ST MARY'S COLLEGE

INTEGRATED SCIENCE SCHEME OF WORK 2016-2017

FORM II :TERM I

WEEK	TOPIC/OBJECTIVES	SUGGESTED PRACTICAL ACTIVITIES/ASSIGNMENTS
1	Unit 1- Diet and Health	
	>Introduction	
	>Food Groups	
	>Diet and Health	
2	Unit 1-Diet and Health	
	>Diet, activity and age	
	>Digestive System	
3	Unit1-Digestive System	
	>Process of digestion	
	>Food Tests	
4	Unit 1-Energy Values of Food	
	>Body Mass Index	
	>Weight gain and loss	
5	Unit 1-Health and Diet Recap/Review	
6	Unit 2-Human Body Systems: Circulatory System	
	>Structure of the Circulatory System	
7	Unit 2-The Heart	
	>Arteries, Veins and Capillaries	
	>Components of Blood	
8	>Unit 2-Pulse Rate	
	>Effect of Exercise on Pulse Rate	
9	>Health and the Circulatory System	
	>Recap/Review	
10	Unit 3-Human Body Systems: Respiratory System	
	>Structure of Respiratory System	
	>Gaseous Exchange in the Lungs	
11	Unit 3:How you breathe	
	>Respiration in Cells	
	>Breathing Rate	
12	Unit 3:Exercise and Breathing	
	>The Effects of Smoking	
	>Recap/Review	
13	>Recap/Review	

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INTEGRATED SCIENCE SCHEME OF WORK 2016-2017

FORM II :TERM II

WEEK	TOPICS\OBJECTIVES	SUGGESTED PRACTICAL ACTIVTY/ASSIGNMENT
1	Unit 4: Forces>Introduction	
	>Action of Forces	
	>Types of Forces	
2	>Friction	
	>Water and Air Resistance	
	>Representing Forces	
3	>Resultant Forces	
	>Mass and Weight>Gravity	
4	>Weight in other places than Earth	
	>Force and Pressure	
	>Pressure and Gases	
5	Everyday examples of Pressure\Review	
6	Unit 5: Introduction to Motion>Speed> Relationship between Speed, Distance and Time.	
7	>Distance –time graphs	
	>Displacement and velocity	
	>Accelaration	
8	>Inertia And Momentum	
	>Newton's First Law of Motion	
	>Newton's Second Law of Motion	
9	>Newton's Third Law of Motion	
	>Turning effect of a Force	
	>Principle of Moments	
10	>Proving the principle of moments	
	>Levers	
	>Calculations on Levers	
11	>Centre of gravity	
	>Stability	
	>Equilibrium	

ST MARY'S COLLEGE

INTEGRATED SCIENCE SCHEME OF WORK 2016-2017

FORM II :TERM III

WEEK	TOPIC/OBJECTIVES	SUGGESTED PRACTICAL ACTIVITIES/ASSIGNMENTS
1	Introduction: Thermal Energy	
	>Heat and Temperature	
	>Thermometers	
2	**>**Cooling Graphs	
	> Metals as conductors of Heat	
	>Heat Transfer-Conduction	
3	>Heat Transfer-Convection	
	>Convection in gases	
	>Heat Transfer: Radiation	
4	>Radiation and Absorption of Different Surfaces	
	>Thermal Insulators and Conductors	
	>Air as a heat insulator	
5	>Total Heat Transfer	
	> Recap/Review of Thermal Energy	
6	Introduction: Energy in Ecosystems	
	>What is an Ecosystem?	
	>Creating an Ecosystem	
7	>Photosynthesis	
	>Producer, Consumers and Decomposers	
	>Food Chains	
8	>Food Webs	
	>Recap/Review	
9	>Recap/Review of Year's topics	
10	>Exams	
11	>Exams	