

**WHAT 0757478868 RATIONALIZED 2026 T123 SCHEME OF
WORK LESSON**

**PLANS, RECORD OF WORK, LATEST EXAM SERIES TERM 3
JESMA,**

COMPASS , SIGNAL ETC

**2026 GRADE 7 RATIONALISED AGRICULTURE AND
NUTRITION LESSON PLANS - TERM 3**

WEEK 1: Strand - Production Techniques

Lesson 1 & 2

SCHO OL	LEARNING AREA	GRAD E	ROL L	TIM E
	Agriculture & Nutrition	7		

STRAND: Production Techniques

SUB-STRAND: Sewing Skills: Knitting

SPECIFIC LEARNING OUTCOMES: By the end of the lesson, the learner should be able to:

- Identify basic knitting stitches used in making household articles.
- Describe knitting stitches used in making household articles.
- Embrace knitted articles for household use.

KEY INQUIRY QUESTION(S): Name basic knitting stitches.

LEARNING RESOURCES:

- Grade 7 Curriculum Design
- Spark Agriculture Grade 7 / MTP Home Science Grade 7
- Knitting needles, yarn
- Video clips or charts showing knitting stitches.

ORGANISATION OF LEARNING: Learners will work in pairs for discussion and observation.

INTRODUCTION The teacher will show learners a knitted item (like a scarf or a piece of a sweater) and a woven fabric, asking them to describe the difference in how they are made. This will introduce knitting as a method of creating fabric from a single thread.

LESSON DEVELOPMENT (Lesson 1) Learners are guided to:

- **STEP 1:** In pairs, identify basic knitting stitches by looking at samples or watching a video. The teacher will introduce the two most fundamental stitches:
 - **The Knit Stitch:** The basic stitch that creates a 'V' shape.
 - **The Purl Stitch:** The reverse of the knit stitch, creating a 'bump'.
- **STEP 2:** Discuss how combining these two stitches can create different patterns (e.g., garter stitch - all knit rows; stockinette stitch - alternating knit and purl rows).

LESSON DEVELOPMENT (Lesson 2) Learners are guided to:

- **STEP 1:** The teacher will demonstrate how to "cast on" - the method for getting the first row of stitches onto the needle.
- **STEP 2:** The teacher will then demonstrate the basic **knit stitch**.
- **STEP 3:** Learners will be given knitting needles and yarn to practice casting on and making a few rows of the knit stitch. The teacher will provide individual assistance.

CONCLUSION The teacher will review the two basic stitches and the casting-on process. Learners will be encouraged to appreciate that complex knitted items are all made from these simple, repeated movements.

EXTENDED ACTIVITIES Learners to practice the knit stitch at home if they have access to needles and yarn.

REFLECTION ON THE LESSON

.....

Lesson 3 & 4

SCHO OL	LEARNING AREA	GRAD E	ROL L	TIM E
	Agriculture &	7		