2023/24 ANNUAL TEACHING PLANS: PHYSICAL SCIENCES: GRADE 10 (TERM 1)

SBA GUIDELINES

Practical work:

- Learners do TWO experiments (ONE chemistry, ONE physics) for SBA
- Term 1 OR Term 2: Choose ONE experiment. Record in Term 2



TERM 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10-11
CAPS TOPICS	WAVES, SOUND AND LIGHT: - Transverse pulses on a string, spring - Transverse waves (2 hrs)	WAVES, SOUND AND LIGHT: - Transverse waves - Longitudinal waves (4 hrs)	WAVES, SOUND AND LIGHT: Longitudinal waves (2 hrs) Sound (2 hr)	WAVES, SOUND AND LIGHT: Sound (4 hrs)	WAVES, SOUND AND LIGHT: Electromagnetic radiation (4 hrs)	WAVES, SOUND AND LIGHT: Electromagnetic radiation (4 hrs)	WAVES, SOUND AND LIGHT: Electromagnetic radiation (1 hr) ELECTRICITY AND MAGNETISM: Electrostatics (3 hrs)	ELECTRICITY AND MAGNETISM: Electrostatics (4 hrs)	ELECTRICITY AND MAGNETISM: Electric circuits (4 hrs)	CONSOLIDATION OF TERM 1 (4 hrs) CONTROL TEST (1,5 hrs)
TOPICS, CONCEPTS, SKILLS, AND VALUES	 Define a pulse, a transverse pulse and amplitude Define the principle of superposition Define constructive interference and destructive interference Apply the principle of superposition to pulses to explain, using diagrams, how two pulses that reach the same point in the same medium superpose constructively and destructively and then continue in the original direction of motion Define a transverse wave Define wavelength, frequency, period, amplitude, crest and trough of a wave Explain the wave concepts in phase and out of phase Identify the wavelength, amplitude, crests, troughs, points in phase and points out of phase on a drawing of a 	 Transverse waves Use the relationship between frequency and period (f = 1/T) to solve problems Define wave speed as the distance travelled by a point on a wave per unit time Use the wave equation (v = fλ) to solve problems involving waves Define a longitudinal wave Draw a diagram to represent a longitudinal wave in a spring, showing the direction of motion of the wave relative to the direction in which the particles move Define the wavelength and amplitude of a longitudinal wave Define a compression and a rarefaction Differentiate between longitudinal and transverse waves 	 Define the period and frequency of a longitudinal wave Use the relationship between frequency and period (f = 1/T) to solve problems Use the wave equation (v = fλ) to solve problems involving longitudinal waves Sound Describe a sound wave as a longitudinal wave Explain the relationship between wave speed and the properties of the medium in which the wave travels (gas, liquid or solid) Describe echoes as reflections of sound waves Use the wave equation (v = fλ) to solve problems involving sound waves including echoes, e.g. sonar, bats, and dolphins 	 Relate the pitch of a sound to the frequency of a sound wave Relate the loudness of a sound to both the amplitude of a sound wave and the sensitivity of the human ear Relate quality of sound to the waveform as it appears to the listener Distinguish between the shape of a pure note and the shape of a noise Describe sound with frequencies higher than 20 kHz up to about 100 kHz as ultrasound Explain how an image can be created using ultrasound Describe some of the medical benefits and uses of ultrasound 	 Explain that some aspects of the behaviour of electromagnetic radiation can best be explained using a wave model and some aspects can best be explained using a particle model Describe the source of electromagnetic waves Describe how an electromagnetic wave propagates State that these mutually regenerating fields travel through space at a constant speed: c = 3 x 108 m·s·1 	 List properties of electromagnetic waves Arrange different types of electromagnetic radiation, in order of frequency or wavelength Given the wavelength of electromagnetic waves, calculate the frequency and vice versa, using the equation c = fλ Give an example of the use of each type of electromagnetic radiation Indicate the penetrating ability of the different kinds of electromagnetic radiation and relate it to energy of the radiation Describe the dangers of gamma rays, X-rays, and the damaging effect of ultra-violet radiation on the skin 	 Define a photon Relate the energy of a photon to the frequency and wavelength of the light Calculate the energy of a photon using E = hf = hc/λ Electrostatics State that all materials contain positive charges (protons) and negative charges (electrons) Describe an object as neutral when it has an equal number of protons and electrons Describe positively charged objects as electron deficient and negatively charged objects as electrons Describe how objects (insulators) can be charged by contact (or rubbing) – triboelectric charging 	 State the SI unit for electric charge State the principle of conservation of charge Apply the principle of conservation of charge using Q = Q1+Q2/2 for charges of identical size State the principle of charge quantization and apply the principle: Q = nq State that like charges repel and opposite charges attract Explain how charged objects can attract uncharged insulators due to polarization of molecules inside insulators 	 Define potential difference across the ends of a conductor in symbols: V = W/Q State the unit of potential difference Define emf Define terminal potential difference Do calculations using V = W/Q Define current strength, I Calculate current strength in a conductor using the equation I = Q/Δt Define one coulomb Indicate the direction of conventional current in circuit diagrams using arrows Draw a diagram to show how to correctly connect an ammeter and a voltmeter Define resistance Explain that resistance is the opposition to the flow of electric charges Define the unit of 	ONE PAPER (100 marks) Transverse pulses of a string, spring Transverse waves Longitudinal waves Electromagnetic radiation Electrostatics Electric circuits

