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| **Session** | **SENIOR SECONDARY** |
| **Class** | **SS1** |
| **Term** | **FIRST TERM** |
| **Subject** | **PHYSICS** |
| **Week** | **Topic** | **Content** |
| 1 | KICK OFF | Kick off test and compound cleaning |
| 2 | Introduction | Definition of physics, branches of physics, why the study of physics is  |
|  |  | necessary and its importance in every day life |
|  |  |  |
| 3 | Fundamentals  | 1. Fundamental quantities-
 |
|  | and derived units | 1. Derived quantities- force, speed etc
 |
|  |  | 1. Fundamental units-m, kg, s etc
 |
|  |  |  |
| 4 | Measurement in physics | 1. Measurement of length, mass, time etc
 |
|  |  | 1. Instruments for such measurements like metre rule, vernier calipers, micrometer screw gauge etc
 |
|  |  |  |
| 5 | Position distance and displacement | 1. Concept of position, distance and displacement
 |
|  |  | 1. Distinction between distance and displacement
 |
|  |  |  |
| 6) | Time | 1. Concept of time, ways of measurement
 |
|  |  |  |
| 7) | Motion | 1. Types of motion, Random, translational oscillatory, circular etc
 |
|  |  | 1. Ideas of circular motion
 |
| 8) |  | 1. Cause and effect of motion
 |
|  |  | 1. Types of force –contact and force field
 |
|   |  |  |
| 9) | Speed and velocity | 1. Concept of speed
 |
|  |  | 1. Concept of velocity
 |
|  |  | Distance time graph or displacement time graph |
|  |  |  |
| 10) | Rectilinear acceleration | 1. Concept of acceleration
 |
|  |  | 1. Uniform and non uniform acceleration
 |
|  |  | 1. Velocity time graph
 |
|  |  | 1. Analysis of rectilinear motion
 |
|  |  |  |
| 11) | Scalars and vectors | 1. Concept of scalar
 |
|  |  | 1. Concept of vector
 |
|  |  | 1. Distinction between scalars and vectors
 |
| 12) | Work energy and power | 1. Concept of work energy and power
 |
|  |  | 1. Interchangeability of work energy and power
 |
|  |  | 1. Determination of work energy and power
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|  |  |  |
| 13) | Revision |  |
| 14) | Examination |  |