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LESSON PLAN NO ..1.....

Date 03/12/2022 Duration of the period 6 min

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 8th Average Age of the pupils

Subject Biological Science Topic Adaptation of Animals

Skill - Introduction

Pupil Teacher's Activity	Student's Activity	Components
Ques-1. What would you do if go out in a hot sunny day?	Take umbrella ✓	use of previous knowledge
Ques-2. What would you do if you feel cold in winters?	wear warm clother.	use of previous knowledge
Ques-3. Who is known as the 'ship of the Desert?	Camel	
Ques-4. Why camel store water?	due to scarcity of water in desert	Maintance of continuity
Today we are going to discuss that how animals adapt themselves in changing environment.	✓	

Observation - cum - Evaluation sheet

Components	Rating
1. Use of previous knowledge.	1, 2, (3), 4, 5
2. Use of appropriate device or media.	1, (2), 3, 4, 5
3. Maintenance of continuity.	1, 2, (3), 4, 5
4. Relevancy of verbal or non-verbal behaviour.	1, (2), 3, 4, 5

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LESSON PLAN NO ..2.....

Date 06/12/2022 Duration of the period 06 min

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 8th Average Age of the pupils :

Subject Biological Science Topic Respiration

Skill - Questioning

Pupil Teacher's Activity	Student activity	Comments
Ques-1. Which gas do we take in when we breathin?	Oxygen ✓	Precise and concise question
Ques-2. Which gas comes out when we breath out?	CO_2	
Ques-3. What is this process called?	Respiration	distribution of question.
Ques-4. What are two main process involved in respiration?	Breathing and cellular respiration ✓	
Ques-5. What is breathing?	process of inhalation & exhalation of air.	Specificity.
Ques-6. What are the main types of respiration?	Aerobic ✓ and anaerobic	
Ques-7. Name the organ involved in respiration in humans?	Lungs	Specificity.

Observation - cum Evaluation Sheet :

Components	Ratings
1. Relevant Questions	1, 2, (3), 4, 5
2. Clarity of the topic	1, 2, 3, (4), 5
3. Specificity	1, 2, (3), 4, 5
4. Proper Presentation	1, 2, (3), 4, 5

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LESSON PLAN NO ..03....

Date 9/12/2022 Duration of the period 06 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No 22135

Class 6th Average Age of the pupils

Subject Biology Topic Cloth Material

Skill - Reinforcement

Pupil Teacher's Activity	Student's activity	Components
Ques-1. How many types of fibres are there from which clothes are made ?	Two types	
Ques-2. Tell me the name of these two types of fibres ? (write response of student on board i.e) (yes, you are right).	1) Natural fibres 2) Artifical fibres	writing response of students on board.
Natural fibres are obtained from natural resources like plants.		
Give some examples of natural fibres.		
Give some examples of artifical fibres.		

Observation - Cum Evaluation Sheet

Components	Ratings
1. Use of precise words	1, 2, (3), 4, 5
2. Writing student's response on board	1, 2, (3), 4, 5
3. Gestures	1, (2), 3, 4, 5
4. Use of verbal / non-verbal action	1, (2), 3, 4, 5
5. Summarizing student's response.	1, 2, (3), 4, 5

LESSON PLAN NO ...4.....

Date 15/12/2022 Duration of the period 06 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 8th Average Age of the pupils

Subject Biological Science Topic Balanced diet

Skill Illustration With Example

Pupil Teacher's Activity	Student's Activity	Components
1. Tell me what can you see in this chart?	fruits and vegetables	Appropriation of media.
2. Name some of the food items from the chart?	Banana, apple.	Appropriation of Media.
3. Why do we take variety of items in food?	for proper nutrition.	
Yes, we take various things in food for proper nutrition. So, we get the carbohdyrate, fats, protein, vitamin & minerals	Listen Carefully	
Tell me name of some food items from we get carbohydrates.	cereals, potatoes	Simplicity of ex.

