RECORD OF WORK COVERED

PHYSICS • GRADE 10 • TERM 2

Main Reference: Triumph Physics Grade 10

School: ..... **Teacher:** ..... **T.S.C No.:** .....

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 Moment = Force × Distance; Related moments to opening doors and using tools	Triumph Physics Grade 10 pg. 82-84	

GENERAL COMMENTS (IF ANY)	HEAD TEACHER	DATE