PRESIDENT'S OFFICE,

REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT

LESSON PLAN - 2026

TEACHER`S NAME: _____

SCHOOL'S NAME: _____

SUBJECT: PHYSICS

CLASS: FORM ONE

TERM: 1st & 2nd

YEAR: 2026

TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic concepts, theories and principles of Physics

Main Activity: Within 1 period students should be able to demonstrate mastery of basic concepts, theories and principles of Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Explain the concept of Physics (*Meaning, branches* and *connection with other disciplines*)

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References: Tanzania Institute of Education. (2023).*Physics for secondary schools student's book, Form One.* Tanzania Institute of Education.

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Design	10	Ask students in groups to name and explain different things they have leant when participating in discussion	Name and explain different things they have leant when participating in discussion.	Different things leant today are identified.
Realisation	05	Ask each student to show and give examples of what she or he has leant in the lesson today	Show and give examples of what she or he has leant in the lesson today.	Examples are given and things leant are explained.

Remarks:……

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic concepts, theories and principles of Physics

Main Activity: Within 1 period students should be able to demonstrate mastery of basic concepts, theories and principles of Physics

Specific Activity: Within 40 minutes, students should be to;

(f) Deduce the relationship between density, sinking and floating

Teaching and Learning Resources:

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References: Tanzania Institute of Education. (2023).*Physics for secondary schools student's book, Form One.* Tanzania Institute of Education.

Teaching and Learning Process

Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
Introduction	05	Displaying a pictures on manila sheet. Asking students some questions about today's lesson. (What do you see in the picture?)	Observe the image and respond to the questions asked.	Questions about today's lesson are answered.
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Form: One **Subject:** Physics

Time:…….. **Date:**……..

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Form: One **Subject:** Physics

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic concepts, theories and principles of Physics

Main Activity: Within 1 period students should be able to demonstrate mastery of basic concepts, theories and principles of Physics

Specific Activity: Within 40 minutes, students should be to;

(g) Describe the mechanical properties of matter in relation to force and energy

Teaching and Learning Resources:

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References: Tanzania Institute of Education. (2023).*Physics for secondary schools student's book, Form One.* Tanzania Institute of Education.

Teaching and Learning Process

Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
Introduction	05	Displaying a pictures on manila sheet. Asking students some questions about today's lesson. (What do you see in the picture?)	Observe the image and respond to the questions asked.	Questions about today's lesson are answered.
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Form: One **Subject:** Physics

Time:…….. **Date:**……..

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Registered			Present		
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Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic concepts, theories and principles of Physics

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Describe various instruments used for measurement in Physics

Teaching and Learning Resources:

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Specific Activity: Within 40 minutes, students should be to;

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Remarks:……

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

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Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic terminologies, measurements and symbols in Physics

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

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Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of basic terminologies, measurements and symbols in Physics

Specific Activity: Within 40 minutes, students should be to;

(b) Relate measuring instruments to physical quantities

Teaching and Learning Resources:

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Teaching and Learning Process

Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
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Registered			Present		
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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Use mathematics to explain physical principles and phenomena

Main Activity: Within 1 period students should be able to Use mathematics to explain physical principles and phenomena

Specific Activity: Within 40 minutes, students should be to;

(a) Use mathematical knowledge to describe relationship between various physical quantities (*force, velocity, acceleration, density, pressure*)

Teaching and Learning Resources:

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Use mathematics to explain physical principles and phenomena

Main Activity: Within 1 period students should be able to Use mathematics to explain physical principles and phenomena

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Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
Introduction	05	Displaying a pictures on manila sheet. Asking students some questions about today's lesson. (What do you see in the picture?)	Observe the image and respond to the questions asked.	Questions about today's lesson are answered.
Competence Developement	20	Provide students with short guiding questions and ask them in groups to Use mathematical knowledge to describe relationship between various physical quantities (*force, velocity, acceleration, density, pressure*) Display a video or pictuers with different activities of a lesson. Then, ask them in pairs to identify activities the video or pictures drawn.	Discuss and share what they have leant in the lesson. Watch and identify different activities of a lessonfrom the video.	Every thing taught today are clearly explained. Diffrent different activities of a lesson are identified.
Design	10	Ask students in groups to name and explain different things they have leant when participating in discussion	Name and explain different things they have leant when participating in discussion.	Different things leant today are identified.
Realisation	05	Ask each student to show and give examples of what she or he has leant in the lesson today	Show and give examples of what she or he has leant in the lesson today.	Examples are given and things leant are explained.