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Observation - Cum evaluation sheet

Components	Ratings
1. Relevant examples	1, 2, (3), 4, 5
2. Simplicity of examples	1, 2, (3), 4, 5
3. Appropriate use of media	1, (2), 3, 4, 5
4. Voice Modulation	1, (2), 3, 4, 5

LESSON PLAN NO ....5.....

Date 20/12/2022 Duration of the period 06 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 9th Average Age of the pupils

Subject Biological Science Topic Types of Soil

Skill - Stimulus Variation

Pupil Teacher's Activity	Student's Activity	Components
Well students today we are going to learn about types of soil. Tell me how many types of soil are there? Name three types of soil.	Three types	Teacher classroom interaction.
Write response on board	Sandy, clay, loamy	
Show three types of soil to students and ask them to identify by touching them.	students try to identify	physical involvement of students.
Sand soil contain large sized practical 'cant hold water. Clay soil contained smaller particles, loamy soil contained sand silt, clay in right proportion	Listening Carefully	change in voice.

Observation - cum Evaluation Sheet

Components	Ratings
1. Movement	1, (2), 3, 4, 5
2. Gestures	1, 2, (3), 4, 5
3. Change in voice	1, 2, (3), 4, 5
4. Focusing	1, (2), 3, 4, 5
5. Pausing	1, 2, (3), 4, 5
6. Oral visual switching	1, (2), 3, 4, 5

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SIMULATED TEACHING LESSONS

LESSON PLAN NO ...1.....

Date...03/01/2023.....
Duration of the period...30 min:.....
Pupil Teacher's Name ...Deepika....
Pupil Teacher's Roll No 22135.....
Class.....8th.....
Average Age of the pupils.....
Subject.....Science (Biology)
Topic...Common Disease.....

Aims:-

General Aim:-

To develop scientific attitude in students.
To impart knowledge of biological effect of pathogens on human being.
To create interest and curiosity in students about science.

Specific Aim:-

To make students familiar with term 'Disease'.
To give knowledge of various disease causing organisms to the students.
To enable students to classify the disease in viral, bacterial and fungal disease.

Teaching Aids:-

Blackboard, chalk, duster, chart showing, various diseases.

Previous Knowledge Testing:-

How will you define that we are healthy?
What do you mean by term 'Disease'?
How do we fall ill?

Announcement of the topic :-

finding the students unable to answer the last question the pupil teacher will announce. "Well students now we are going to learn about "Common Disease".

Presentation :-

Content	Pupil teacher's Activity	Student's Activity	Blackboard Work.
Health & Disease	Health is the state of well being and is essential for a purpose full existence. Any deviation from normal functioning of body is termed as a "Disease".	Listen carefully.	definition of Pathogens.
Pathogens	Disease caused by microorganisms such as bacteria, fungi, protozoa, viruses etc. These diseases causing micro-organisms are called Pathogens.	Listening carefully.	
Classification of disease	Diseases are classified as - two types.		

assif- ation of isease

Communicable Disease - Disease which spread from the infected person to healthy person. Ex - common cold.

Non-Communicable Disease - These are not transmitted from one person to another. Ex- Malaria.

Viral Disease

the disease caused by viruses. Ex- common cold.

Bacterial Disease

which caused by bacteria. Ex- Typhoid.

Fungal Disease :-

the disease caused by fungi.
Ex- Ringworm.

Listening Carefully

writing in their notebook.

Listening carefully.

classification of disease (Flow chart)

Recapitulation :-

What do you mean by health & disease.
Give examples of communicable disease?
Give examples of non-communicable disease.
Give examples of certain Pathogens.

Home Work :-

Ques-1. Define different types of Disease?

Ques-2. Name different types of Pathogens?

Ques-3. Define viral, bacterial and fungal diseases write examples?

LESSON PLAN NO .2.....

Date 6/1/23 Duration of the period 30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 8th Average Age of the pupils

Subject Science (Biology) Topic Soil

Aims :-

General Aim :- To impart knowledge regarding types of soil.

