Lesson Plan/ note for week 1 ending, 13th January, 2023.

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| Term | 2nd term |
| Week | Week 1 |
| Date | 9th/10th/11th January, 2023 |
| Class | Jss2 |
| Subject | Basic science |
| Topic | Energy |
| Sub-topic | Types and examples of energy |
| Period | 9th/7th/9th |
| Time | 2:00-2:30pm/12:30-1:00pm/2:00-2:30pm |
| 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 energy  2.Explain the two types of energy  3.Give examples of the types of energy mentioned |
| Rationale | To enable students know the two types of energy with examples. |
| Previous Knowledge | Students are familiar with energy |
| Instructional Resources | A table and a ball |
| Reference Materials | 1.Comprehensive Basic Science for JSS 2 by O.J Ehindero et al  2. Excellence in Basic Science and Technology for JSS 2 by Olushola Felix Bello et all. |

LESSON DEVELOPMENT

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| Steps | Teacher’s Activities | Students' Activities | Learning point |
| Introduction | Teacher asked students what help them to do work | Students respond to teacher’s questions | To arouse students' interest |
| Step I | Teacher asks students to define energy | Students define energy | To encourage critical thinking |
| Step II | Teacher mentions and explains the two types of energy thus:  1.Potential energy(energy at rest)  2.Kinetic energy(energy in motion) | Students listen to teacher | To keep students focus on the lesson |
| Step III | Teacher gives examples of the two types of energy and guides students to mention other examples | Students participate actively in class discussion | To encourage critical thinking |
| Board Summary | Energy  Energy is the capacity or ability to do work.  There are two types of energy namely:  1.Potential energy  2.Kinetic energy  Potential Energy: This is the energy stored in an object. It is the energy a body has by reason of its position or state.  Examples of Potential Energy  a.A coiled spring  b.A charged battery  c.A ball resting on a table  Kinetic Energy: Kinetic energy is the energy a body possesses at motion or due to its movement.  Examples of Kinetic Energy  a.A falling object  b.A moving bicycle  c.Bullet from a gun. | Students copy note | To serve as reference point to students |
| Evaluation | Teacher asks students questions based on stated objectives thus:  1.Define energy  2.Explain the two types of energy  3.Give two examples each of the two types of 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 | 1.Differentiate between potential and kinetic energy.  2.Give four (4) examples each of Potential and kinetic energy. | Students write down the assignment in the it books. | To engage students at home. |