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

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| Term | 2nd term |
| Week | Week 8 |
| Date | 20th/21st/22nd February, 2023 |
| Class | JSS 2 |
| Subject | Basic Science |
| Topic | Work, Energy and Power |
| Sub-topic | Illustration of Potential and Kinetic Energy |
| Period | 9th/7th/9th |
| Time | 2:00-2:30pm/ 12:30-1:00pm/ 2:00-2:30 pm |
| Duration | 30 minutes each |
| Number in class | Twelve |
| Average age | 12 years |
| Sex | Mixed |
| Specific objectives | By the end of the lesson, the students should be able to:  1.Define potential energy with examples  2.Illustrate potential energy  3.Define kinetic energy with examples  4.Illustrate kinetic energy |
| Rationale | To enable students know how to illustrate potential and kinetic energy. |
| Previous knowledge | Students have learnt meaning and examples of Potential and Kinetic energy. |
| Instructional resource | Table, ball and students |
| Reference materials | Excellence in Basic Science and Technology for JSS 2 by Olushola Felix Bello et al. |

LESSON DEVELOPMENT

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| Steps | Teacher’s Activities | Students’ Activities | Learning Point |
| Introduction | Teacher revises the previous lesson | Students listen to teacher | To arouse students' interest |
| Step I | Teacher asks students to define potential energy | Students respond to teacher’s question | To encourage critical thinking |
| Step II | Teacher guides students to use the ball and table to illustrate potential energy. | Students perform the activity given by the teacher | To encourage active participation of learners in the lesson |
| Step III | Teacher asks students to define kinetic energy | Students define kinetic energy | To encourage critical thinking |
| Step IV | Teacher guides students to use the ball, table and themselves to illustrate kinetic energy. | Students perform the activity given | To encourage critical thinking and active participation of students in the lesson. |
| Board Summary | Potential Energy  Potential energy is the energy a body has by reason of its position or state. Examples of Potential energy include:  I.A ball resting on a table.  ii.A coiled spring  Illustration of Potential Energy  When a ball is on the table, it possesses potential energy because, the ball is at rest, it is not moving.  Kinetic Energy  Kinetic energy is the energy a body possesses by reason of its motion. Examples of Kinetic energy include:  I.A ball falling from a table  ii.Bullet from a gun  Illustration of Kinetic Energy  When a ball is falling from a table, it possesses kinetic energy because it is moving. | Students copy the note on the board | To serve as as reference point to the students |
| Evaluation | Teacher asks students the following questions  1.Define potential energy with examples.  2.Illustrate potential energy.  3. Define kinetic energy with examples  4.Illustrate kinetic energy | Students respond to teacher’s questions | To ascertain students’ understanding of the lesson |
| Conclusion | Teacher assesses students and make corrections where necessary | Students take correction | To ensure a better understanding |
| Assignment | Give an illustration of the following:  1.Potential energy  2.Kinetic energy | Students write down the assignment. | To engage students while at home. |