TE	RM 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10-11
REG	UISITE PRE-		Observation of water	Pulses and pulse	Frequency, period,	Wavelength and	Wavelength and	Wavelength and		Give a microscopic description of resistance State and explain factors that affect the resistance of a given material, i.e. temperature, length and thickness Protons and	
	WLEDGE		waves from everyday experience	properties Wave equation Frequency, period, wavelength, amplitude	wavelength, amplitude	frequency	frequency, spectrum of visible light – rainbow	frequency, spectrum of visible light – rainbow		electrons • Electric charge	
THA	OURCES (OTHER N TEXTBOOK) TO ANCE LEARNING	 Apparatus: Slinky, ripple tank Study guides Previous question papers Mindset & YouTube videos PhET simulations 	 Apparatus: Slinky, ripple tank PhET simulations Mindset & YouTube videos 	 Apparatus: Slinky, ripple tank Study guides Previous question papers Mindset & YouTube videos PhET simulations 	Apparatus: Oscilloscope, tuning forks Study guides Previous question papers Mindset & YouTube videos PhET simulations	Table of EM radiation Study guides Previous question papers Mindset & YouTube videos PhET simulations	Table of EM radiation Study guides Previous question papers Mindset & YouTube videos PhET simulations	Study guides Previous question papers Mindset & YouTube videos PhET simulations	 Apparatus: Electroscope, glass and perspex rods, cloths Van de Graaff generator Study guides Previous question papers Mindset & YouTube videos PhET simulations 	Apparatus: Electroscope, glass and perspex rods, cloths Study guides Previous question papers Mindset & YouTube videos PhET simulations	Control test question paper
	INFORMAL ASSESSMENT: REMEDIATION	Homework	 Informal test Homework Practical: Transverse pulse and wave in slinky 	Homework Practical: Longitudinal pulse, wave in slinky	Homework Informal test	Homework	Homework Practical: Longitudinal pulse, wave in slinky	Homework Informal test Practical (demo): Positive & negative charges (electroscope & rods)	 Homework Practical (demo): Positive & negative charges (electroscope & rods) 	Homework Informal test Practical: Circuit with bulbs, ammeter, voltmeter	
ASSESSMENT	SBA (FORMAL)	None	Constructive & destructive interference (ripple tank)		Determine the speed of sound in air. You could repeat this on different days in order to vary the temperature OR Use a function generator to produce sounds of different frequencies and amplitudes and use the oscilloscope to display the different characteristics of the sounds that are produced	None		None	None	None	Control test

2023/24 ANNUAL TEACHING PLANS: PHYSICAL SCIENCES: GRADE 10 (TERM 2)

