Grade 10 Physical Education

CBC NOTES | Terms 1, 2 and 3 - notes for 18 topics

IN EVERY TOPIC

- What you will learn, the key words and key terms explained.
- Clear notes under headings and subheadings, with labelled pictures and step-by-step procedures.
- Comparison tables, and advantages and disadvantages where methods are compared.
- Key points to remember, then structured questions to practise.
- All the answers and a glossary at the back.

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Strand 1.0 Ball Games | Term 1

1.1 Football

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- identify the facility and equipment used in a game of Football
- perform lofted pass in Football for skill mastery
- execute marking and dodging in Football for skill acquisition
- perform goalkeeping in Football for skill mastery

KEY WORDS

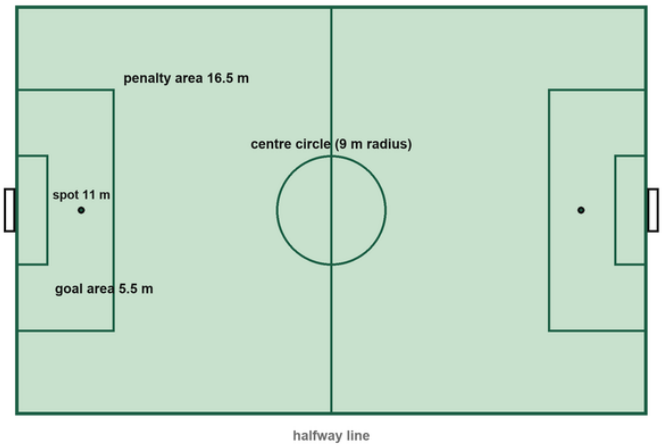
pitch, lofted pass, marking, dodging, feint, goalkeeper, penalty area, offside, stance, follow through.

Football is the most popular game in Kenya, played in every school, estate and village with little more than a ball and an open field. In this topic we learn the football pitch and equipment, how to improvise them, and three skills set by KICD for Grade 10: the lofted pass, marking and dodging, and goalkeeping, finishing with how to apply them safely in a small-sided game.

1. The pitch and equipment

Football pitch and team

Feature	Measurement or detail
Pitch	Rectangle 90 to 120 m long and 45 to 90 m wide
Centre circle	Radius about 9 m, round the centre spot
Goal	7.32 m wide and 2.44 m high, with a net
Goal area	Marked 5.5 m from each goal post and 5.5 m into the field
Penalty area	Marked 16.5 m from each goal post and 16.5 m into the field
Penalty spot	11 m from the goal line
Players	11 per team, one of them the goalkeeper
Ball	Size 5 for senior players



Football pitch

90 to 120 m long
45 to 90 m wide

goal: 7.32 m wide,
2.44 m high

11 players a side

The football pitch and its markings

Other equipment: corner flags, bibs, shin guards, boots or sports shoes, a whistle for the referee, and cones or markers for drills.

Marking a pitch and improvising equipment

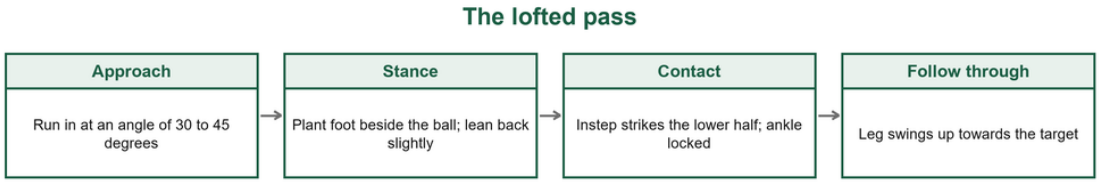
- Mark a small-sided class pitch (for example 40 m by 25 m) with lime, ash, sawdust or a string line, and put cones at the corners.
- Make a ball from rolled plastic bags tied tightly with string.
- Use sticks, poles or bottles as goalposts and cones or tins as corner flags.
- Check the field for stones, holes, glass and sharp objects before play.

2. The lofted pass

Lofted pass
A pass kicked high through the air to send the ball over opponents to a teammate far away.

Phases of the lofted pass

1. Approach: run to the ball from a slight angle (about 30 to 45 degrees).
2. Stance: plant the non-kicking foot beside and slightly behind the ball, knee slightly bent; lean back a little; arms out for balance.
3. Contact: strike the lower half of the ball with the instep (laces), ankle locked and toe pointed down.
4. Follow through: swing the kicking leg up and through towards the target, landing on the kicking foot.