Specific aim :- To make students familiar with term soil.

- To impart knowledge in students regarding composition of soil.

Teaching Aids :-

Blackboard, Chalk, duster, pointer, chart showing layers of soil.

Previous Knowledge Testing :-

- Where do plants grow?
- What is soil?
- What is composition of soil?

Announcement of the Topic :-

Finding students unable to answer the questions, the pupil teacher will announce, "Well students, today we are going to learn about "soil".

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard work
Soil definition	Soil is the uppermost layer of earth's crust. It is a part of land which is main compon-ent of life sustaining.	writing definition of soil.	Soil is the uppermost layer.
Soil Composition	Soil contain rock particles, humus, living organisms, water, air etc. Rock Particles :- tiny particles of the rock from which soil has been formed. Humus :- They are dead and decaying remains of plants & animals It is non-living organic matter.	writing composition of soil.	Soil composition

Water:-

Present between the particles of soil.

Living Organisms:-

Micro-organisms like bacteria, viruses, fungus, protozoa, viriods, insects, earthworms also found in soil.

Listening carefully:

Air:-

Present in the pores of soil. Amount of air present depend upon the size of soil's particles.

Recapitulation :-

What is soil ?

What do you mean by humus ?

What is the composition of soil ?

Home Work :-

Ques-1: What is humus ?

Ques-2: Describe the different components of soil ?

Ques-3: Air and water is present in soil - T/f.

LESSON PLAN NO ...3.....

Date...10/01/2023..... Duration of the period...20 minutes.....

Pupil Teacher's Name Deepika..... Pupil Teacher's Roll No. 22135.....

Class.....8th..... Average Age of the pupils.....

Subject...Science (Biology)..... Topic.....Virus.....

Aims:-

General Aim:-

To impart knowledge of various micro-organisms to students.

Specific Aim:-

- To make students familiar with term 'virus'.
To give knowledge about harmful effects of viruses to the students.

Teaching Aids:-

Blackboard, chalk, duster, book, chart.

Previous Knowledge Testing:-

What are Micro-organisms?
What is virus?
Main causing agent of disease like small pox, common cold etc?

Announcement of the topic:-

finding the students unable to answers the questions. Pupil teacher will announce the topic 'virus' to the students.

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Virus	Derived from latin word Virus stands for venom or poison. Show characteristics of living as well as non-living things.	Listening carefully	definition of virus.
Size	Smallest ultramicroscopentity. Size ranges from 0.015 μ to 0.075 μ	writing down in notebook.	Size of virus.
Structure	Neither unicellular nor multicellular lack nucleus of cell organelles. Consist of a core of DNA or RNA enclosed in a protein shell.	writing down in notebook.	features of virus.
Harmful effects of virus.	Usually pathogenic to plants & animals. Human disease caused by virus are polio, mumps common cold, AIDS etc.	name of various disease in notebook.	

Home Work :-

Ques-1. What are Virus ?

