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| Subject | Science | Mode of teaching |
| Class/ Division | Year 7 A-F | |
| Week | 12 (15th Nov to 19th Nov) | |
| No. of lessons | 4 | |
| Unit | Unit 7K FORCES | |
| Lesson 1 | <p>Chapter 7Ka Different Forces</p> <p>Learning Objectives: Effect of forces</p> <p>Learning outcome:</p> <ul style="list-style-type: none"> Recall the effects of forces on an object Names forces and classify them as contact and noncontact forces Recall how to measure force and mass and their units. <p>Task 1. List kinds of forces and identify as contact and non-contact forces. 2. Tabulate the main differences between Weight and Mass. Answer the Questions in pages 166-167</p> <p>Resources Active learn Text Book Exploring Science 7 Active learn presentation, Work sheet Pages 123 & 124.</p> | Zoom Session |
| Lesson 2 | <p>Chapter 7Kb Springs</p> <p>Learning objectives: Measuring Forces using springs</p> <p>Learning out come-</p> <ul style="list-style-type: none"> Describe how extension of a spring depends on a force applied. <p>Task Investigation on extension of springs. Investigation work sheet.</p> <p>Resources Active learn presentation Work sheet Page: 126.</p> | Zoom Session |
| Lesson 3 | <p>Chapter 7Kb Springs Continuation.....</p> <p>Learning Objectives: Measuring Forces using springs</p> <p>Learning outcome:</p> <ul style="list-style-type: none"> Describe how extension of a spring depends on a force applied. <p>Task 1. Answer the questions in Pages 168-169 2. Active learn Text Book Exploring Science 7 Active Teach Work sheets 7Kb-2, 7Kb-7</p> <p>Resource Active learn Text Book Exploring Science 7 Active learn presentation, Work sheets,</p> | Zoom session |
| Lesson 4 | Work sheets of 7Ka and 7Kb are discussed and points shared in GC. Answers posted for difficult questions. | Google classroom |

Note: Students to answer all the text book questions in the note book.