The phases of the lofted pass

Common faults in the lofted pass

Fault	Result	Correction
Striking the middle of the ball	Ball stays low	Strike below the middle and lean back slightly
Leaning too far back	Ball balloons high and short	Keep the chest over the ball more; shorten the lean
Loose ankle	Weak, wild pass	Lock the ankle with the toe pointed
No follow through	Pass falls short	Swing the leg through towards the target

3. Marking and dodging

Marking
Staying close to an opponent to stop them receiving, passing or shooting the ball.

Dodging
Moving away from a marker to get free space to receive or move with the ball.

Effective marking

Marking technique	What to do
Positioning	Stay goal-side of the opponent (between them and your goal), about an arm's length away
Stance	Side-on, knees bent, weight on the balls of the feet, ready to move
Anticipation	Watch the ball and the opponent's hips to read where they will go
Concentration	Keep track of your player even when the ball is far away

Effective dodging

Dodging technique	What to do
Feinting (faking)	Pretend to go one way with a dip of the shoulder, then go the other way
Turning	Turn sharply away from the marker, keeping the body between the marker and the ball
Accelerating	Burst into space suddenly to leave the marker behind
Decelerating	Slow down or stop suddenly so the marker runs past

WHY MARKING AND DODGING MATTER

Good marking stops the other team creating chances; good dodging creates space to receive passes and to shoot. Together they decide who controls the game.

4. Goalkeeping

Goalkeeping skills

1. Stance (ready position): feet shoulder-width apart, knees bent, weight forward, hands at waist height with palms forward.
2. Positioning: stand on the line between the ball and the centre of the goal; move off the line to narrow the angle.
3. Catching: make a W-shape with thumbs and fingers for high balls; scoop low balls into the chest.
4. Diving: push off the foot nearest the ball, dive sideways with hands leading, land on the side, not the stomach.
5. Punching: punch high crosses away with one or two fists when you cannot catch the ball safely.
6. Quick reactions: stay on the balls of the feet so you can move fast to shots and rebounds.

SAFETY

Warm up before goalkeeping drills, dive on soft ground and wear gloves where possible. Field players must not kick at a ball the goalkeeper holds.

5. Playing a small-sided game

- Play 5 to 7 a side on a small pitch so everyone touches the ball often.
- Use the lofted pass to switch play, marking and dodging to win and create space, and goalkeeping to protect the goal.
- Basic rules: no handling except by the goalkeeper in the penalty area; fouls such as tripping, pushing or holding give a free kick; a foul in the penalty area gives a penalty.
- Shake hands at the end; accept the referee's decisions.

Football builds heart and lung fitness, strength and teamwork, and helps prevent lifestyle diseases such as obesity and high blood pressure. Its simple equipment and rules make it the most popular game in the world.

KEY POINTS TO REMEMBER

- A pitch is 90 to 120 m by 45 to 90 m; the goal is 7.32 m by 2.44 m; the penalty spot is 11 m from goal.
- Lofted pass: approach at an angle, plant foot beside the ball, strike its lower half with the instep, follow through.
- Marking: stay goal-side, side-on, watching ball and player. Dodging: feint, turn, accelerate and decelerate.
- Goalkeeping: ready stance, good positioning, safe catching, diving and punching.
- Improvise balls from plastic bags and goals from poles; always check the field for hazards.

ANSWER THESE

1. State the measurements of (a) a football goal (b) the distance of the penalty spot from the goal line. (3 marks)

2. Describe the four phases of the lofted pass. (4 marks)

3. A player's lofted passes keep travelling along the ground. Give the likely fault and its correction. (2 marks)

4. Explain why marking and dodging are essential in football. (4 marks)

5. Describe three techniques used in dodging. (3 marks)

6. Describe the ready stance of a goalkeeper. (3 marks)

7. State four ways of improvising football equipment in a school with few resources. (4 marks)

8. Give two health benefits of playing football. (2 marks)

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1.2 Netball

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- identify facility and equipment for use in Netball game
- execute flip pass and side pass in Netball for skill acquisition