Remarks:……

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

Main Competence: Apply knowledge of Physics in various contexts

Specific Competence: Use mathematics to explain physical principles and phenomena

Main Activity: Within 1 period students should be able to Use mathematics to explain physical principles and phenomena

Specific Activity: Within 40 minutes, students should be to;

(a) Use mathematical knowledge to describe relationship between various physical quantities (*force, velocity, acceleration, density, pressure*)

Teaching and Learning Resources:

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References: Tanzania Institute of Education. (2023).*Physics for secondary schools student's book, Form One.* Tanzania Institute of Education.

Teaching and Learning Process

Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

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Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

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Specific Competence: Use mathematics to explain physical principles and phenomena

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of basic experimental skills in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of basic experimental skills in Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Conduct experiments related to linear motion, density, force, pressure, work, energy, power and mechanical properties of matter

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Explain the methods of analysing experimental data in physics (statistical analysis)

Teaching and Learning Resources:

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	Boys	Total	Girls	Boys	Total

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

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Time:…….. **Date:**……..

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Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

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Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Explain the methods of analysing experimental data in physics (statistical analysis)

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(b) Use analytical methods to manipulate experimental data in physics

Teaching and Learning Resources:

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Teaching and Learning Process

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(b) Use analytical methods to manipulate experimental data in physics

Teaching and Learning Resources:

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Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

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Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(b) Use analytical methods to manipulate experimental data in physics

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Form: One **Subject:** Physics

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Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(c) Use graphical method to present experimental results in physics

Teaching and Learning Resources:

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Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
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Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

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Stages	Time (Minutes)	Teaching Activities	Learning Activities	Assessment Criteria
Introduction	05	Displaying a pictures on manila sheet. Asking students some questions about today's lesson. (What do you see in the picture?)	Observe the image and respond to the questions asked.	Questions about today's lesson are answered.
Competence Developement	20	Provide students with short guiding questions and ask them in groups to Use graphical method to present experimental results in physics Display a video or pictuers with different activities of a lesson. Then, ask them in pairs to identify activities the video or pictures drawn.	Discuss and share what they have leant in the lesson. Watch and identify different activities of a lessonfrom the video.	Every thing taught today are clearly explained. Diffrent different activities of a lesson are identified.
Design	10	Ask students in groups to name and explain different things they have leant when participating in discussion	Name and explain different things they have leant when participating in discussion.	Different things leant today are identified.
Realisation	05	Ask each student to show and give examples of what she or he has leant in the lesson today	Show and give examples of what she or he has leant in the lesson today.	Examples are given and things leant are explained.

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TEACHER'S LESSON PLAN

Name of School: …… **Teacher's Name:**……

Form: One **Subject:** Physics

Time:…….. **Date:**……..

Number of students					
Registered			Present		
Girls	**Boys**	**Total**	**Girls**	**Boys**	**Total**

Main Competence: Conduct experiments in Physics

Specific Competence: Demonstrate mastery of data analysis, presentation and report writing in Physics

Main Activity: Within 1 period students should be able to Demonstrate mastery of data analysis, presentation and report writing in Physics

Specific Activity: Within 40 minutes, students should be to;

(c) Use graphical method to present experimental results in physics

Teaching and Learning Resources:

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Specific Competence: Collect,describe and relate physical data

Main Activity: Within 1 period students should be able to Collect,describe and relate physical data

Specific Activity: Within 40 minutes, students should be to;

(a) Collect and analyse data to explain various physical quantities (*density, force, pressure)*

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Main Competence: Evaluate and use information in Physics

Specific Competence: Carry out a project in Physics

Main Activity: Within 1 period students should be able to Carry out a project in Physics

Specific Activity: Within 40 minutes, students should be to;

(a) Develop prototype devices based on the concepts, theories, principles and laws gained from the field of linear motion, force, density, pressure and mechanical properties of matter

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