

SKILL - 1

WRITING

INSTRUCTIONAL

OBJECTIVE

SKILL - 3.....

BLACKBOARD

WORK

SKILL

... COMPONENTS ...

1. Eligibility of Handwriting.

- (a) Distinctness of words
- (b) Spacing
- (c) Stantness
- (d) Size of letters
- (e) size of Capital letters
- (f) Size of Capital & small letters
- (g) Thickness of the line.

2. Neatness in Blackboard work.

- (a) Straightness of line.
- (b) Spacing b/w the line
- (c) No overwriting
- (d) Focusing on the relevant matter.

3. Appropriateness of written work on blackboard

- (a) Continuity in the points
- (b) Gravity and simplicity
- (c) Drawing attention and focusing
- (d) Illustration & diagram.

LESSON PLAN 100

Date - 08. 04. 22	Duration - 40 min
Class - 8 th	Period - IV
Subject - Physical science	School -
Topic - Force and pressure	Name of student - teacher. Megha Pradhan.

PRESENTATION →

S. NO	TEACHING POINTS	TEACHER'S ACTIVITY
1.	definition	<p>A push or a pull on an object is called force. it is applied on an object in the same direction add to one another.</p> <p>Force example :- We can know a game of tug-of-war [Rassakashel]. In this game two teams pull at a rope in opposite directions. Members of both the teams try to pull the rope in their direction. Sometimes the rope simply does not move. The team that pulls harder, that is, applies a larger force,</p>

STUDENT'S

ACTIVITY

BLACKBOARD WORK

Force and Pressure

A push or a pull on an object is called Force.

For example :-

A car being pushed by a man.
OR

To open a drawer are action involved is pull.

finally wins the game.
Two teams pull equally hard, the rope does not move in any direction.

• The strength of a force is usually expressed by its magnitude.

There are two types of force are occurs.

1. Contact force
2. Non-contact force

TYPES

• CONTACT FORCE →

(a) Muscular Force :- The force resulting due to the action of muscles is known as the muscular force.

Ex - pulling rickshaws, pushing car.

(b) Friction of Force :- The force responsible for changing the state of motion of objects is called force of friction.

Ex - Walking on the road,

Applying brakes to stop a moving vehicle.

• Non-CONTACT FORCE

(a) Magnetic Force -

A magnet can exert a force on another magnet

There are two types of force are :-

1. Contact force
2. Non-contact force.

1. Contact force - A contact force is any force that requires contact to occur.

The contact force examples or as a called types are -

- (a) Muscular force.
- (b) Friction of force / Friction

2. Non-Contact force - A non-contact force is a force which acts on an object without coming physically in contact with it.

The non contact force also have the types -

- (a) Magnetic force
- (b) Electrostatic force
- (c) Gravitational force

without being in contact with it. The force exerted by a magnet is an example of a non-contact force. Similarly, the force exerted by a magnet on a piece of iron is also a non-contact force.

(b) Electrostatic Force -

The force exerted by a charged body on another charged or uncharged body is known as electrostatic force.

(c) Gravitational Force -

objects or things fall towards the earth because it pulls them. The force is called the force of gravity, or just gravity.

Q1. What is magnetic force?

Q2. Write the example of gravitational force.

Ans. The force exerted by a magnet is magnetic force.

Ans. The example of gravitational force is, The force that causes a pen you drop to fall to the floor.

3. definition

Pressure can be explained well with the following example. Do you think why it is easier to hammer a nail into the wall. It is because we apply a greater amount of force into a very small area of the screw head. In this case, the pressure is very high.

So, we can say that pressure is the force exerted per unit area.

Ex - When we add hot water into a plastic bottle it melts due to pressure or Atmospheric pressure.

Q1. What's the example of pressure?

4. Formula

The formula of pressure is \rightarrow

$$P = F/A$$

pressure = force / area on which it acts

PRESSURE

The force acting on a unit area of a surface is called pressure.

Ex- By holding a knife to a piece of fruit.

Ans. The examples of pressure are by holding a knife to a piece of fruit, sucking a drink with the help of straw.

The formula of pressure is

$$P = F/A$$

its derivation is,

P = Pressure,

F = Force, and

PRESSURE

Derivation →

P = Pressure in Pascal

F = Force on the object

A = Area on which the force act.

Q1. How do we calculate pressure?

CONCLUDING STATEMENT - Today we have

~~$P = \frac{F}{A}$~~

A = area on which it acts.

that mean, :-

Pressure = force / area on which it acts.

Ans. Pressure is calculated using this equation:

Pressure = force ÷ area

studied about force and pressure.