KEY WORDS

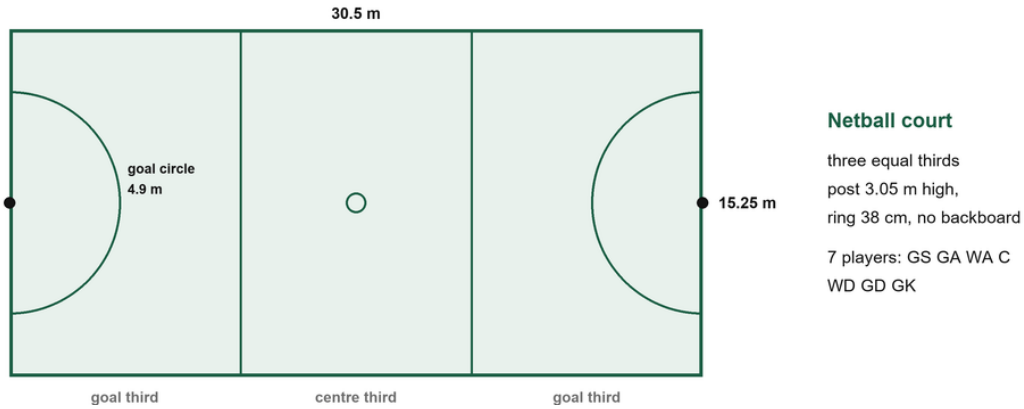
court, goal circle, flip pass, side pass, footwork, obstruction, centre pass, shooting circle, stance, release.

Netball is a fast passing game in which the ball moves only by passing: no running with it and no dribbling. In this topic we learn the netball court, its equipment and how to improvise them, the flip pass and the side pass set by KICD, and the basic rules that keep the game fair and enjoyable.

1. The court and equipment

Netball court and team

Feature	Measurement or detail
Court	30.5 m long and 15.25 m wide, divided into three equal thirds
Goal circle	A semicircle of radius 4.9 m at each end
Centre circle	Where the game restarts after each goal
Goal post	3.05 m high with a ring 38 cm wide and a net; no backboard
Ball	Size 5
Team	7 players: GS, GA, WA, C, WD, GD, GK



The netball court and its thirds

Other equipment: bibs showing each player's position letters, a whistle, score sheets and a stop watch.

- Improvise: mark the court with lime, ash, sawdust or string.
- Make goal posts from poles or bamboo about 3 m high, with a wire hoop or a cut bucket as the ring, set firmly in the ground.
- Use a volleyball or a soft football if there is no netball.

2. The flip pass

> **Flip pass**
> A short, gentle pass in which the ball is flicked from one or both hands, often to a teammate running close by.

Phases of the flip pass

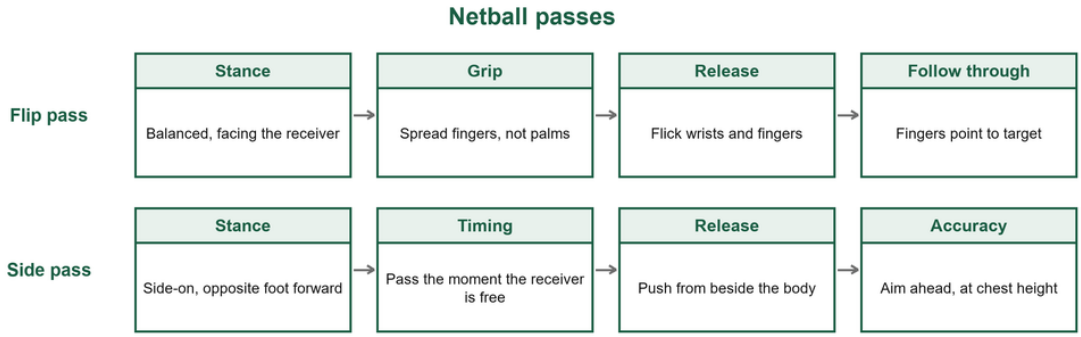
1. Stance: feet shoulder-width apart, knees slightly bent, body balanced and facing the receiver.
2. Grip: hold the ball with spread fingers, thumbs behind it, not with the palms.
3. Release: flick the wrists and fingers to send the ball up and forward to the receiver's hands.
4. Follow through: fingers point to the target and the arms stay relaxed.

3. The side pass

> **Side pass**
> A pass thrown from beside the body, used to send the ball past a defender to a teammate on one side.

Phases of the side pass

1. Stance: stand side-on with the opposite foot forward, knees bent.
2. Timing: wait until the receiver is free and has signalled, then pass at once.
3. Release: swing the ball from beside the hip or shoulder and release it with a push of the arm and a flick of the wrist.
4. Accuracy: aim slightly ahead of a moving receiver, at chest height.



Phases of the flip pass and the side pass

Common faults in passing

Fault	Correction
Holding the ball in the palms	Spread the fingers; keep a gap between palm and ball
Passing to where the receiver is, not where she is going	Lead the receiver: aim ahead of her
Passing too late	Pass as soon as the receiver is free (within 3 seconds)
Telegraphing the pass (looking at the target too long)	Use the eyes to fake, then pass quickly