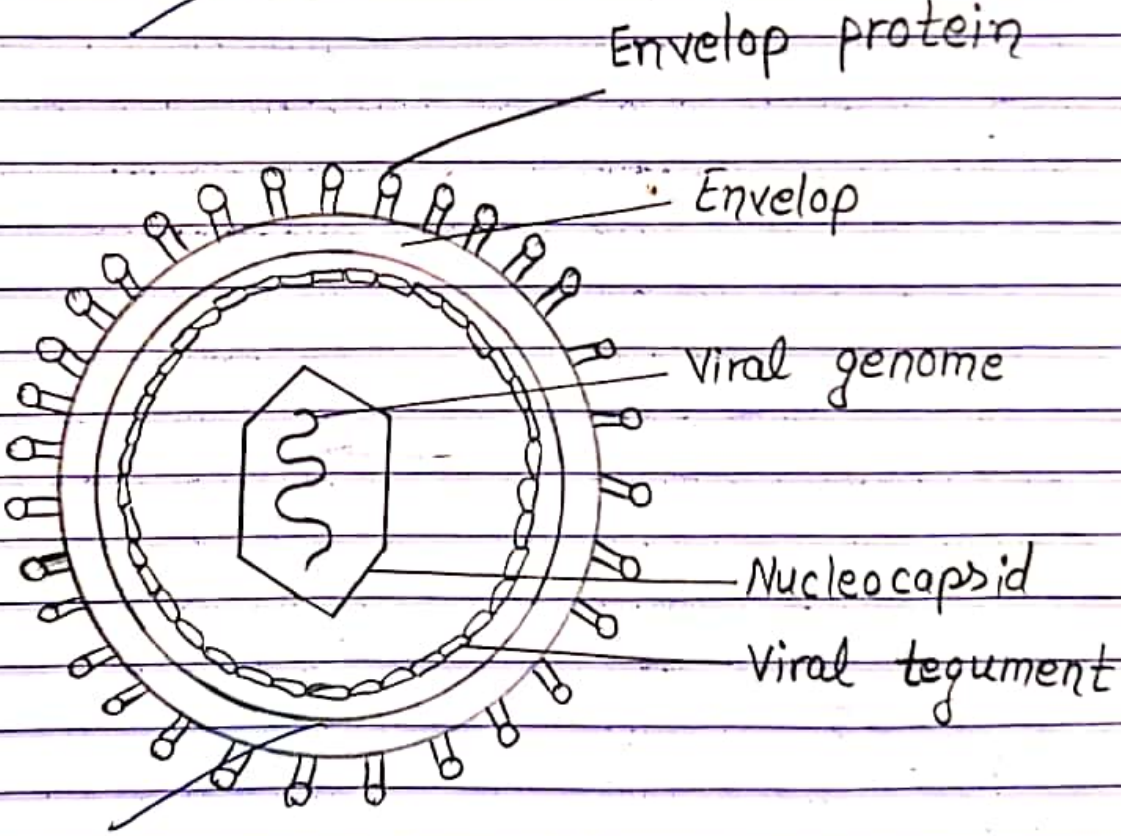
Qu-2. Write down the harmful effects of viruses ?

Black - Board Work :-

Virus stands for venom.

Characteristics of living as non - living things.

- neither unicellular nor multicellular.
- Size ranges from 0.015 μ to 0.075 μ.



Structure of virus

LESSON PLAN NO ....4....

Date 16/01/23 Duration of the period 20 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 11th Average Age of the pupils

Subject Biology Topic Excretory system

Aim:-

General Aim:-

To impart knowledge about human body to students.

Specific Aim:-

To make students familiar with the term kidney, ureter, urinary bladder, urethra etc.

Teaching Aids:-

Blackboard, chalk, duster, chart of excretory system.

Previous Knowledge test:-

Where does the undigested food in our body?
What is excretion.
What is the excretory organ that is involved in the process of excretion?

Announcement of the topic :-

Finding the students unable to answer the last question.

The pupil teacher will announce the topic "Excretory System".

