

# BUDHA DAL PUBLIC SCHOOL



## LESSON PLAN

BOARD: CBSE CLASS – 5 SUBJECT: G.SCIENCE

### LESSON 1: GROWING PLANTS

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#### OBJECTIVES:

The students will be able to learn

- About structure of a seed
- Importance of seed dispersal
- Steps of agriculture

#### P.K TESTING:

1. Do all seeds grow into new plants?
2. Daily life examples of dispersal of seeds with respect to roadside trees/plants.

**IMPORTANT SPELLINGS** Important spellings will be given like agriculture, ploughing, sowing, gathering, kharif , bryophyllum, sprouts , dandelion , vegetative.

#### VOCABULARY

- **SEEDLING** : a young plant
- **SEEDCOAT** : The thick outer covering of seed that protects the seed
- **PESTICIDES**: Chemicals used to kill pests like mice, rats, birds etc.

#### TEACHING AIDS

Board , Chalk , Smart class , chart showing different parts of a plant, germination of a seed and a leaf showing its different parts.

#### PROCEDURE

Structure of a seed with respect to beans will be discussed, seedcoat , columns etc. terms will be introduced. Germination will be discussed;

various methods of vegetative propagation will be discussed . Types of crops rabi crops and kharif crops will be explained.

#### **EXPLANATION WITH**

**INNOVATIVE METHODS ACTIVITY:** Make a poster with photos of rabi and kharif crops grown in your state (Punjab)

RESOURCE : <https://youtu.be/00XWJAVVpao>

<https://youtu.be/yHVhM-pLRXk>

**STUDENTS PARTICIPATION** Students will be asked to soak a bean seed overnight and open it and identify its parts.

#### **INTEGRATION WITH**

##### **OTHER DOMAINS**

Children will enhance their knowledge of different sub topics with the help of art integrated activities like they will draw the structure of a seed and label its various parts.

#### **LEARNING OUTCOMES**

The students were able to know

- The structure of a seed
- Dispersal of seeds
- Growing new plants from other parts of the plant.
- Learn about the process of germination in brief.
- Steps of agriculture
- Rabi and Kharif crops

#### **RECAPITULATION**

A quick recap of the chapter will be given. Difficult words, Question/Answer, exercises will be done, practice sheets will be given.

#### **ASSESSMENT**

Q/Ans , Fill ups , Name the following Give two examples. Oral and written revision will be done. Diagrams will be drawn. Dictation test will be given.

## LESSON -2 : FOOD, HEALTH AND HYGIENE

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- OBJECTIVES** : The students will be able to learn
1. Various components of food , sources and functions
  2. Importance of water , roughage , balanced diet.
  3. Types of diseases, their transmission and prevention

- PREVIOUS KNOWLEDGE TESTING** :
- 1) Do they eat junk food ?
  - 2) Various steps to maintain healthy and hygienic body.

- VOCABULARY** : Important terms will be explained
1. Balanced diet: a diet that contains all the nutrients in right amount
  2. Nutrients: essential substances present in the food
  3. Roughage : the fibre present in the food
  4. Deficiency diseases: Diseases caused due to the lack of nutrients in the body
  5. Vaccine: A substance that is put into the blood and that protects the body from a diseases.

- IMPORTANT SPELLINGS** : will be given like – carbohydrates , roughage , nutrients , calcium , phosphorous , proteins, communicable, cholera, diarrhoea, deficiency

- EXPLANATION WITH INNOVATIVE METHODS, LINKS, USED RESOURCES** : • Activity: Draw the format of a table as below and the students complete the table in their notebook.

vitamins	Food items	functions
Vitamin -A	carrot	

Vitamin-C		
Vitamin-D		For proper growth of bones

The different sub topics will be discussed with the help of small class modules. Carbohydrates , fats , proteins , minerals will be discussed.

**PROCEDURE**

Importance of exercise, rest, proper posture, hygiene will be discussed. Various types of diseases and their modes of transmission along with prevention will be done.

**STUDENT'S PARTICIPATION**

: Students will be asked to read the nutritional information printed on at least five packed food like bread , milk , chocolates etc

**RECAPITULATION**

: Lesson will be read and explained. New words, Exercises, Ques/Answer will be discussed.

**INTEGRATION WITH OTHER DOMAINS**

: Children will enhance their knowledge of various sub topics with the help of art integrated activities, charts, models and audio visual aids.  
<https://youtu.be/YUd6xOjpw9k>

**LEARNING OUTCOMES**

- : The children were able to
- (1) understand the importance of components of foods, sources , functions
  - (2) Importance of water, roughage, rest and exercise.
  - (3) Communicable, non-communicable diseases, modes of transmission, prevention.

**ASSESSMENT**

: Regular revision work will be done T/F, One word Ans, Give-2 examples. Diagrams will be drawn. Dictation test will be given. Assignments will be given.

