correct form, range of motion, and balance ¹⁴ .		2024 Senior School Curriculum Design, Rubric.	Summative Practical Assessment.	
	5		1.2 Muscular Strength and Endurance	By the end of the lesson, the learner should be able to: Distinguish muscular strength from muscular endurance.	The learner is guided to: Use different media to research and watch muscular strength and endurance activities, then discuss findings ¹⁵ .	Why is muscular endurance and strength important in daily activities? ¹⁶	2024 Senior School Curriculum Design, ICT devices, Books.	Oral questions, Written quiz.	
	6			By the end of the lesson, the learner should be able to: Identify materials for improvising weights.	The learner is guided to: Brainstorm and select locally available materials suitable for improvising weights ¹⁷ .		2024 Senior School Curriculum Design, Locally available materials.	Observation, Checklist.	
3	1	1.0 Health And Fitness	1.2 Muscular Strength and Endurance	By the end of the lesson, the learner should be able to: Improvise weights for strength activities.	The learner is guided to: Construct improvised weights using the selected locally available materials		2024 Senior School Curriculum Design, Sand, Bottles, Stones, Bags.	Product assessment.	

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					(recycling/reusing) ¹⁸ .				
	2			By the end of the lesson, the learner should be able to: Perform muscular strength activities using improvised weights.	The learner is guided to: Demonstrate muscular strength activities using the improvised weights ¹⁹ .		2024 Senior School Curriculum Design, Improvised weights.	Practical assessment.	
	3			By the end of the lesson, the learner should be able to: Perform muscular strength activities using body weight.	The learner is guided to: Demonstrate muscular strength activities using own body weight (e.g., push-ups, squats) ²⁰ .		2024 Senior School Curriculum Design, Mats.	Practical assessment.	
	4			By the end of the lesson, the learner should be able to: Perform muscular endurance activities using improvised weights.	The learner is guided to: Demonstrate muscular endurance activities (high reps, low weight) using improvised weights ²¹ .		2024 Senior School Curriculum Design, Improvised weights.	Practical assessment.	
	5			By the end of the lesson, the learner should be able to: Perform muscular endurance activities using body weight.	The learner is guided to: Demonstrate muscular endurance activities using own body weight ²² .		2024 Senior School Curriculum Design, Mats.	Practical assessment.	
	6			By the end of the lesson, the learner	The learner is guided to: Practice		2024 Senior School	Observation, Participation.	

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				should be able to: Develop strength and endurance through mini-games.	mini-games that develop muscular strength and endurance while observing safety ²³ .		Curriculum Design, Game equipment.		
4	1	1.0 Health And Fitness	1.2 Muscular Strength and Endurance	By the end of the lesson, the learner should be able to: Appraise peers' efforts in strength activities.	The learner is guided to: Observe and appraise each other's efforts during strength and endurance exercises ²⁴ .	How is muscular endurance and strength inter-related? ²⁵	2024 Senior School Curriculum Design, Assessment rubric.	Peer assessment.	
	2			By the end of the lesson, the learner should be able to: Value safety in strength training.	The learner is guided to: Discuss and demonstrate safety precautions while engaging in muscular strength/endurance activities ²⁶ .		2024 Senior School Curriculum Design, Safety gear.	Oral questions, Observation.	
	3		1.3 Cardiovascular Endurance	By the end of the lesson, the learner should be able to: Examine cardiovascular endurance as a health component.	The learner is guided to: Use varied media to research and watch cardiovascular endurance activities ²⁷ .	What are the benefits of cardiovascular endurance? ²⁸	2024 Senior School Curriculum Design, ICT devices.	Oral questions, Research notes.	
	4			By the end of the lesson, the learner should be able to: Analyze the benefits of cardiovascular endurance.	The learner is guided to: Make a presentation on cardiovascular endurance activities and their benefits ²⁹ .		2024 Senior School Curriculum Design, Charts, Markers.	Oral presentation.	

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	5			By the end of the lesson, the learner should be able to: Perform low impact cardiovascular activities.	The learner is guided to: Demonstrate and practice low impact cardiovascular endurance exercises (e.g., walking, light cycling) ³⁰ .		2024 Senior School Curriculum Design, Open space, Stop watch.	Practical assessment.	
	6			By the end of the lesson, the learner should be able to: Perform high impact cardiovascular activities.	The learner is guided to: Demonstrate and practice high impact cardiovascular endurance exercises (e.g., running, jumping rope) ³¹ .		2024 Senior School Curriculum Design, Open space, Jump ropes.	Practical assessment.	
5	1	1.0 Health And Fitness	1.3 Cardiovascular Endurance	By the end of the lesson, the learner should be able to: Engage in group fitness training.	The learner is guided to: Participate in group fitness sessions that enhance cardiovascular endurance ³² .	How does cardiovascular endurance promote performance in sports? ³³	2024 Senior School Curriculum Design, Music player (optional).	Observation, Participation.	
	2			By the end of the lesson, the learner should be able to: Engage in interval training.	The learner is guided to: Practice interval training exercises to boost cardiovascular capacity ³⁴ .		2024 Senior School Curriculum Design, Stop watch, Markers.	Practical assessment.	
	3			By the end of the lesson, the learner	The learner is guided to: Play		2024 Senior School	Observation.	

