

Grade 10 Physical Education

Term 1 - 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 1, covering football, netball, volleyball, handball, basketball and rugby.

TOPICS IN THIS PACK

Topic	Name	Lessons
1.1	Football	10
1.2	Netball	10
1.3	Volleyball	10
1.4	Handball	10
1.5	Basketball	10
1.6	Rugby	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

The Football pitch and equipment, and safety

By the end of the lesson, the learner should be able to: a) identify the parts of a Football pitch and the equipment used; b) state the safety rules for playing Football

The pitch, the equipment and the safety rules

A full-size pitch is a rectangle, 90 to 120 metres long and 45 to 90 metres wide, with a halfway line and a centre circle (radius about 9 metres).

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.