Presentation :-

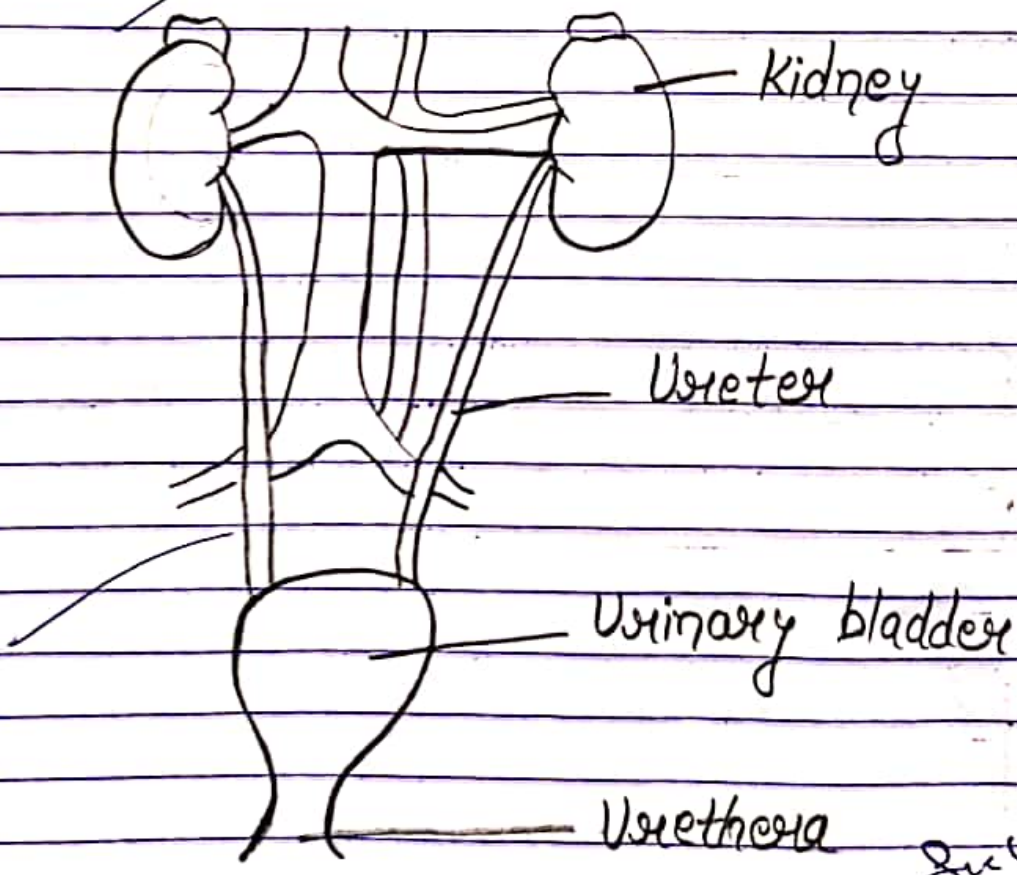
Content	Pupil teacher's Activity	Student's Activity	Blackboard Work
Excretion	The process of removal of undigested material such as ammonia, uric acid, urea from the body is known as excretion.	Listening carefully writing definition in notebook.	
Main organs of excretory System:	Main organ of excretory system – Pair of kidneys, ureter, urinary bladder, urethra etc.	writing in Notebook.	diagram of excretory system.
Excretion through Kidney:-	Urine is carried away to urinary bladder, through urether & then excreted from the body through urethra time to time.	Listening carefully.	

Recapitulation:-

What is excretion ?
Main Organ of respiratory System ?
Diagram of excretory System ?

HomeWork:-

- What do you mean by excretion ?
- Write down the main organs of Excretory system ?
- Draw the diagram of excretory system ?



Structure of Excretory System.

LESSON PLAN NO ..05....

Date..19/01/2023 Duration of the period..20 - minutes

Pupil Teacher's Name ..Deepika.... Pupil Teacher's Roll No. 22135

Class..11th Average Age of the pupils.....

Subject..Biological Science Topic..Photosynthesis

Aims :-

General Aim :-

- To import knowledge about food making process in plants.

Specific Aim :-

- ✡ To make students familiar with term 'Photosynthesis'.
- # To import knowledge regarding need of photosynthesis.
- # To import knowledge regarding process of photosynthesis.

Teaching Aids :-

Black Board, Duster, Chalk, Chart showing process of 'photosynthesis'.

Previous knowledge Testing :-

- # How do living organisms get food?
- # How plants prepare their food?
- # What are autotrophic & heterophic organisms?

Announcement of Topic :-

Finding students unable to answer the questions of. Teacher will announce the topic to the students 'Photosynthesis'.

