

GRADE 10 MTP HOME SCIENCE SCHEMES OF WORK TERM 2

WK	LSN	STRAND	SUB-STRAND	SPECIFIC LEARNING OUTCOMES	LEARNING EXPERIENCES	KEY INQUIRY QUESTIONS	LEARNING RESOURCES	ASSESSMENT METHODS	REF
1	1	Home Management	Hygiene During Puberty – Physical, hormonal and emotional changes	<i>By the end of the lesson, the learner should be able to:</i> a. Explain the physical changes that occur during puberty in boys and girls b. Draw and label diagrams showing physical changes during puberty c. Connect puberty changes to personal experiences and those of peers	<ul style="list-style-type: none"> • Discuss and make presentations on physical changes during puberty in boys and girls • Use digital and print resources to search for information on hormonal changes during puberty • Draw images of adolescent boys and girls indicating physical changes 	What physical and hormonal changes occur during puberty?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 94 • Digital resources • Charts showing puberty changes • Reference books 	<ul style="list-style-type: none"> • Observation • Oral questions • Peer assessment of diagrams 	
	2	Home Management	Hygiene During Puberty – Personal hygiene practices for boys and girls; Menstrual hygiene management	<i>By the end of the lesson, the learner should be able to:</i> a. Explain personal hygiene practices during puberty for boys and girls b. Demonstrate proper hygiene practices such as bathing and hair care c. Apply hygiene practices to maintain cleanliness and confidence in daily life	<ul style="list-style-type: none"> • Discuss personal hygiene practices for boys and girls during puberty • Practise hair care procedures including washing and cleaning combs • Practise foot care procedures 	How can proper hygiene practices be maintained during puberty?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 97 & 100 • Shampoo, basin, towels • Combs and brushes • Foot care materials • Dignity kit samples • Sanitary products for demonstration • Charts 	<ul style="list-style-type: none"> • Observation of practical skills • Oral questions • Demonstration assessment 	
	3	Home Management	Hygiene During Puberty – Infections associated with poor hygiene; Maintaining hygiene routines	<i>By the end of the lesson, the learner should be able to:</i> a. Identify infections and diseases associated with poor personal hygiene b. Describe causes, signs and prevention of dandruff, scabies, ringworm and athlete's foot c. Relate poor hygiene to	<ul style="list-style-type: none"> • Use digital and print resources to search for information on skin infections • Discuss causes, signs and prevention of dandruff, scabies, ringworm and athlete's foot • Analyse case 	Why is poor personal hygiene a concern during puberty?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 98 & 102 • Digital resources • Pictures of skin infections • Reference books • Sample hygiene logs 	<ul style="list-style-type: none"> • Written assignments • Oral questions • Case study analysis 	

				real health consequences experienced in schools and communities	scenarios on hygiene-related infections				
	4	Home Management	Safety in the Home – Contents of a First Aid kit; Burns and scalds	<i>By the end of the lesson, the learner should be able to:</i> a. Identify the contents of a First Aid kit b. Describe the uses of each item in the First Aid kit c. Connect First Aid kit items to real emergency situations at home and school	<ul style="list-style-type: none"> • Observe and identify contents of a First Aid kit • Discuss the uses of each First Aid item • Examine the school's First Aid kit and assess if adequately stocked 	What items are found in a First Aid kit and how are they used?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 105 & 107 • First Aid kit • Pictures of First Aid items • Digital resources • Pictures showing burn hazards • Charts 	<ul style="list-style-type: none"> • Observation • Oral questions • Written assignments 	
	5	Home Management	Safety in the Home – First Aid for burns and scalds	<i>By the end of the lesson, the learner should be able to:</i> a. Describe the steps for administering First Aid for burns and scalds b. Simulate First Aid procedures for burns and scalds c. Apply First Aid knowledge to respond appropriately to burn emergencies at home	<ul style="list-style-type: none"> • Simulate First Aid for burns and scalds using improvised materials • Practise cooling burnt areas and covering with sterile gauze • Discuss when to seek medical attention 	How do we administer First Aid for burns and scalds?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 108 • First Aid kit • Basin with cool water • Sterile gauze 	<ul style="list-style-type: none"> • Observation of simulation • Practical assessment • Oral questions 	
2	1	Home Management	Safety in the Home – Cuts and bruises	<i>By the end of the lesson, the learner should be able to:</i> a. Explain causes and preventive measures for cuts and bruises b. Simulate First Aid procedures for cuts and bruises c. Connect cut and bruise prevention to safe handling of sharp objects at home	<ul style="list-style-type: none"> • Discuss causes of cuts and bruises • Simulate First Aid for cuts including applying pressure and cleaning wounds • Simulate First Aid for bruises using ice packs 	How can we prevent and treat cuts and bruises?	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 109 • First Aid kit • Cotton wool, gauze • Ice packs 	<ul style="list-style-type: none"> • Practical assessment • Observation • Oral questions 	
	2	Home Management	Safety in the Home –	<i>By the end of the lesson, the learner should be able to:</i>	<ul style="list-style-type: none"> • Search for information on causes 	How do we administer First	<ul style="list-style-type: none"> • MTP Home Science Learner's Book pg. 111 	<ul style="list-style-type: none"> • Practical assessment 	