# LESSON PLANS FOR S.1 PHYSICS

Term: One  
Class: Senior One (S.1)  
Subject: Physics  
Topics: Introduction to Physics and Measurement  
Competence-Based Approach

## Introduction to Physics: Meaning, Importance, and Branches

### Lesson Objectives:

• Define physics.

• Explain the importance of physics in everyday life.

• Identify the main branches of physics.

### Materials and Resources:

• Textbooks

• Charts showing physics branches

• Videos of physics applications

### Lesson Introduction:

Ask learners what they understand by physics. Relate physics to daily life activities such as cooking, driving, and electricity usage.

### Lesson Development (Teaching & Learning Activities):

• Teacher explains the meaning of physics.

• Class discussion on the importance of physics.

• Group work: Learners identify and present branches of physics with examples.

• Use of videos to show real-world physics applications.

### Assessment Methods:

Oral questioning, group presentations, written exercise.

### Lesson Conclusion:

Summarize the key points. Emphasize how physics influences modern technology.

### Lesson Reflection:

Were learners able to relate physics to real-life applications?

## Careers Related to Physics

### Lesson Objectives:

• Identify careers that require knowledge of physics.

• Explain how physics contributes to various professions.

### Materials and Resources:

• Posters of physics-related careers

• Videos of professionals using physics

### Lesson Introduction:

Ask learners to name jobs where physics is used.

### Lesson Development (Teaching & Learning Activities):

• Teacher presents various careers in physics.

• Group discussions on the relevance of physics in different careers.

• Students share aspirations and how physics applies to their career choices.

### Assessment Methods:

Short quiz on physics careers, class discussion.

### Lesson Conclusion:

Summarize careers and encourage learners to explore physics-related professions.

### Lesson Reflection:

Did learners develop interest in physics-related careers?

## The Scientific Method

### Lesson Objectives:

• Describe the steps of the scientific method.

• Apply the scientific method to simple investigations.

### Materials and Resources:

• Experiment materials

• Charts on the scientific method

### Lesson Introduction:

Ask learners how scientists solve problems. Relate this to everyday problem-solving.

### Lesson Development (Teaching & Learning Activities):

• Teacher explains the steps in the scientific method.

• Class conducts a simple experiment using observation, hypothesis, and conclusion.

• Students write and present findings.

### Assessment Methods:

Practical report writing, group discussions.

### Lesson Conclusion:

Summarize the importance of the scientific method in problem-solving.

### Lesson Reflection:

Did learners understand the importance of systematic investigation?

## Laboratory Rules and Safety Measures

### Lesson Objectives:

• Identify basic laboratory rules.

• Apply safety measures in a laboratory setting.

### Materials and Resources:

• Safety posters

• Laboratory safety manuals

### Lesson Introduction:

Ask learners why safety is important in a laboratory.

### Lesson Development (Teaching & Learning Activities):

• Teacher discusses common lab hazards.

• Students role-play safe and unsafe behaviors.

• Class discussion on emergency procedures.

### Assessment Methods:

Observation of safety practices, oral questioning.

### Lesson Conclusion:

Reinforce the importance of safety in scientific work.

### Lesson Reflection:

Did students understand and apply safety rules correctly?