## LESSON -3 SAFETY AND FIRST AID

- OBJECTIVES** : The students will be able to know
1. safety rules , preventive measures
  2. About first aid for burns, bites, sprain, fractures etc
  3. Safety from fire
- PREVIOUS KNOWLEDGE TESTING** :
- 1) What type of clothes we should wear while working in kitchen?
  - 2) Why should not we touch electrical switches?
- VOCABULARY** :
1. Tourniquet: a tight bandage that helps to apply pressure to stop bleeding
  2. Fracture : a break or crack in a bone
  3. First aid : immediate medical help given to an injured person before a proper medical aid.
- IMPORTANT SPELLINGS** : sprain , fracture ,severe , rabies , poisonous , detergents , naphthalene , pedestrians , tourniquet, hydrophobia
- EXPLANATION WITH INNOVATIVE METHODS, LINKS, USED RESOURCES** :
- Activity : 1. Placards on traffic signs will be made.
  - 2. Enactment will be done by children on various types of first aids( burns, fracture )
- Link : [http://youtu.be/\\_IDz5fw5Cou](http://youtu.be/_IDz5fw5Cou)
- PROCEDURE** : Challenges and how to address them
- The different important traffic signs will be discussed , causes , prevention of safety on roads and safety from fire will be discussed. Safety and prevention from fire will be discussed.

First aid for burns , fractures , animal bites will be discussed

**STUDENT'S  
PARTICIPATION**

: Students will do enactment in case of strains animals bite etc

**RECAPITULATION**

: Lesson will be read and explained. New words, Exercises, Ques/Answer will be discussed.

**INTEGRATION WITH  
OTHER DOMAINS**

: Children will enhance their knowledge of various sub topics with the help of art integrated activities ,charts , models and audio visual aids.

**LEARNING OUTCOMES**

: The children were able to

- (1) understand safety rules
- (2) learn safety from fire
- (3) First aid

**ASSESSMENT**

: Regular revision work will be done T/F, One word Ans, Give-2 examples. Oral and written revision will be done. Assignments will be given.

## LESSON 4: MATTER AND ITS STATES

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### OBJECTIVES

Students will be able to understand

1. Particle arrangement in solid, liquid, gases
2. Change of state w.r.t. water
3. Solute, solvent, solution
4. Physical and chemical changes
5. Expansion and contraction

### P.K TESTING

A few things from the room will be picked up and the students will be asked about similarity among them. A balloon will be inflated to show the presence of air in it.

### VOCABULARY

Important terms will be explained.

1. Mass: the amount of matter contained in an object
2. Volume: the amount of space occupied by something
3. Expansion: Increase in size of matter on heating
4. Immiscible liquids: pair of liquids that do not mix in each other.

### IMPORTANT SPELLINGS:

Important spellings will be given

Contraction, Miscible, Evaporation, Chemical, Reversible, Insoluble, Condensation, Molecules.

### EXPLANATION WITH

### INNOVATING METHODS

### LINKS USED RESOURCES

Activity: Make a list of different types of matter you consume for lunch. Identify state of matter of each food and drink.

<https://youtu.be/qXGGQWOmpxE>

<https://youtu.be/mYPwzqwlIWo>

<https://youtu.be/D6kDpzy3hIY>

### TEACHING AIDS

Board, Chalk, Smart class, ice cubes, water, milk, stone, wood, oil, chart related to the topic

**PROCEDURE**

Arrangement of particles in solids, liquids and gases will be discussed. Evaporation, condensation, melting, freezing will be discussed. Miscible and immiscible liquids will be explained.

Reversible, irreversible changes with examples will be discussed. Phenomenon of expansion and contraction will be explained.

**STUDENTS PARTICIPATION:**

Students will inflate the balloon and study expansion by keeping it in sun and contraction by deflating it.

**RECAPITULATION**

A quick recap of the chapter will be given. Difficult words, give two examples Question/Answer, exercises will be done, practice sheets will be given.

**INTEGRATION WITH OTHER****DOMAINS**

Children will enhance their knowledge of different sub topics with the help of art integrated activities like – making models on arrangements of molecules With the help of thermocol balls. They will be encouraged to write poem on Physical and chemical changes.

**LEARNING OUTCOMES**

Students were able to understand

- 1) three states of matter
- 2) change of state of matter
- 3) concept of miscible and immiscible liquids
- 4) behaviour of matter

**ASSESSMENT**

Regular revision work will be done T/F, One word Ans, Give-2 examples, diagrams etc will be done. Oral and written revision will be done. Group discussion will be held.

## CHAPTER 6: ANIMALS: HABITAT AND ADAPTATION

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### OBJECTIVES

Students will be able to know

1. Organs for movement in various animals
2. Breathing organs in different animals
3. Types of body coverings
4. Awareness of migration
5. Eating habits of animals

### P.K TESTING

Nature has given different organs for movement, breathing, body covering to different animals will be discussed

### VOCABULARY

Important terms will be explained.

