

# Lesson Plan

Grade: Four

Subject: Science

Term: 3<sup>rd</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 10

Day: 1

Unit 10: Technology in Everyday Life

Topic: Checking Blood Pressure

## Students Learning Outcomes:

At the end of this period, the students will be able to:

- Check blood pressure by using a digital blood pressure monitor.

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook, Digital blood pressure monitor

## Warm-up Activities:

5mins

Before beginning the lesson, ask students to say "Tasmiya".

Ask them: What are steps to measure temperature? Wait for their responses.

## Teaching and Learning Activities:

25mins

- Write the topic name 'Checking Blood Pressure' on the board.
- Tell the student today we will learn how to use blood pressure monitor?
- Put the cuff around the arm.
- Push the ON button of the apparatus.
- The cuff will inflate by filling air inside it and reading will start appearing on the display screen.
- Look at the display screen to see your patient's blood pressure reading.
- Push the exhaust button to release the air from the cuff and remove it from the arm.
- Keep the record of blood pressure of the patient.

## Review:

3mins

Explain the main points about how to measure body pressure?

## Evaluation:

5mins

To check the understanding of students, ask them:

- What are steps to measure blood pressure?

## Homework:

2mins

Ask students to learn the topic and write the answer of Q4 (ii) of Exercise in their notebooks.

# Lesson Plan

**Grade:** Four

**Subject:** Science

**Term:** 3<sup>rd</sup>

**Time:** 40min

**Teacher's Name:** \_\_\_\_\_

**Week:** 10

**Day:** 2

**Chapter 10:** Technology in Everyday Life

**Topic:** Exercise

## Students Learning Outcomes:

At the end of this period, the students will be able to:

- Solve Exercise

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Teaching and Learning Activities:

**30mins**

- Before beginning the lesson, ask students to say "Tasmiya".
- Tell students they are going to solve the exercise of chapter 10.
- Briefly explain all topics and ask questions related to them. Wait for their responses.
- Ask students to open their textbooks and solve MCQ's.
- Help them if they needed.

## Review:

**0mins**

N/A

## Evaluation:

**5mins**

To evaluate the understanding of students, check their work.

## Homework:

**5mins**

Ask students to revise the exercise of chapter 10.

# Lesson Plan

**Grade:** Four

**Subject:** Science

**Term:** 3<sup>rd</sup>

**Time:** 40min

**Teacher's Name:** \_\_\_\_\_

**Week:** 10

**Day:** 3

**Chapter 10:** Technology in Everyday Life

**Topic:** Exercise

## Students Learning Outcomes:

At the end of this period, the students will be able to:

- Solve Exercise

## Resource Materials:

Chalk/marker, white/blackboard, Science Textbook

## Teaching and Learning Activities:

**30mins**

- Before beginning the lesson, ask students to say "Tasmiya".
- Tell students they are going to solve the exercise of chapter 10.
- Briefly explain all topics and ask questions related to them. Wait for their responses.
- Ask them to solve Q2 of exercise in their textbooks.
- Ask the students to open their textbooks and help the students to complete the given project.

## Review:

**0mins**

N/A

## Evaluation:

**5mins**

To evaluate the understanding of students, check their work.

## Homework:

**5mins**

Ask students to revise the exercise of chapter 10.

# Lesson Plan

Grade: Four

Subject: Science

Term: 3<sup>rd</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 10

Day: 4

Unit 9: Solar System our Earth

Topic: Revision

## Students Learning Outcomes:

At the end of this period, the students will be able to:

- Revise all the concepts of chapter 9.

## Resource Materials:

Science Textbook, Worksheet

## Teaching and Learning Activities:

10mins

- Before beginning the lesson, ask students to say "Tasmiya".
- Tell students today they are going to revise the chapter. So that they can easily prepare for exams.
- Ask students to revise the topics. Guide them if needed.
- Now arrange them, and distribute worksheet among them.
- Ask them to solve worksheet on time.

## Review:

10mins

Check students worksheet and correct their mistakes.

## Evaluation:

0mins

N/A

## Homework:

0mins

N/A

**Q1. Answer the following questions.**

i) What is the solar system?

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ii) How distance from Sun makes the planet colder or hotter?

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iii) Name all planets in the solar system in sequence.

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iv) What is solar eclipse?