Date - 08.04.22	Duration - 40 min
Class - 8th	Period - IV
Subject - Physical science	Name of Student teacher -
Topic - Force and pressure	Megha pradhan.

RATING TABLE →

S. NO	COMPONENTS	RATINGS					
		0	1	2	3	4	5
1.	Eligibility of handwriting	0					
(a)	Distinctness of words	0	1	2	3	4	5
(b)	Spacing	0	1	2	3	4	5
(c)	startness	0	1	2	3	4	5
(d)	Size of letters	0	1	2	3	4	5
(e)	Size of Capital letters	0	1	2	3	4	5
(f)	Size of capital & small letters	0	1	2	3	4	5
(g)	thickness of lines.	0	1	2	3	4	5
2.	Neatness in Blackboard						
(a)	straightness of lines	0	1	2	3	4	5
(b)	spacing b/w the lines	0	1	2	3	4	5
(c)	No overwriting	0	1	2	3	4	5
(d)	focusing on the relevant matter	0	1	2	3	4	5
	Appreciatness of written work on Blackboard.						
(a)	Continuity in points.	0	1	2	3	4	5

(b) Gravity & simplicity	0	1	2	3	4	5
(c) Drawing attention & focus -ing	0	1	2	3	4	5
(d) Illustration and diagram.	0	1	2	3	4	5

Lesson plan Remark :-

TEACHING REMARK :-

Megha

Student teacher
Name

Subject teacher
Sign

Observer
Sign

SKILL - 4....

REINFORCEMENT

SKILL

COMPONENTS

1. Use of positive Verbal Reinforcement
 - a Use of praise words
 - b Use of statement
 - c Accepting pupils feeling
 - d Repeating & summarising

2. Use of positive non-verbal reinforcement
 - a Writing pupils response in blackboard
 - b Use of non-verbal actions
 - c Use of extra-verbal reinforcement
 - d Appreciation by non-verbal actions

3. Undesirable Behaviour
 - a Use of negative reinforcement
 - b Use of discouraging words
 - c Use of discouraging question & voice tone.
 - d Use of discouraging statements

4. Use of negative non-verbal reinforcements

LESSON PLAN-1

Date - 12.04.22	Duration - 40min
Class - 8 th	Period - IV
Subject - Physical Science	Name of student teacher - Megha Pradhan.
Topic - Force and Pressure	

S. NO	TEACHER'S ACTIVITY	STUDENT'S ACTIVITY
1.	What is force? GOOD.	A. a push or a pull on an object is called force.
2.	Name the two types of force? V. GOOD	A. There are 2 types of force; 1. Contact force and 2. Non-contact force.
3.	Give two examples of Contact force? GOOD.	A. The examples of Contact force are:- 1. Muscular force 2. Force of friction
4.	What kind of force is an electrostatic force? GOOD.	A. The electrostatic force is the non-contact force.

5. Name the force due to which every object falls on earth?

V. GOOD

An. Every object falls on earth because of the gravitational force.

6. What do you mean by pressure?

GOOD

An. Force per unit area (Force/Area).

7. What kind of force is friction?

GOOD

An. Friction is the type of Contact force.

8. How can we change the speed and the direction of a moving body?

V. GOOD

An. We can change the speed and the direction of a moving body by applying force.

9. What is the formula of pressure?

GOOD.

An. The formula of pressure is $P = F/A$ [Pressure = Force/area per unit]

10. Write the example of pressure?

Ans. There is a very heavy bag. They are having wider straps so that pressure exerted on the shoulder is less.

Date - 12.04.22
 Class - 8th
 Subject - Physical science
 Topic - Force and Pressure

Duration - 40 min
 Period - IV
 Name of student - teacher
 Megha Pradhan.

RATING TABLE

S.NO	COMPONENTS	RATING					
		0	1	2	3	4	5
1.	Use of positive Verbal Reinforcement						
a	Use of Praise words	0	1	2	3	4	5
b	Use of statement	0	1	2	3	4	5
c	Accepting pupils feeling	0	1	2	3	4	5
d.	Repeating & summarising	0	1	2	3	4	5
2.	Use of positive non-verbal reinforcement						
(a)	Waiting pupils response on blackboard.	0	1	2	3	4	5
(b)	Use of non-verbal actions	0	1	2	3	4	5
(c)	Use of extra-verbal reinforcement.	0	1	2	3	4	5
(d)	Appreciation by non-verbal actions.	0	1	2	3	4	5
3.	Undesirable Behaviour						
(a)	Use of negative reinforcement	0	1	2	3	4	5

(b)	Use of discouraging words	0	1	2	3	4	5
(c)	Use of discouraging questions and voice tone	0	1	2	3	4	5
(d)	Use of discouraging statement	0	1	2	3	4	5

4. Use of negative non-verbal reinforcement.

Lesson plan Remark -

Teaching Remark -

Student teachers Name: Megha Subject teacher Sign: [Signature] Observer Sign: [Signature]

SKILL-5.....