TERM 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
CAPS TOPICS	CONTROL TEST (Discussion and remedial work of control test) (2 hrs)	ELECTRICITY AND MAGNETISM: Electric circuits (4 hrs)	MATTER AND MATERIAL: States of matter and the kinetic molecular theory (2 hrs)	MATTER AND MATERIAL: States of matter and the kinetic molecular theory (2 hrs) The atom (1 hr)	MATTER AND MATERIAL: The atom (4 hrs)	MATTER AND MATERIAL: Periodic table (4 hrs)	MATTER AND MATERIAL: Chemical bonding (4 hrs)	MATTER AND MATERIAL: Chemical bonding (2 hrs) CHEMICAL CHANGE: Physical and chemical change (2 hrs)	CHEMICAL CHANGE: Representing chemical change Physical and Chemical Change (4 hrs)	CHEMICAL CHANGE: Quantitative aspects of chemical change (3 hrs)	CONSOLIDATION (2 hrs) CONTROL TEST (2 hrs)
TOPICS, CONCEPTS, SKILLS AND VALUES	Discussion and remedial work of control test	 Explain why a battery in a circuit goes flat by referring to the energy transformations in the battery and the resistors in a circuit Know that current is the same through each resistor in a series circuit Describe series circuits as potential difference dividers Calculate the total resistance of resistors connected in series: Rt = R1 + R2 + Know that potential difference is the same across resistors connected in parallel Describe parallel circuits as current dividers because the total current in the circuit is equal to the sum of the branch currents Calculate the total resistance of resistors connected in parallel: Calculate the total resistance of resistors connected in parallel: Tesistors connected in parallel:	Describe matter as being made up of particles State and define the properties of material: Strength Brittle, malleable or ductile Density (lead, aluminium) Melting points and boiling points Define a mixture, a pure substance, an element, and a compound and give examples Describe the particle nature of matter by referring to diffusion and Brownian motion List and characterise the three states of matter Define freezing point, melting point and boiling point Interpret, draw heating and cooling curves, and interpret data given on such curves	Identify the physical state of a substance at a specific temperature, given its melting point and the boiling point. Define melting, evaporation, freezing, sublimation and condensation as changes in state. Describe a solid, a liquid and a gas according to the Kinetic Molecular Theory in terms of particles of matter. Describe the structure of an atom (nucleus in centre and electrons in the space around). Define atomic number. Determine for an atom, ion the: o Atomic number on Number of protons o Number of protons o Number of electrons o Number of neutrons o Mass number. Determine the charge on an ion after removing, adding electrons to an atom.	 Define: Isotopes, relative atomic mass Calculate the relative atomic mass of naturally occurring elements from the percentage of each isotope in a sample Represent atoms using the notation E^A_Z where E = symbol of element, Z = atomic number, A = mass number Use Aufbau diagrams and sp notation (electron configuration) to give electronic arrangements of atoms up to Z = 20 Describe an atomic orbital Know that each orbital Know that each orbital corresponds to a specific energy of electrons in it 	Write names and formulae of elements and compounds using the cation and anion table Classify substances as metals, non-metals and metalloids and their positions on the periodic table Identify metalloids as showing increase in conductivity with increasing temperature Classify substances, with examples, as electrical conductors, semiconductors, and insulators Classify substances, with examples, as thermal conductors and insulators Classify substances, with examples, as magnetic and nonmagnetic Describe the PT as displaying elements in order of increasing atomic number and showing how periodicity of physical and chemical properties of elements relates to atomic structure Define the group number and the period number Relate the position of an element in the PT to its electronic structure and vice versa	 Define a chemical bond Draw Lewis dot diagrams of elements Define: Covalent bond, molecule Draw Lewis dot diagrams of simple covalent molecules: H₂, F₂, Cl₂, O₂, N₂, HF, HCl, CH₄, NH₃, H₂O Write names and formulae of covalent compounds Define: lonic bonding, formulaunit, ion, anion, cation Draw Lewis dot diagrams of cations and anions Draw Lewis dot diagrams to show the formation of simple ionic compounds such as NaCl, KCl, KBr, CaCl₂ and MgBr₂ Use the PT to predict the ions formed by atoms of metals and non-metals Name ionic compounds 	Chemical bonding Define metallic bonding Calculate the relative atomic mass for covalent molecules e.g. Mr(H ₂ O) = 18 Calculate relative formula masses for ionic compounds Physical change & chemical change and give examples Define a chemical change and give examples	Write word equations from chemical equations and vice versa Use (s), (aq), (l) and (g) to indicate phases Write balanced chemical equations Conservation of atoms and mass Law of constant composition Interpret balanced equations in terms of conservation of atoms and mass	 Define one mole Define relative atomic mass Describe Avogadro's number Define molar mass Describe the relationship between molar mass and relative molecular mass and relative formula mass Calculate the molar mass of a substance given its formula Calculate mass, molar mass and number of moles using n = m/M State Avogadro's law For gases, calculate volume and moles using molar gas volume at STP Interpret balanced equations in terms of volume relationships for gases 	ONE PAPER (100 marks) • Electric circuits • Matter and classification • States of matter and the Kinetic Molecular Theory • The atom • The periodic table • Chemical bonding • Energy • Physical and chemical change • Representing chemical change • Quantitative aspects of chemical change

