

LESSON PLAN

CLASS: VIII

CHAPTER: REACHING THE AGE OF ADOLESCENCE

GIST OF THE CHAPTER	TARGETED LEARNING OUTCOMES	TEACHING LEARNING ACTIVITY TO ACHIEVE TARGETED LEARNING OUTCOME	ASSESSMENT STRATEGIES PLANNED
1) Adolescence and puberty 2) Changes at puberty- -Increase in height -Change in body shape -Voice change -Increased activity of sweat and sebaceous gland -Development of sex organs	STUDENTS WILL BE ABLE TO: 1) Define adolescence. 2) List changes taking place at puberty. 3) Observe changes taking place in their body.	1) Skit to be played in the class involving students. 2) Group activity: Class to be divided in five groups and will be asked to write what they have learnt from this skit and what message is being conveyed from the skit that they can find solution to their problems in this phase of life 3) Group discussion and doubt clearing session.	1) Define Adolescence. 2) List the changes taking place at puberty. 3) Name the voice box in human beings. 4) How do the voice changes in boys and girls during adolescence? Why? 5) Why do you become more sensitive and emotional during adolescence? 6) Write the term used for secretions

-Reaching mental, intellectual and emotional maturity.	4) Name voice box in human beings. 5) Differentiate between changes taking place in boys and girls. 6) Write the span of teenage		of endocrine glands responsible for changes taking place at puberty. 7) Write an article on drug abuse.
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