1. Migration: Seasonal mass movement of animals from one region to another in response to extreme climatic changes or in search of food.
2. Moulting: Shedding of the skin periodically to replace with the new one in some animals e.g. snake.
3. Habitat: The natural surroundings in which an animal lives.

**IMPORTANT SPELLINGS:** Important spellings will be given

Predators, streamlined, reptiles, mammals, proboscis, spiracles, amphibians, adaptations

### EXPLANATION WITH

### INNOVATING METHODS

### LINKS USED RESOURCES

Activity: Paste the picture of some animals on a chart and describe the breathing organs and type of body coverings the animals have fish, amphibians, reptiles and birds

<https://youtu.be/lupmbuvRGKQ>

## **PROCEDURE**

Organs various body coverings etc will be discussed w.r.t. fish, insects, amphibians, reptiles, birds and mammals. Seasonal mass movemen (migration) will be explained w.r.t. Arctic tern, Siberian crane , Monarch Butterfly etc

**STUDENTS PARTICIPATION:** Students will complete the given FACT FILE on animals

Group

Body covering

Breathing organs

Body parts for movement

**RECAPITULATION** A quick recap of the chapter will be given. Difficult words, give two

examples Question/Answer, exercises will be done , practice sheets will be given.

**INTEGRATION WITH OTHER** Children will enhance their knowledge of different sub topics

### **DOMAINS**

with the help of art integrated activities like – different students will wear masks of various animals and will explain their organs of movement breathing and body coverings

**LEARNING OUTCOMES** Students were able to understand

- 1) different animals have different types of teeth
- 2) difference in organs of movement and breathing in various animals
- 3) different types of body coverings
- 4) why do animals migrate

**ASSESSMENT** Regular revision work will be done T/F, One word Ans, Give-2 examples,

diagrams etc will be done. Oral and written revision will be done.

Dictation test will be given.

## LESSON 7: SKELETAL SYSTEM AND NERVOUS SYSTEM

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- OBJECTIVES** :
1. To know that skeleton is made up of 206 bones and bones are made up of minerals.
  2. To understand different parts of skeleton skull, backbone, ribcage etc.
  3. To study movable, immovable joints and types of muscles
  4. To know the sense organs and their functions
  5. To understand different parts of the brain
  6. To study the structure of human eye
  7. To know the facts related to spinal cord and its role in controlling reflex actions.

**PREVIOUS KNOWLEDGE** : Brushing up student's memory of various body systems.

**TESTING** : Children will be asked to feel backbone and touch their ribcage. Why can't we move our neck like our arms? Children will be asked to feel the sense organs of our body.

- VOCABULARY** :
- Important terms will be explained
1. Skeleton – bony framework that gives shape and support to our body.
  2. Joint- a place where two bones meet.
  3. reflex action – an automatic reaction of the body to a stimulation.
  4. Spinal cord- a thick, bundle of nerves that connects brain to the other parts of the body.
  5. Nerves – Bundle of fibres

**IMPORTANT SPELLINGS** : will be given like – skeleton, joint, vertebral, muscles, voluntary, tendons, girdle , cartilage , floating, nervous, cerebrum, cerebellum, medulla sensory, motor, reflex action, malfunctioning , cornea , pupil etc.

**EXPLANATION WITH INNOVATIVE METHODS, LINKS, USED RESOURCES** :

- Activity : Guessing game with objects like pencil, eraser, flower, toffee, ball, onion etc. Children will close eyes & identify the objects.
- Enactment by children on reflex action  
Enactment by children on movement of joints
- Link : <https://youtu.be/1prnxG-civc>,  
<https://youtu.be/24jgE9rk>  
<https://youtu.be/Ee9Q9W3Bu2U>

**PROCEDURE** : Parts of skeleton, girdles, joints, muscles, their types and functions will be discussed. Parts of brain, spinal cord, their functions will be studied. Reflex action with examples will be explained. Sense organs will be discussed wrt their functions and how to take care of them.

**STUDENT'S PARTICIPATION** : They will go to science lab and observe human skeleton. Students will perform activity and will do enactment on sense organs and muscles. They will go to science lab and observe structure of brain.

**RECAPITULATION** Lesson will be read and explained. New words, Exercises, Ques/Answer will be discussed.

**INTEGRATION WITH OTHER DOMAINS** : Children will enhance their knowledge of various sub topics with the help of art integrated activities like – a poem on

Human bones and brain. <https://www.fivers.com/napbak>

- LEARNING OUTCOMES** :
- The children were able to learn
  - (1) Various bones with names.
  - (2) Types of Joints
  - (3) Reflex actions.
  - (4) how to take care of sense organs
  - (5) Various taste buds
  - (6) Parts of an eye

**ASSESSMENT** :

Regular revision work will be done T/F, One word Ans, Give-2 examples, diagrams of muscles and labelling of parts of an eye etc will be done. Oral and written revision will be done. Assignments will be given.