**FIRST TERM SCHEME OF WORK 2024/2025 ACADEMIC SESSION**

**TOPIC/CONTENT**

**1. INTRODUCTION TO HOME ECONOMICS**

Areas of home economics

Relationship of home economics to other subjects

**2. INTRODUTION TO HOME ECONOMICS**

Home economics and national development

Home economics career opportunities

Importance of home economics to the individual, family and the nation

**3. PUBERTY AND ADOLESCENT**

Meaning of puberty

Signs of puberty

Importance of body hygiene

**4. ADOLESCENT**

Meaning of adolescent

Needs and challenges of adolescent

**5. SEXUALLY TRANSMITTED INFECTION (STIs) AND HIV/AIDS**

Meaning of sexually transmitted infections

Types and causes of sexually transmitted infection

**6. HUMAN RIGHTS**

Meaning of fundamental human rights

Rights of a child

**7. FAMILY NEEDS GOALS AND STANDARDS**

Meaning and types of family needs

Meaning of family goals and standards

**8. FAMILY NEEDS, GOALS AND STANDARDS**

Relationship among family needs, goals and standards

Uses of family needs, goals and standards in resource management

**9. PERSONAL CLOTHING AND HOUSEHOLD ARTICLES/CRAFTS**

Meaning of clothing

Reasons for wearing decent clothes

Guidelines for choosing decent clothes

**10. PERSONAL CLOTHING AND HOUSEHOLD ARTICLES/CRAFTS**

Care of clothing

Proper storage of clothing

Cleaning of shoes

Washing of underwear

Demonstrates how to make income yielding articles

**11.** List an explain simple relevant household articles/crafts

Tools, equipment and materials for making articles/crafts

**12.** Construction of simple relevant articles eg apron, place mat, head rest etc

Production of income yielding crafts e.g tie/dye, batik fabrics

Revision.

Examination.

**REXCHRISTUS COLLEGE, KUBWA**

**LESSON PLAN FOR WEEK ONE. LESSON…. ENDING MONDAY 13TH SEPTEMBER 2024.**

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| **SUBJECT**  **Theme**  **Date**  **Class**  **Time**  **Duration** | HOME ECONOMICS  INTRODUCTION TO HOME ECONOMICS    MONDAY 9TH JANUARY 2024  JSS 1  40 MINUTES |  |
| **Unit Topic**  **Lesson Topic** | INTRODUCTION TO HOME ECONOMICS  MEANING OF HOME ECONOMICS |  |
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| **Specific Objectives**    **Instructional Resources** | By the end of the lesson, students should be to:  1. define Home Economics  2. state the Areas of Home Economics  3. explain Importance of Home Economics  Chart on areas of home economics. |  |
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| **STAGES/STEPS** | **TEACHER’S ACTIVITIES** | **STUDENTS ACTIVITIES** | **MODE** |
| **PRESENTATION** |  |  |  |
| **STEP 1 (PRESENTATION OF PRIOR IDEAS)** | The students have been taught about how to keep their homes clean. | The students were able to recall | Individual |
| **STEP 2 (EXPLORATION)** | The teacher explore the lesson by asking students the following questions:  1. What is home economics?  2. Mention the areas of home economics | The students answer the questions with the best of their knowledge | Individual |
| **STEP 3 (DISCUSSION)** | The teacher leads student on the discussion as follows:  Definition of Home Economics: The teacher defines home as broad science subject which deals with the individual, home, and the community at large, economics and after words ask students to give more definition  Areas of Home Economics: Teacher ask students to mention the areas of home economics, afterwards add more point as follows:  Home management  Clothing and textiles  Food and nutrition etc.  Importance of Home Economics: The teacher mention the importance as follows:  It teaches individuals to take good care of themselves, family members and the community.  It helps us to know how to manage our homes properly, afterwards ask students to add more point. | The students listens as teacher defines home economics, then give their on definitions  The students mention the areas of home economics    The students listens to the teacher, afterwards mention the uses of homemade cleaning agent. |  |
| **STEP 4 (APPLICATION)** | The teacher ask students question to enable apply what they have been taught.  What is home management?  How can manage his home? | The students provides answers to the questions based on what they have learnt. | Individual |
| **STEP 5 (EVALUATION)** | The teacher evaluates the students by asking the following question:  1. Define Home Economics  2. State the Areas of Home Economics  3. Explain Importance of Home Economics | The students answer the questions correctly | Individual |
| **CONCLUSION** | The teacher concludes the topic by summarizing the lesson, writes note on the board for students to copy. | Students listens to the summary after words copy down the note. | Individual |
| **ASSIGNMENT** | What is home economics  Explain three areas of home economics |  | Group |
| **REFERENCE** | Prevocational studies Home Economics for Junior Secondary Schools book1 by OP Olaniyan et’al  Essentials of Home Economics for Junior Secondary Schools book1 by Amao etal |  |  |