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v) What is equator?

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**Q4. Write whether the statement is true or false.**

- |   | (T)                      | (F)                      |
|---|--------------------------|--------------------------|
| 1. Equator is an imaginary line on the surface of Earth.            | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. The Sun revolves around the earth in 365 days.                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. The Moon rotates around its axis.                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. The Earth is tilted on its axis.                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. The seasons are caused by the rotation of Moon around the Earth. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Equator divides the Earth in two halves.                         | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. The Southern Hemisphere has always winter season.                | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. All planets have moons.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Neptune is the coldest of all planets.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. The shadow at noon is the longest shadow of the day.            | <input type="checkbox"/> | <input type="checkbox"/> |

# Lesson Plan

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Subject: Science

Term: 3<sup>rd</sup>

Time: 40min

Teacher's Name: \_\_\_\_\_

Week: 10

Day: 5

Unit 10: Technology in Everyday Life

Topic: Revision

## Students Learning Outcomes:

At the end of this period, the students will be able to:

- Revise all the concepts of chapter 10.

## Resource Materials:

Science Textbook, Worksheet

## Teaching and Learning Activities:

10mins

- Before beginning the lesson, ask students to say "Tasmiya".
- Tell students today they are going to revise the chapter. So that they can easily prepare for exams.
- Ask students to revise the topics. Guide them if needed.
- Now arrange them, and distribute worksheet among them.
- Ask them to solve worksheet on time.

## Review:

10mins

Check students worksheet and correct their mistakes.

## Evaluation:

0mins

N/A

## Homework:

0mins

N/A



**Q1. Answer the following questions.**

i) What is craft?

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ii) Doing something creative improves our self-confidence. Explain how?

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iii) What is first aid? What is the use of thermometer?

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iv) What tools are present in your first aid kit?

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v) How blood pressure is measured and what is normal limit of blood pressure of a person?

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**Q2. Write different uses of mobile phone.**

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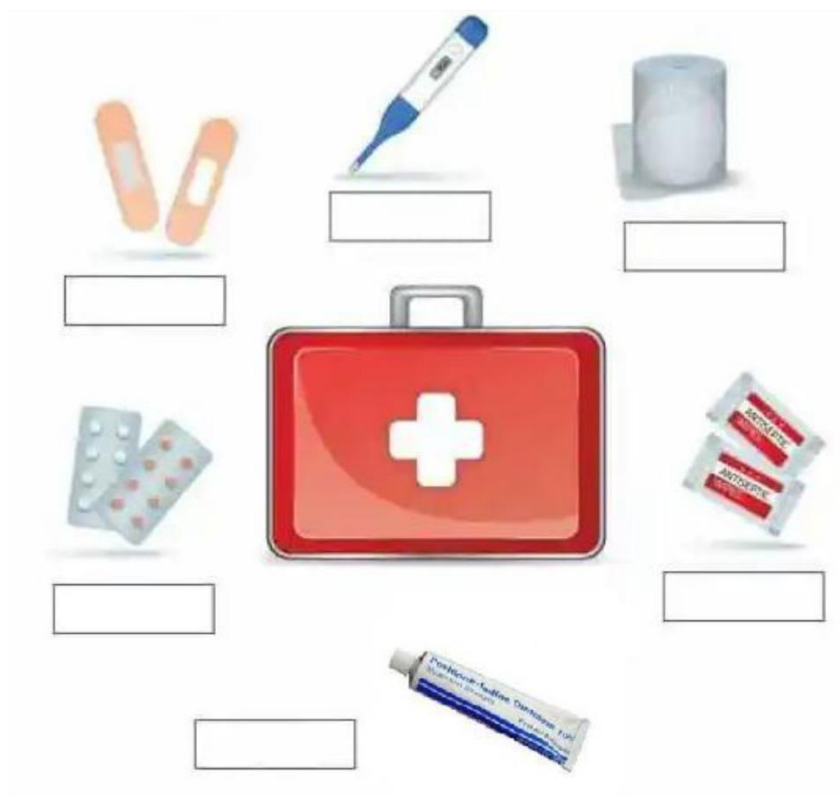
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**Q3. Label the items in the first aid kit and write their uses.**

Bandage, Ointment, Antiseptic Wipes, Painkillers, Thermometer, Band-Aids



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