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				should be able to: Apply endurance in sports activities.	games/sports that require sustained endurance while observing safety ³⁵ .		Curriculum Design, Sports equipment.		
	4			By the end of the lesson, the learner should be able to: Demonstrate safe play in endurance games.	The learner is guided to: Play games requiring endurance while adhering to safety rules and fair play ³⁶ .		2024 Senior School Curriculum Design, Sports equipment.	Checklist.	
	5			By the end of the lesson, the learner should be able to: Evaluate personal cardiovascular endurance.	The learner is guided to: Perform a basic endurance test (e.g., timed run) and record results ³⁷ .		2024 Senior School Curriculum Design, Stop watch, Track.	Practical assessment.	
	6			By the end of the lesson, the learner should be able to: Appreciate cardiovascular endurance for good health.	The learner is guided to: Reflect on how cardiovascular endurance contributes to overall health and sports performance ³⁸ .		2024 Senior School Curriculum Design, Journals.	Journal entry.	
6	1	1.0 Health And Fitness	1.4 Posture for performance	By the end of the lesson, the learner should be able to: Distinguish correct and defective posture in sitting and walking.	The learner is guided to: Use resources to research correct vs. defective posture in sitting and walking ³⁹ .	How does exercise correct postural defects? ⁴⁰	2024 Senior School Curriculum Design, Chairs, ICT devices.	Oral questions, Observation.	
	2			By the end of the lesson, the learner should be able to:	The learner is guided to: Brainstorm on the		2024 Senior School Curriculum	Oral discussion.	

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				Analyze posture in running and jumping.	impact of posture in running and jumping ⁴¹ .		Design, Open space.		
	3			By the end of the lesson, the learner should be able to: Analyze posture in throwing and kicking.	The learner is guided to: Brainstorm on the impact of posture in throwing and kicking activities ⁴² .		2024 Senior School Curriculum Design, Balls.	Oral discussion.	
	4			By the end of the lesson, the learner should be able to: Demonstrate correct posture movements.	The learner is guided to: Demonstrate movements related to sitting, walking, running, jumping, throwing, and kicking using correct posture ⁴³ .		2024 Senior School Curriculum Design, Open space.	Practical assessment.	
	5			By the end of the lesson, the learner should be able to: Identify postural defects.	The learner is guided to: Identify common postural defects (kyphosis, lordosis, scoliosis) from visuals or descriptions ⁴⁴ .		2024 Senior School Curriculum Design, Charts/Images of defects.	Identification test.	
	6			By the end of the lesson, the learner should be able to: Perform corrective exercises for posture.	The learner is guided to: Perform specific exercises designed to correct identified postural defects ⁴⁵ .		2024 Senior School Curriculum Design, Mats.	Practical assessment.	
7	1	1.0 Health And Fitness	1.4 Posture for performance	By the end of the lesson, the learner should be able to:	The learner is guided to: Adopt correct posture	Why should an athlete adopt correct	2024 Senior School Curriculum	Observation.	

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				Adopt correct posture in sports execution.	while executing specific sports movements (running, kicking, etc.) ⁴⁶ .	posture during performance? ⁴⁷	Design, Sports equipment.		
	2			By the end of the lesson, the learner should be able to: Promote correct posture through games.	The learner is guided to: Play mini-games that promote correct posture related to basic movements ⁴⁸ .		2024 Senior School Curriculum Design, Game props.	Participation, Observation.	
	3			By the end of the lesson, the learner should be able to: Appreciate correct posture to avoid injuries.	The learner is guided to: Discuss how correct posture prevents injuries and enhances safety ⁴⁹ .		2024 Senior School Curriculum Design, Journals.	Oral questions.	
	4			By the end of the lesson, the learner should be able to: Demonstrate mastery of posture in movement.	The learner is guided to: Execute a sequence of movements (sit, walk, run, jump, throw, kick) maintaining correct posture ⁵⁰ .		2024 Senior School Curriculum Design, Rubric.	Summative Practical Assessment.	
	5		1.5 Recreation and Wellness	By the end of the lesson, the learner should be able to: Outline the role of exercise on health.	The learner is guided to: Discuss the role of exercise on individual health and wellness ⁵¹ .	How do recreation activities foster health and wellness? ⁵²	2024 Senior School Curriculum Design, ICT devices.	Oral questions.	
	6			By the end of the lesson, the learner should be able to: Analyze	The learner is guided to: Research and discuss the		2024 Senior School Curriculum Design,	Group discussion.	