Presentation:-

Content	Pupil Teacher's Activity	Student's activity	Blackboard work
Definition	Process through which green plants synthesize their own food in the presence of sunlight and chlorophyll, this process is known as photosynthesis.	Listening carefully. writing definition of photosynthesis	Reaction of photosynthesis.
Factors affecting photosynthesis:-	i) Presence of sunlight ii) Chlorophyll iii) CO_2 iv) Water.	writing down in notebook.	
Autotrophic and heterotrophic organisms:-	Those who prepare their food at their own are termed as autotrophic org. and their nutrition is Autotrophic nutrition. Those who depends on others for food requirement are heterotrophic organisms.	Listening carefully.	Difference b/w autotrophic and heterotrophic organisms.

Recapitulation :-

I) Define Photosynthesis ?

II) Factors affecting Photosynthesis ?

III) Autotrophic nutrition.

IV) Heterotrophic Nutrition.

Home Work

Ques-1. Write down the definition of 'Photosynthesis'. write its reaction also.

Ques-2. Name the factors affecting the process of photosynthesis?

Ques-3. Write down the difference between autotrophic and heterotrophic organisms.

DISCUSSION LESSON

LESSON PLAN NO ..01.....

Date 6/04/23 Duration of the period.....

Pupil-Teacher's Name Deepika Pupil-Teacher's Roll No. 22135

Class 8th Average Age of the pupils.....

Subject Biological Science Topic Deficiency Disease

Aims:-

General Aim:-

To impart knowledge about deficiency disease in students.

Specific Aim:-

To develop the knowledge of students about deficiency disease.

Teaching Aids:-

Chalk, Duster, Blackboard, chart showing different types of disease.

Previous Knowledge Testing:-

What is Balanced diet?
How nutorients are helpful for us?
Different components of food?

Announcement of the topic:-

Finding the students unable to answer the last question. The pupil teacher will announce the topic 'Deficiency Disease' to the students.

2

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Deficiency disease :-	If any nutrient is present in less amount than required in diet, it causes deficiency.	Listen carefully	definition of deficiency disease on blackboard.
	A disease that is caused due to deficiency of carbohydrates, fats, vitamins in the diet is known as deficiency diseases.	writing down the definition in their notebook.	
deficiency disease due to the deficiency of Proteins :-	1) Kwashirkor :- deficiency of proteins in diet lead to a disease called kwashirkor.	Listening carefully.	Showing on the chart.
	Symptoms :- stunted growth. # Skin become dry & scaly # Hair become raddish. # Limbs become tiny and bony.	writing down the symptoms in their notebook.	

Diseases due to deficiency of vitamins	1) Vitamin A Deficiency:- # Deficiency of vitamin A causes Night blindness. # Poor vision or loss of vision. 2) Deficiency of vitamin B_1:- deficiency of vitamin B_1 causes "Beri-Beri". 3) Deficiency of vitamin C:- Deficiency of vitamin C causes 'Scurvy'. 4) deficiency of vitamin D:- deficiency of vitamin D causes 'Rickets'.	Listening carefully. writing down in their notebook.	Showing on the chart with the help of Pointer.

Recapitulation:-

Ques-1 What is balanced diet?

Ques-2. Which symptoms of food make the food balanced?

Ques-3. What are deficiency diseases?

Home Work :-

1) Fill in the blanks :-

a) Vitamin A deficiency causes _____ disease.

b) Scurvy caused by deficiency of _____.

2) Match the columns :-

Vitamin A	Rickets
Vitamin B	Scurvy
Vitamin C	Beri-Beri
Vitamin D	Nightblindness.

3. Question - Answers :-

Ques-a: What are deficiency disease ? Name them ?

Ques-b: Name the components of food which make the food balanced ?

SCHOOL TEACHING PRACTICE LESSONS

LESSON PLAN NO ..01.....

Date..03/12/2022 Duration of the period..30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class..12th Average Age of the pupils.....

Subject..Biolgical Science Topic..Reproduction In organisms.

