

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 INTEGRATED SCIENCE LESSON PLANS - TERM 3

WEEK 1: Strand - Living Things and Their Environment

Lesson 1, 2 & 3

SCHO OL	LEARNING AREA	GRAD E	ROL L	TIM E
	Integrated Science	7		

STRAND: Living Things and Their Environment **SUB-STRAND:** Human Excretory System **SPECIFIC LEARNING OUTCOMES:** By the end of the lesson, the learner should be able to:

- Outline activities that promote skin and kidney health.
- Use digital devices to search for information on healthy lifestyles that promote kidney and skin health.
- Appreciate the need for a healthy lifestyle.

KEY INQUIRY QUESTION(S): Which activities promote skin and kidney health?

LEARNING RESOURCES:

- Active Integrated Science Grade 7, pages 117-118
- Digital devices (smartphones, tablets)
- Chart paper and marker pens
- Pictures showing healthy lifestyle choices.

ORGANISATION OF LEARNING: Learners will work in groups for research and creating a health log/charter.

INTRODUCTION The teacher will start by asking learners, "What are some of the things you do every day to keep your body healthy?" This will lead to a discussion about general health and then focus specifically on the excretory system (skin and kidneys).

LESSON DEVELOPMENT (Lesson 1) Learners are guided to:

- **STEP 1:** Review the functions of the skin and kidneys in excretion.
- **STEP 2:** In groups, brainstorm activities they think are important for keeping the skin healthy.
- **STEP 3:** Similarly, brainstorm activities they believe are important for keeping the kidneys healthy.

LESSON DEVELOPMENT (Lesson 2) Learners are guided to:

- **STEP 1:** In their groups, use digital devices to search for information on healthy lifestyles that promote kidney and skin health. They should verify and add to the lists they brainstormed.
- **STEP 2:** Key activities to research and list should include:
 - **For Skin:** Regular washing, using clean water and mild soap, eating a balanced diet, protecting it from excessive sun.
 - **For Kidneys:** Drinking plenty of clean water, eating a balanced diet (low in salt and processed foods), regular exercise, avoiding holding urine for long.
- **STEP 3:** Groups will begin to develop a "Daily Health Log" on a chart paper.

LESSON DEVELOPMENT (Lesson 3) Learners are guided to:

- **STEP 1:** Groups will finalize their Daily Health Log. The log should be a simple chart where a person can tick off healthy activities they have done each day to promote skin and kidney health.
- **STEP 2:** Each group will present their health log design to the class, explaining the importance of each activity listed.

CONCLUSION The teacher will summarize the key healthy habits for maintaining a healthy excretory system. The lesson will conclude by emphasizing that small, consistent daily actions are the key to long-term health.

EXTENDED ACTIVITIES Learners to try and follow the daily health log they created for one day and report back on their experience.