

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

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

**COMPASS , SIGNAL ETC 2026 GRADE 8 RATIONALISED
AGRICULTURE AND NUTRITION LESSON PLANS - TERM 3**

**2026 GRADE 8 RATIONALISED INTEGRATED SCIENCE
LESSON PLANS - TERM 3**

WEEK 1: Strand - Force and Energy

Lesson 1

SCHO OL	LEARNING AREA	GRAD E	ROL L	TIM E
	Integrated Science	8		

STRAND: Force and Energy **SUB-STRAND:** Transformation of Energy

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

- State the meaning of energy.
- Describe potential and kinetic energy as the two main forms.
- Appreciate that energy is all around us.

KEY INQUIRY QUESTION(S): What are the forms of energy in the environment?

LEARNING RESOURCES:

- Spotlight Integrated Science Grade 8, page 130-132
- Objects like a ball, a stretched rubber band, a battery
- Chart illustrating potential and kinetic energy

ORGANISATION OF LEARNING: Learners will participate in a class discussion and a simple demonstration activity.

INTRODUCTION The teacher will ask the learners: "What do you need to be able to run, jump, or even think?" This will lead to a discussion about energy being the ability to do work, introducing it as the topic of the week.

LESSON DEVELOPMENT Learners are guided to:

- **STEP 1:** Brainstorm and state what they understand by the term 'energy'. The teacher will guide them to the definition: "the ability to do work."
- **STEP 2:** Observe a demonstration. The teacher holds a ball up high (stored/potential energy) and then drops it (moving/kinetic energy).
- **STEP 3:** Discuss the two states of energy observed: **Potential Energy** (stored energy due to position, like the ball held high) and **Kinetic Energy** (energy of motion, like the falling ball).
- **STEP 4:** In groups, identify other examples of potential energy (a stretched catapult, a car at the top of a hill) and kinetic energy (a running student, a moving car).

CONCLUSION The teacher will summarize the lesson by defining energy and differentiating between potential and kinetic energy using examples provided by the learners.

EXTENDED ACTIVITIES Learners to draw and label two pictures at home: one showing an object with potential energy and another showing an object with kinetic energy.

REFLECTION ON THE

LESSON

Lesson 2

SCHO OL	LEARNING AREA	GRAD E	ROL L	TIM E
	Integrated Science	8		