Lesson plan/note for week 7 ending, 24th February, 2023

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| Term | 2nd term |
| Week | Week 9 |
| Date | 21st/23rd February, 2023. |
| Class | JSS 1 |
| Subject | Basic Science |
| Topic | Forces |
| Sub-topic | Balanced and unbalanced forces |
| Period | 3rd/4th |
| Time | 9:30-10:10am/ 10:30-11:10 am |
| Duration | 40 minutes each |
| Number in class | Eighteen |
| Average age | 11 years |
| Sex | Mixed |
| Specific Objectives | By the end of the lesson, the students should be able to:  1.Define balanced force.  2.Give examples of balanced force  3.Define unbalanced force  4. Give examples of unbalanced forces |
| Rationale | To enable students understand balanced and unbalanced forces |
| Previous Knowledge | Students have learnt the meaning of force. |
| Instructional resources | Picture from textbook, teacher and students |
| Reference Materials | I. Excellence in Basic Science and Technology for JSS 3 by Olushola Felix Bello et al. |

Lesson Development

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| Steps | Teacher’s Activities | Students’ Activities | Learning Points |
| Introduction | Teacher asks students to explain the meaning of force | Students explain the meaning of force | To arouse students' interest |
| Step I | Teacher defines and explains balanced force thus: Balanced forces are forces that are opposite in direction and equal on size. | Students listen to teacher. | To keep students focus on the lesson |
| Step II | Teacher guides students to give examples of balanced forces | Students take part in class discussion | To encourage critical thinking |
| Step III | Teacher defines and explains unbalanced forces as forces that are that are neither opposite in direction nor equal in size. | Students listen to teacher | To keep them focus on the lesson |
| Step IV | Teacher guides students to give examples of unbalanced force and demonstrate the examples given. | Students participate in the class activity. | To encourage critical thinking |
| Board Summary | Balanced and Unbalanced Forces  Balanced forces are forces that are opposite in direction and equal in size.  When all the forces acting on an object balance each other, the object will be at equilibrium, it will not change its position.  Examples of Balanced Forces  1.Two equal stones placed on a see-saw  2.A boy standing on a floor.  Unbalanced Forces  Unbalanced forces are forces that are neither opposite in direction nor equal in size.  Unbalanced forces cause:  1.a still object to move  2.a moving object to speed up or slow down  3.a moving object to stop  4.a moving object to change direction  Example of Unbalanced Force  If one of the stones on a see-saw is much bigger, the see-saw would tip. | Students copy the note from the board | To serve as reference point to students. |
| Evaluation | Teacher asks students the following questions:  1.Define balanced force  2.Give two examples of balanced forces  3.Define unbalanced force  4.Give an example of unbalanced force | Students respond to teacher’s questions | To ascertain students’ understanding of the lesson. |
| Conclusion | Teacher assesses students books and make corrections where necessary | Students take correction |  |
| Assignment | State three(3) effects of unbalanced forces on objects. | Students write down the assignment in their note book | To engage scholars at home. |