**Week 1**

**Grade:** 10 S

**Date: September 14, - September 18, 2020**

**Subject:** Physical Education

**Topic:** History and Development of Physical Education and Sports

**Duration: 1 week**

**Instruction:**

1. **Students, use Power point presentation on the History and Development of Physical Education and Sports to review and reinforce the concepts taught in class.**
2. **Complete the assessment activity in your notebook.**

**Week 2**

**Grade:** 10

**Date: September 21 – 25, 2020**

**Subject:** Physical Education

**Topic:** History and Development of Physical Education and Sports

**Sub-Topic:** History of Physical Education (Ancient Sports)

Duration: 1 week

**Instruction: Read the information attached and make your own notes on Ancient sports.**