Lesson plan/note for week 8 ending, 3rd March, 2023

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| Term | 2nd term |
| Week | Week 10 |
| Date | 28th February/ 2nd March, 2023 |
| Class | JSS 1 |
| Subject | Basic Science |
| Topic | Forces III |
| Sub-topic | Friction |
| 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.Explain the meaning of friction  2.State the advantages of friction  3.State the disadvantages of friction  4. Explain ways of reducing friction |
| Rationale | To enable students understand the meaning, advantages and disadvantages of friction. |
| Previous Knowledge | Students have learnt contact force and its examples |
| Instructional resources | Students, teacher and pictures from reference text book |
| 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 rub their palm together and say what they feel | Students perform the activity and respond to teacher’s question | To arouse students' interest |
| Step I | Teacher explains friction as a force which causes the motion between two surfaces to be reduced. | Students listen to teacher. | To keep students focus on the lesson |
| Step II | Teacher states and explains the advantages of friction | Students pay attention and ask questions where necessary | To students focus on the lesson |
| Step III | Teacher guides students to state the disadvantages of friction | Students respond to teacher | To encourage critical thinking |
| Step IV | Teacher explains ways of reducing friction | Students listen to teacher | To keep students focus on the lesson. |
| Board Summary | Friction  Friction is a force which causes the motion between two surfaces to be reduced.  It can also be defined as a contact force that holds back the movement of an object with which it is in contact.  Advantages of Friction  1.Friction stops objects from slipping or sliding  2.It gives vehicle tyres traction  3.It is used as a braking force to slow down objects like cars bicycles.  4.It is used to sharpen blades.  5.It makes our machine parts work effectively.  Disadvantages of Friction  1.Friction generates heat which is a waste of energy.  2.It causes wear and tear on engine parts and vehicle tyres.  3.It generates noise in moving parts of machine.  Ways of Reducing Friction  Friction can be reduced through the following ways:  1.By using steel ball bearing.  2.By applying lubricants examples: grease and engine oil  3.By the use of rollers. | Students copy the note from the board | To serve as reference point to students. |
| Evaluation | Teacher asks students the following questions:  1.Explain the meaning of friction  2.State three advantages of friction.  3.State two disadvantages of friction.  4.Explain two ways of reducing friction. | 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 | To ensure a better understanding. |
| Assignment | Page 69, Activity 11.5, numbers 1-3 of Excellence in Basic Science and Technology for JSS 1. | Students take note of the page in their textbooks. | To engage scholars at home. |