HOD’S COMMENT: ……………………………………………………………………………………….

HOD NAME: ………………………………………………………………………………………………………….

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**PERIOD II**

**REXCHRISTUS COLLEGE, KUBWA**

**LESSON PLAN FOR WEEK ONE. LESSON…. ENDING MONDAY 20TH SEPTEMBER 2024.**

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| **SUBJECT**  **Theme**  **Date**  **Class**  **Time**  **Duration** | HOME ECONOMICS  INTRODUCTION TO HOME ECONOMICS    TUESDAY 10TH SEPTEMBER 2024  JSS 1  9:20-10:00  40 MINUTES |  |
| **Unit Topic**  **Lesson Topic** | INTRODUCTION TO HOME ECONOMICS  MEANING OF HOME ECONOMICS |  |
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| **Specific Objectives**    **Instructional Resources** | By the end of the lesson, students should be to:  1. define Home Economics  2. state the Areas of Home Economics  3. explain Importance of Home Economics  Chart on areas of home economics. |  |
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| **STAGES/STEPS** | **TEACHER’S ACTIVITIES** | **STUDENTS ACTIVITIES** | **MODE** |
| **PRESENTATION** |  |  |  |
| **STEP 1 (PRESENTATION OF PRIOR IDEAS)** | The students have been taught about how to keep their homes clean. | The students were able to recall | Individual |
| **STEP 2 (EXPLORATION)** | The teacher explore the lesson by asking students the following questions:  1. What is home economics?  2. Mention the areas of home economics | The students answer the questions with the best of their knowledge | Individual |
| **STEP 3 (DISCUSSION)** | The teacher leads student on the discussion as follows:  Definition of Home Economics: The teacher defines home as broad science subject which deals with the individual, home, and the community at large, economics and after words ask students to give more definition  Areas of Home Economics: Teacher ask students to mention the areas of home economics, afterwards add more point as follows:  Home management  Clothing and textiles  Food and nutrition etc.  Importance of Home Economics: The teacher mention the importance as follows:  It teaches individuals to take good care of themselves, family members and the community.  It helps us to know how to manage our homes properly, afterwards ask students to add more point. | The students listens as teacher defines home economics, then give their on definitions  The students mention the areas of home economics    The students listens to the teacher, afterwards mention the uses of homemade cleaning agent. |  |
| **STEP 4 (APPLICATION)** | The teacher ask students question to enable apply what they have been taught.  What is home management?  How can manage his home? | The students provides answers to the questions based on what they have learnt. | Individual |
| **STEP 5 (EVALUATION)** | The teacher evaluates the students by asking the following question:  1. Define Home Economics  2. State the Areas of Home Economics  3. Explain Importance of Home Economics | The students answer the questions correctly | Individual |
| **CONCLUSION** | The teacher concludes the topic by summarizing the lesson, writes note on the board for students to copy. | Students listens to the summary after words copy down the note. | Individual |
| **ASSIGNMENT** | What is home economics  State five importance of home economics |  | Group |
| **REFERENCE** | Prevocational studies Home Economics for Junior Secondary Schools book1 by OP Olaniyan et’al  Essentials of Home Economics for Junior Secondary Schools book1 by Amao etal |  |  |

HOD’S COMMENT: ……………………………………………………………………………………….

HOD NAME: ………………………………………………………………………………………………………….

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