Aims :-

General Aim :- To impart knowledge about Reproduction to the students.

Specific Aim :-

To develop knowledge about Reproduction and its types to the students.

Teaching Aids :-

Blackboard, Chalk, Duster, Book etc.

Previous Knowledge Testing :-

What is Reproduction?
What is Asexual Reproduction?
What is Sexual Reproduction?

Announcement of the Topic :-

Finding that students are not able to answer, the pupil teacher will announce the topic in the class' 'How do organisms Reproduce"?

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Reproduction :-	The process by which organisms can give birth to its own type new individual is known as 'Reproduction'.	Listening carefully. writing down in their notebook.	definition of reproduction
Mode of Reproduction :-	There are two types of Reproduction - sexual and asexual reproduction.	Listening carefully	Flow chart on blackboard
Asexual Reproduction :-	The types of Reproduction in which only one parent is involved, is known as asexual reproduction. Ex- Hydra, amoeba.	writing in their note-book.	
Sexual Reproduction :-	In which both the two parents are involved of (opposite gender) is known as sexual reproduction. Ex- Human beings.	writing in their notebook.	definition on Blackboard

Recapitulation :-

What is Reproduction ?

How many types of Reproduction are there ?

Examples of Asexual Reproduction ?

Examples of Sexual Reproduction ?

Homework :-

Define Reproduction ?

Write down difference between sexual and asexual Reproduction ?

Define Sexual reproduction ?

LESSON PLAN NO ..2.....

Date 17/12/22 Duration of the period 30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 12th Average Age of the pupils

Subject Biological Science Topic Asexual Reproduction

Aim :-

General Aim :-

To add new information about Reproduction to the students.
To generate curiosity.

Specific Aim :-

• To learn about asexual reproduction & its types.

Teaching Aids :-

Black Board, Chalk, Duster, Book.

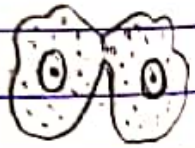
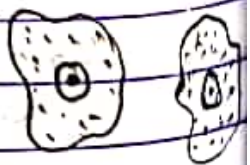
Previous Knowledge Testing :-

What is Asexual Reproduction?
How many types of Asexual Reproduction?
• Examples of Asexual Reproduction?

Announcement of the Topic :-

Students are finding themselves in answer the questions. Pupil teacher will announce the topic to the class "Asexual Reproduction".