AUDIO 😊

VISUAL

SKILL

COMPONENTS

1. Audio - Visual Aids -
 - a simple
 - b Clear
 - c Short
 - d Original or natural

2. Characterisation of lesson on the following basis :-
 - a Inefficiency
 - b Interesting
 - c Impressive
 - d Power of attention
 - e sufficient motivation
 - f Increasing interest
 - g Clear concept
 - h Acceptability
 - i To increase critical answer.

3. How to use audio-visual aids -
 - a In proper way
 - b sufficient
 - c Appropriate

LESSON PLAN-1

Date - 15.04.22	Duration - 40 min
Class - 8 th	Period - IV
Subject - Physical Science	Name of student teacher -
Topic - Force and pressure	Megha pradhan

S.NO	TEACHING POINTS	TEACHER'S ACTIVITY
1.	Definition	<p>A push or a pull on an object is called force. it is applied on an object in the same direction add to one another.</p> <p>for example -</p> <p>We can know a game of tug-of-war [Rassakashee]. In this game two teams pull at a rope in opposite directions. Members of both the teams try to pull the rope in their direction. sometimes the rope simply does not move. The team that pulls harder, that is, applies a larger force, finally wins the game. Two teams pull equally hard, the rope does not move in any direction.</p> <p>The strength of a force is usually expressed by its Magnitude.</p>

STUDENT'S ACTIVITY

BLACK BOARD WORK

FORCE AND PRESSURE

A push or a pull on an object is called force

FOR EXAMPLE →

To open a drawer an action involved is Pull.

OR

A car being Pushed by a man.

2.

Types

There are two types of force which occur -
1. Contact force 2. Non-contact force

◦ CONTACT FORCE →

(a) Muscular Force -

The force resulting due to the action of muscles is known as the muscular force.
ex - pulling rickshaw, pushing car.

(b) Friction of force -

The force responsible for changing the state of motion of objects is called force of friction.

Ex - Walking on the road,

Applying brakes to stop a moving vehicle.

◦ NON-CONTACT FORCE →

(a) Magnetic force -

A magnet can exert a force on another magnet without being in contact with it. The force exerted by a magnet is an example of a non-contact force. Similarly, the force exerted by a magnet on a piece of iron is also a non-contact force.

There are two types of force are as
1. Contact force 2. Non-Cont

1. Contact force - A contact force is any force that requires contact to occur. The contact force example as a called types are -

1. Muscular F.

2. Friction F.

Work

2. Non-Contact force - A non-contact force is a force which acts on an object without coming physically in contact with it. The non-contact force also have the types -

1. Magnetic force

2. Electrostatic force

3. Gravitational force

(b) Electrostatic force -

The force exerted by a charged body on another charged or uncharged body is known as electrostatic force.

(c) Gravitational force -

objects or things fall towards the earth because it pulls them. The force is called the force of gravity, or just gravity.

Q1. What is magnetic force?

Q2. Write the example of gravitational force.

3. definition Pressure can be explained well with the following example; Do you think why it is easier to hammer a nail into the wall. It is because we apply a greater amount of force into a

An. The force exerted by a magnet is called magnetic force.

An. The example of gravitational force is the force that causes a pen you drop to fall to the floor.

PRESSURE

The force acting on a unit area of a surface is called PRESSURE.

For Example →

By holding a knife to piece of fruit

very small area of the screw head.
In this case, the pressure is
very high.

So, we can say that pressure is the
force exerted per unit area.

Ex:- When we add hot water into
a plastic bottle it melts due to
pressure Or Atmospheric pressure.

Q1. What's the example of pressure?

4. formula The formula of pressure is - $P = \frac{F}{A}$

pressure = force/area on which it acts.

Derivation $\rightarrow P =$ Pressure in Pascal

$F =$ Force on the object

$A =$ area on which the force

Q1. How do we calculate pressure?

An. The example of pressure are by holding a knife to a piece of fruit, sucking a drink with the help of straw.