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				dimensions of wellness.	dimensions of wellness (physical, intellectual, emotional, spiritual, social, mental) ⁵³ .		Wellness charts.		
8		MID-TERM	MID-TERM	MID-TERM	MID-TERM	MID-TERM	MID-TERM	MID-TERM	
9	1	1.0 Health And Fitness	1.5 Recreation and Wellness	By the end of the lesson, the learner should be able to: Perform recreation activities for fun.	The learner is guided to: Practice different activities that enhance fun and relaxation ⁵⁴ .	How do dimensions of wellness improve the quality of life? ⁵⁵	2024 Senior School Curriculum Design, Recreation equipment.	Observation, Enjoyment.	
	2			By the end of the lesson, the learner should be able to: Perform physical and social recreation activities.	The learner is guided to: Engage in activities promoting physical and social wellness (e.g., team games) ⁵⁶ .		2024 Senior School Curriculum Design, Game equipment.	Participation.	
	3			By the end of the lesson, the learner should be able to: Perform intellectual and mental recreation activities.	The learner is guided to: Engage in activities promoting intellectual and mental wellness (e.g., strategy games) ⁵⁷ .		2024 Senior School Curriculum Design, Board games/Puzzles .	Participation.	
	4			By the end of the lesson, the learner should be able to: Share feedback on recreation benefits.	The learner is guided to: Share feedback on the benefits gained from recreation		2024 Senior School Curriculum Design, Journals.	Oral feedback, Journal entry.	

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					activities over a period of time ⁵⁸ .				
	5			By the end of the lesson, the learner should be able to: Acknowledge benefits of wellness dimensions.	The learner is guided to: Reflect on how different dimensions of wellness improve quality of life ⁵⁹ .		2024 Senior School Curriculum Design, Portfolio.	Portfolio entry.	
	6			By the end of the lesson, the learner should be able to: Demonstrate competence in recreation.	The learner is guided to: Perform a recreation activity factoring in engagement, participation, competence, and enjoyment ⁶⁰ .		2024 Senior School Curriculum Design, Rubric.	Practical assessment.	
10	1	1.0 Health And Fitness	1.6 Injuries in sports	By the end of the lesson, the learner should be able to: Classify common sports injuries.	The learner is guided to: Research and present findings on the classification of common sports injuries (acute vs chronic) ⁶¹ .	Which injuries are commonly sustained by athletes in sports? ⁶²	2024 Senior School Curriculum Design, Books on sports injuries, ICT devices.	Oral presentation, Written notes.	
	2			By the end of the lesson, the learner should be able to: Link injuries to specific causes.	The learner is guided to: Draw a matrix relating types of sports injuries (soft tissue, joint, bone) with their causes ⁶³ .		2024 Senior School Curriculum Design, Matrix chart.	Matrix assignment.	
	3			By the end of the lesson, the learner	The learner is guided to: Discuss		2024 Senior School	Oral questions.	

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				should be able to: Analyze acute injuries.	specific acute injuries (e.g., fractures, sprains) and their immediate causes ⁶⁴ .		Curriculum Design, First aid manual.		
	4			By the end of the lesson, the learner should be able to: Analyze chronic/overuse injuries.	The learner is guided to: Discuss specific chronic injuries (e.g., tendinitis) and their long-term causes ⁶⁵ .		2024 Senior School Curriculum Design, Books.	Oral questions.	
	5			By the end of the lesson, the learner should be able to: Evaluate strategies to avoid injuries.	The learner is guided to: Identify strategies used by athletes to play safely and avoid injuries ⁶⁶ .	How do we prevent injuries in sports? ⁶⁷	2024 Senior School Curriculum Design, Video analysis.	Discussion.	
	6			By the end of the lesson, the learner should be able to: Demonstrate safe play practices.	The learner is guided to: Demonstrate safe play while engaging in sports and recreation activities ⁶⁸ .		2024 Senior School Curriculum Design, Sports equipment.	Observation, Checklist.	
11	1	1.0 Health And Fitness	1.6 Injuries in sports	By the end of the lesson, the learner should be able to: Apply safety precautions (Warm-up).	The learner is guided to: Perform proper warm-up routines as a safety precaution against injuries ⁶⁹ .		2024 Senior School Curriculum Design, Open space.	Practical assessment.	
	2			By the end of the lesson, the learner should be able to: Apply safety	The learner is guided to: Inspect equipment and		2024 Senior School Curriculum	Checklist.	



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13		CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	CLOSURE OF SCHOOL	