GRADE 10 PHYSICAL EDUCATION RECORDS OF WORK 2027

Terms 1, 2 and 3 | Ministry of Education calendar 2027 (Senior School) | 4 lessons a week

Teacher's name _____ School _____

Class / stream _____ TSC number _____

TERM 1

Wk	Dates	Strand / sub-strand	Work covered	Reflection / remarks	Sign
1	4 Jan - 8 Jan (4 lessons)	**1.0 Ball Games** - 1.1 Football	1. The Football pitch and equipment, and safety 2. Warm-up and the lofted pass I: stance and ball contact 3. The lofted pass II: follow through and accuracy 4. Marking I: positioning, anticipation and concentration		
2	11 Jan - 15 Jan (4 lessons)	**1.0 Ball Games** - 1.1 Football	1. Dodging: feinting, faking, turning, accelerating and decelerating 2. Goalkeeping I: stance, catching and positioning 3. Goalkeeping II: quick reactions, diving and punching 4. Small-sided game: applying all the skills		
3	18 Jan - 22 Jan (4 lessons)	**1.0 Ball Games** - 1.1 Football - 1.2 Netball	1. Feedback, self-appraisal and the health benefits of Football 2. Assessment and a mini tournament 3. The Netball court and equipment, and improvising 4. The flip pass I: stance and grip		
4	25 Jan - 29 Jan (4 lessons)	**1.0 Ball Games** - 1.2 Netball	1. The flip pass II: release and follow through 2. The flip pass III: passing in movement and under pressure 3. The side pass I: stance and timing 4. The side pass II: release and accuracy		
5	1 Feb - 5 Feb (4 lessons)	**1.0 Ball Games** - 1.2 Netball	1. Combining the flip pass and the side pass with movement 2. The basic rules of Netball and fair play 3. Mini game: applying the passes and the rules 4. Assessment and reflection		
6	8 Feb - 12 Feb (4 lessons)	**1.0 Ball Games** - 1.3 Volleyball	1. The Volleyball court and equipment, and improvising 2. Setting I: warm-up, stance and hand position 3. Setting II: arm and finger placement, release and follow through 4. Setting III: accuracy drills and self-setting		
7	15 Feb - 19 Feb (3 lessons)	**1.0 Ball Games** - 1.3 Volleyball	1. The high set 2. The back set 3. The quick set		
8	22 Feb - 26 Feb	**HALF TERM**			