The formula of Pressure is \rightarrow

$$P = F / A$$

It's derivat
 P = Pressure
 F = Force
 A = Area on
 it acts

An. Pressure is calculated using this eq. $P = \frac{F}{A}$

Date -	Duration 40 min
Class - 8 th	Period - IV
Subject - Physical Science	Name of student teacher
Topic - Force & Pressure	Megha Puroadhan

RATING TABLE

S.NO	COMPONENTS	RATINGS				
		0	1	2	3	4
1.	Audio-Visual Aids-					
a	Simple	0	1	2	3	4
b	Clear	0	1	2	3	4
c	Short	0	1	2	3	4
d	Original or Natural	0	1	2	3	4
B.	Characterisation of lesson on the following basis:-					
a	Inefficiency	0	1	2	3	4
b	Interesting	0	1	2	3	4
c	Impressive	0	1	2	3	4
d	Power of attention	0	1	2	3	4
e	Sufficient motivation	0	1	2	3	4
f	Increasing interest	0	1	2	3	4
g	Clear concept	0	1	2	3	4
h	Acceptability	0	1	2	3	4
i	To increase critical answer	0	1	2	3	4
3.	How to use audio-Visual aids					
a	In proper way	0	1	2	3	4

b Sufficient

c Approximate

0	1	2	3	4	5
0	1	2	3	4	5

TEACHING REMARK:-

Megha

GS

Student teacher
Name

Subject teacher
Sign

Observer
Sign

SKILL-6.....

PROBING

QUESTIONS

SKILL

COMPONENTS

1. Probing Questions
2. Seeking of further information questions.
3. Refocusing questions.
4. Redirected question
5. Increased ~~critical~~ awareness questions.

LESSON PLAN - 3

Date - 18.04.22	Duration - 40min
Class - 8 th	Period - IV
Subject - Physical science	Name of student teacher -
Topic - force and pressure	Megha pradhan.

NO	TEACHER'S ACTIVITY	STUDENT'S ACTIVITY
1	Give two examples of Contact force.	Ans. The two examples of contact force are Muscular force and force of friction.
2	What kind of force is an electrostatic force?	Ans. Non-contact force is an electrostatic force.
3	What is the name of the instrument used to measure atmospheric pressure?	Ans. Barometer instrument used to measure atmospheric pressure?
4	Name the force due to which every object falls on earth.	Ans. Every object falls on earth because the gravitational force.

Q5.

How can we change the speed and the direction of a moving body?

Ans. We can change the speed and the direction of a moving body by applying force.

Q6.

What is the SI unit of pressure?

Ans. The SI unit of pressure is pascal (Pa).

Q7.

At least how many objects are needed to apply a force?

Ans. At least two objects are needed to apply a force.

Q8.

What is meant by atmospheric pressure?

Ans. The weight of air acting per unit area is known as atmospheric pressure.

SKILL - 7

LESSON

CLOSTING

COMPONENTS

1. Questions and statements by the teacher related to the consolidations by the teacher points covered during the lesson.
2. Opportunities provided by the teacher to the pupils for linking the present knowledge with the past knowledge.
3. Opportunities provided by the teacher to the pupils for applying the knowledge gained during the lesson to the new situations.
4. Opportunities provided by the teacher to the pupils for linking the present knowledge with the pupils' future learning.

LESSON PLAN-1

Date - 21.04.22	Duration - 40 min
Class - 8 th	Period - IV
Subject - Physical science	Student teacher Name -
Topic - Force and Pressure	Megha Pradhan.

→ Multiple Choice Question

- Force acting on per unit area is called
(a) Non-contact force (b) Contact force
(c) Force (d) Pressure
- A exerted by an object on another is a force.
(a) Push or pull (b) Contact or non-Contact
(c) Pressure (d) Magnitude
- Muscular force is also called force.
(a) Non-contact (b) Contact
(c) Gravitational (d) Magnetic
- Force changes the
(a) Motion of body (b) speed of body
(c) Shape of body (d) all of these

Answers - 1. (d) Pressure
2. (a) Push or pull
3. (b) Contact
4. (d) All of these

→

Fill in the blanks

1. Force of friction is an example of _____ force.

Ans. Contact.

2. We apply force on _____

Ans. Ground. while walking.

3. Force _____ is called pressure.

Ans. per unit area

4. _____ and _____ forces are the two kinds of forces.

Ans. Contact, non-contact.

→ State whether the given statements are true or false.

1. Force applied on an object in opposite directions add to one another. [T/F].

2. A force can change the state of motion of an object. [T/F]

3. Force of gravity is a contact force [T/F]

4. Muscular force is also known as contact force.

- Answers-
1. False
 2. True
 3. False
 4. True

→ Short Answer Questions

1. Leaves fall down on the ground due to which force apply?

Ans. Leaves fall down on the ground due to gravitational force.

2. What is contact force?

Force that can be applied only when it is in contact with an object is called contact force.

3. Give one example of gravitational force.

Ans. An apple falling from the tree to ground.

4. What is a force?

Ans. A push or pull on an object is called force.

