Lesson plan/note for week 5 ending, 10th February, 2023

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| Term | 2nd term |
| Week | Week 6 |
| Date | 7th February/ 9tg February, 2023 |
| Class | JSS 1 |
| Subject | Basic Science |
| Topic | Forces |
| Sub-topic | Types/Examples of contact 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.Mention the types of contact forces.  2.Explain the contact forces mentioned. |
| Rationale | To enable students know the various types of contact forces. |
| Previous Knowledge | Students have learnt the two main types of forces. |
| Instructional resources | Table 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 revises the previous lesson | Students listen to teacher | To arouse students' interest |
| Step I | Teacher guides students to mention the types of contact forces | Students participate in class discussion | To encourage students’ active participation in the lesson |
| Step II | Teacher explains and demonstrates the various types of contact forces with the students | Students participate actively in the classroom activity | To encourage active participation of the students in the lesson |
| Board Summary | Types of contact forces  1.Applied force  2.Frictional  3.Spring force  4.Tension force  5.Air resistance force  6.Normal force  >Applied force: This is a force applied to an object by a person or another object.  >Frictional force: It is a force exerted by a surface as an object moves or tries to move across it.  >Spring force: A force exerted by a stretched spring upon any object that is attached to it.  >Tension force: This is a force that is transmitted through a string, rope or wire when it is pulled tight by forces acting from opposite ends.  >Air resistance force: This is a type of frictional force which acts on objects as they travel through the air.  >Normal force: This is the support force exerted upon an object that is in contact with another stable object. | Students copy the note from the board | To serve as reference point to students. |
| Evaluation | Teacher asks students the following questions:  1.Mention three types of contact forces.  2.Explain the types of contact forces mentioned. | 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 | List and explain five(5) types of contact forces | Students write down the assignment in their note book | To engage scholars at home. |