TER	M 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
							 Describe periodicity from Li to Ar in terms of atomic radius, ionisation energy, electron-affinity, and electronegativity Define atomic radius, ionisation energy, electron-affinity, and electronegativity Relate the electronic arrangements to chemical properties of group 1, 2, 17 and 18 elements Describe the trend in reactivity of elements in groups 1, 2 and 17 Indicate the positions of metals, non-metals, and transition metals in the PT 					
	UISITE PRE- WLEDGE		Connecting bulbs in series and parallel Reading of ammeter, voltmeter, multimeter	Classification of matter	Classification of matter Phases of matter	Protons and electrons	Atoms and elements	The atom Electron configuration Periodic table	Writing of formulaeWriting equations	Writing of formulaeWriting equations	Writing of formulaeWriting equations	
THAI	OURCES (OTHER N TEXTBOOK) TO ANCE LEARNING	Question paper	Apparatus: Circuit kit (cells, bulbs, resistors, ammeter & voltmeter, multimeter, wires, etc.) Study guides Previous question papers Mindset & YouTube videos PhET simulations	 Study guides Previous question papers Mindset & YouTube videos 	Apparatus to determine heating, cooling curve Study guides Previous question papers Mindset & YouTube videos Simulations	Study guides Previous question papers Mindset & YouTube tube videos	 Periodic Table Study guides Previous question papers Mindset & YouTube videos 	 Periodic Table Study guides Previous question papers Mindset & YouTube videos Simulations 	Apparatus: Chemicals and apparatus for experiment listed below Study guides Previous question papers Mindset & YouTube videos	Apparatus: Chemicals and apparatus for experiment listed below Study guides Previous question papers Mindset & YouTube videos	 Study guides Previous question papers Mindset & YouTube videos 	
ASSESSMENT	INFORMAL ASSESSMENT: REMEDIATION	Homework	Homework Informal test	Homework	Homework Informal test	Homework Practical: Flame tests of metals	Homework Informal test	Homework	Practical (demo): Reaction of Fe and S to form FeS Homework	Homework		
AS	SBA (FORMAL)	None	Electric circuits	None	Heating, cooling curve of water	None	None	None	None	None	None	None

2023/24 ANNUAL TEACHING PLANS: PHYSICAL SCIENCES: GRADE 10 (TERM 3)

TERM 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
CAPS TOPICS	CONTROL TEST (Discussion and remedial work on control test) (1 hr) CHEMICAL CHANGE: Quantitative aspects of chemical change (2 hrs)	CHEMICAL CHANGE: Quantitative aspects of chemical change (4 hrs)	MECHANICS: Vectors and scalars (4 hrs)	MECHANICS: Motion in one dimension (3 hrs)	MECHANICS: Motion in one dimension (4 hrs)	MECHANICS: Motion in one dimension (4 hrs)	MECHANICS: Instantaneous speed and velocity and the equations of motion (4 hrs)	MECHANICS: Instantaneous speed and velocity and the equations of motion (4 hrs)	MECHANICS: Instantaneous speed and velocity and the equations of motion (4 hrs)	MECHANICS: Energy (4 hrs)	CONSOLIDATION CONTROL TEST (3 hrs)
TOPICS, CONCEPTS, SKILLS AND VALUES	 Define concentration Calculate concentration in mol·dm³ using c = n/V Determine percentage composition of an element in a compound Determine the empirical formula for a substance from percentage composition Define an empirical formula as the simplest Determine the number of moles of water of crystallisation in salts like CuSO₄·5H₂O Define water of crystallisation 	Perform stoichiometric calculations based on balanced equations (concentration, mass, moles, molar mass, number of particles and volume) Determine the theoretical yield of a product in a chemical reaction when you start with a known mass of reactant Determine the percentage yield of a chemical reaction	List physical quantities, for example time, mass, weight, force, charge, etc. Define a vector and a scalar quantity Represent vectors graphically with an arrow Use the force vector as an example to show equality of vectors, negative vectors, and addition of vectors in one dimension only Define a resultant Determine a resultant graphically using the tail-to-head method as well as by calculation for a maximum of four force vectors in one dimension	Describe the concept of a frame of reference (has an origin and a set of directions, e.g. east and west or up and down) Define one-dimensional motion Define position relative to a reference point and understand that position can be positive or negative	Define distance, displacement Describe and illustrate the difference between displacement and distance Calculate distance and displacement for one-dimensional motion Define average speed, average velocity Calculate average speed and average velocity for one-dimensional motion	 Define acceleration (a = Δν/Δt) Differentiate between positive acceleration, negative acceleration Calculate acceleration in one-dimensional motion 	Define instantaneous velocity and instantaneous speed Describe in words and distinguish between motion with uniform velocity and uniformly accelerated motion Describe the motion of an object given its position versus time, velocity versus time and acceleration versus time graph Determine the velocity of an object from the gradient of the position versus time graph	Determine the instantaneous velocity at a particular time using the gradient of a tangent to a position versus time graph Determine the acceleration of an object from the gradient of the velocity vs time graph Determine the displacement of an object by finding the area between the time axis and the graph of a velocity vs time graph	 Use the equations of motion, listed below, to solve problems involving motion in one dimension in the horizontal plane only v_f = v_i + aΔt Δx = v_iΔt + ½ aΔt² v²_f = v²_i + 2aΔx Δx = ((v_i + v_f)/2)Δt Solve problems for the motion of a vehicle including safety issues such as the relationship between speed and stopping distance 	 Define gravitational potential energy of an object Calculate the gravitational potential energy of an object using Ep = mgh OR U = mgh Define kinetic energy of an object Calculate the kinetic energy of an object using Ek = ½mv² OR K = ½mv² 	ONE PAPER (100 marks) • Quantitative aspects of chemical change • Vectors and scalars • Motion in one dimension • Instantaneous speed and velocity • Energy
REQUISITE PRE- KNOWLEDGE	Periodic table Writing of formulae and balanced equations	Periodic table Writing of formulae and balanced equations Molar mass Conversion of units	Different physical quantities (vectors: Force, weight, displacement, velocity, acceleration, Scalars: Distance, speed, mass, time)	Differentiate between vectors and scalars	Vectors, scalars, average speed, average velocity		Differentiate between vectors and scalars Distance and displacement	Vectors and scalars, speed, velocity, acceleration, displacement, distance	Vectors and scalars, speed, velocity, acceleration, displacement, distance	Kinetic energy Potential energy	

