

RECORD OF WORK COVERED

PHYSICS • GRADE 10 • TERM 2

Main Reference: Triumph Physics Grade 10

School: Teacher: T.S.C No.:
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WEEK 1

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
Term 2	Week 1						

Records of Work Covered

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK(S) & PAGES	REMARKS
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Centre of gravity of regular objects Determined the centre of gravity of regularly shaped objects; Explained the concept of centre of gravity; Related centre of gravity to real-life applications like furniture design	Triumph Physics Grade 10 pg. 75-76	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Centre of gravity of irregular objects Determined the centre of gravity of irregularly shaped objects; Used plumb line method; Appreciated importance in design and balance	Triumph Physics Grade 10 pg.76-78	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Stable, unstable and neutral equilibrium Identified the states of equilibrium in bodies; Distinguished between stable, unstable and neutral equilibrium; Related equilibrium states to everyday objects	Triumph Physics Grade 10 pg 78-80	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Stability factors Investigated factors affecting stability of objects; Explained how base area and centre of gravity affect stability; Appreciated stability considerations in vehicle and building design	Triumph Physics Grade 10 pg. 80-82	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Turning effect of force Explained the meaning of moment of a force; Calculated moment using $\text{Moment} = \text{Force} \times \text{Distance}$; Related moments to opening doors and using tools	Triumph Physics Grade 10 pg. 82-84	

GENERAL COMMENTS (IF ANY)	HEAD TEACHER	DATE

WEEK 2

TERM	WEEK	DATES	MON	TUE	WED	THU	FRI
Term 2	Week 2						

Records of Work Covered

SUBJECT & GRADE	DAY	PERIOD	STRAND & WORK COVERED	REFERENCE / MAIN BOOK(S) & PAGES	REMARKS
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium -, Demonstrating moments Demonstrated the turning effect of forces about a point; Investigated how distance affects moment; Related to everyday applications like door handles	Triumph Physics Grade 10 pg. 84-87	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium -, Demonstrating moments Demonstrated the turning effect of forces about a point; Investigated how distance affects moment; Related to everyday applications like door handles	Triumph Physics Grade 10 pg. 84-87	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Principle of moments Verify the principle of moments; Explained that clockwise moments = anticlockwise moments; Applied principle to solve problems	Triumph Physics Grade 10 pg. 87-89	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Two support points Demonstrated moments about two points of support; Calculated resultant forces at support points; Solved numerical problems	Triumph Physics Grade 10 pg. 89-91	
Physics Grade 10			Mechanics and Thermal Physics — Moments and Equilibrium - Torque and couple forces Described torque and couple in turning objects; Calculated torque using $\text{Torque} = \text{Force} \times \text{Distance}$; Related to steering wheels and screwdrivers	Triumph Physics Grade 10 pg. 91-94	

GENERAL COMMENTS (IF ANY)	HEAD TEACHER	DATE