TERI	Л 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
THAI	DURCES (OTHER I TEXTBOOK) TO ANCE LEARNING	 Study guides Question papers Mindset & YouTube videos 	Apparatus: Chemicals and apparatus for experiment listed below Study guides Previous question papers Mindset & YouTube videos	Study guides Previous question papers Mindset & YouTube videos PhET simulations	Study guides Previous question papers Mindset & YouTube videos PhET simulations	Study guides Previous question papers Mindset & YouTube videos PhET simulations		Apparatus for practical below Study guides Previous question papers Mindset & YouTube videos PhET simulations	Apparatus: Mechanics trolley and track, etc. Study guides Previous question papers Mindset & YouTube videos PhET simulations	 Study guides Previous question papers Mindset & YouTube videos PhET simulations 	Study guides Previous question papers Mindset & YouTube videos PhET simulations	
ASSESSMENT	INFORMAL ASSESSMENT: REMEDIATION	Homework	Homework Informal test	Homework	Homework	Homework	Homework Informal test	Homework Practical: Measurement of velocity	Homework	Homework Informal test		
ASS	SBA (FORMAL)	None	Water of crystallisation of CuSO ₄	None	None	None	None	None	Measurement of velocity & position, time, velocity, time and acceleration, time graphs for a moving trolley	None	None	None

2023/24 ANNUAL TEACHING PLANS: PHYSICAL SCIENCES: GRADE 10 (TERM 4)

TERM	14	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8-10
CAPS	TOPICS	SEPT CONTROL TEST (Discussion and remedial work) (3 hrs)	MECHANICS: Energy (4 hrs)	CONSOLIDATION AND REVISION (4 hrs)	CONSOLIDATION AND REVISION (4 hrs)	CONSOLIDATION AND REVISION (4 hrs)	CONSOLIDATION AND REVISION (4 hrs)	CONSOLIDATION AND REVISION (4 hrs)	FINAL EXAMINATION P1: 2 hrs P2: 2 hrs
	CS, CONCEPTS, .S, AND VALUES	Discussion and remedial work	 Define mechanical energy using E_M = E_k + E_p OR E_M = K + U State the law of conservation of energy State the principle of conservation of mechanical energy Apply the principle of conservation of mechanical energy to various contexts, viz. objects dropped or thrown vertically upwards, the motion of a pendulum bob, roller coasters and inclined plane problems 	All topics	Physics paper 1 (100 marks) Transverse pulses Transverse waves Longitudinal waves Sound Electromagnetic radiation Electrostatics Electric circuits Vectors and scalars Motion in one dimension Instantaneous speed and velocity and the equations of motion Energy Chemistry paper 2 (100 marks) Matter and classification States of matter and the kinetic molecular theory The atom The periodic table Chemical bonding Physical and chemical change Representing chemical change Quantitative aspects of chemical change				
	JISITE PRE- VLEDGE		Kinetic energyPotential energyConservation of energy						
THAN	DURCES (OTHER TEXTBOOK) TO INCE LEARNING	Control test question paper	 Study guides Previous question papers Mindset & YouTube videos PhET simulations 						
ASSESSMENT	INFORMAL ASSESSMENT: REMEDIATION		Homework Informal test						
ASSE	SBA (FORMAL)	None	None	None	None	None	None	None	Examination