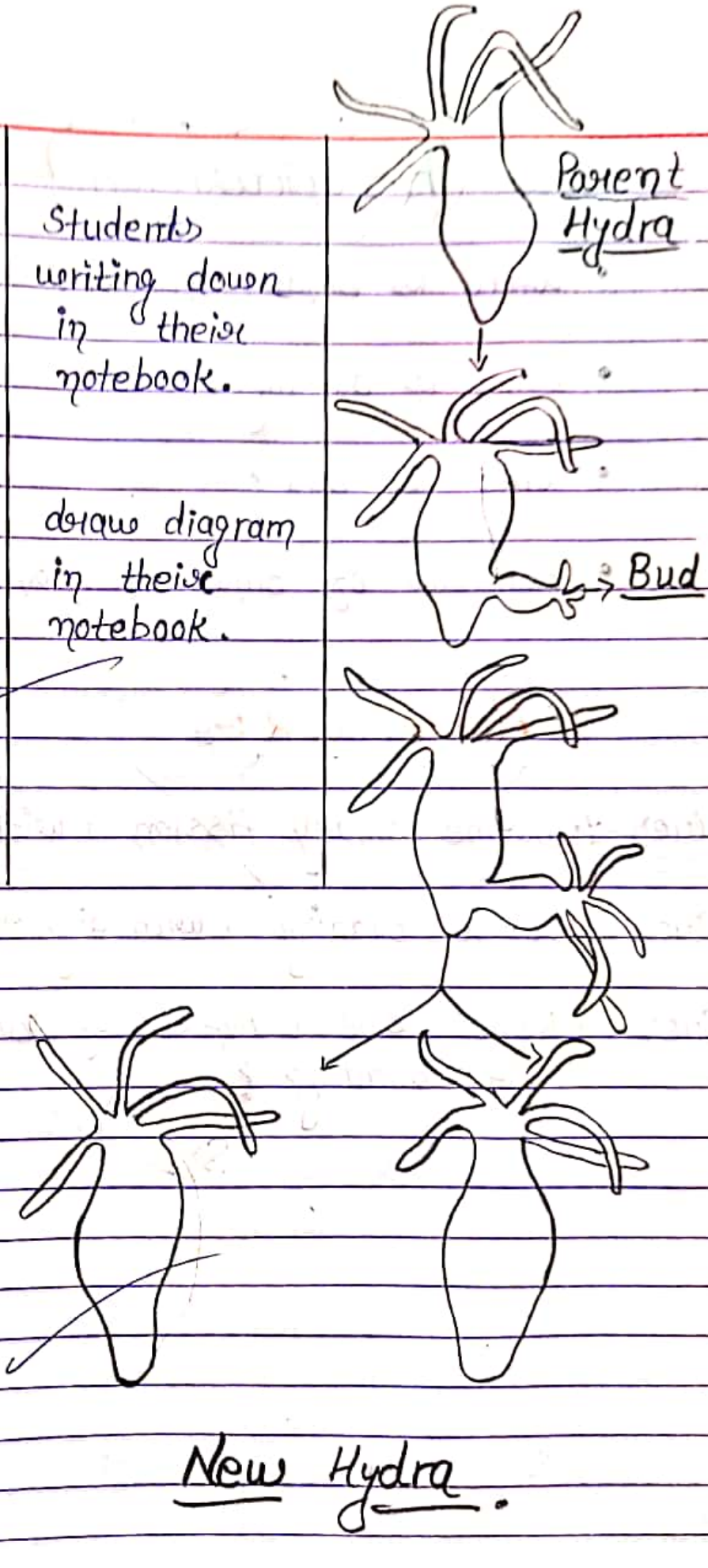
Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard work
Asexual Reproduction :-	The type of reproduction in which only one parent is involved is called Asexual Reproduction.	Listening carefully.	
Types of Asexual Reproduction	i) Binary Fission :- Ex - Amoeba. In this type of asexual Reproduction, organisms divides itself into two new organisms.	Listening carefully. writing down in their notebook.	 
	First nucleus get doubled, then cell organelle, & finally two new individuals will develop.		
	ii) Budding :- ex - hydra in this type of asexual reproduction the parent individual develop a bud on its body. This bud have the		

capability to develop a new individual with time, this bud growing up and under favourable condition, it get detached from the parent and develop as a new individual.

Students writing down in their notebook.

draw diagram in their notebook.



Recapitulation

- What is Binary fission?
- What is Budding?
- What is bud?
- Examples of Binary fission & Budding?

Home Work :-

Ques-1. Define Binary fission, with Diagram?

Ques-2. Define Budding, with diagram?

Ques-3. Name some examples of binary fission & budding?

LESSON PLAN NO ..3.....

Date..20/12/22 Duration of the period..30 minutes

Pupil Teacher's Name ..Deepika Pupil Teacher's Roll No. ..22135

Class..12th Average Age of the pupils.....

Subject..Biological Science Topic..Sexual Reproduction

Aim :-

To learn about sexual reproduction in organisms.

Teaching Aids :-

Black Board, Chalk, Duster, book.

Previous Knowledge Testing :-

What is Sexual Reproduction?

How organisms sexually reproduce?

Announcement of the Topic :-

after seeing students are unable to answer the questions, Then pupil teacher will announce the topic - 'Sexual Reproduction'.

Presentation

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Sexual Reproduction:-	the type of reproduction in which two parents are involved is known as sexual Reproduction.	Listening carefully	
How do organisms Sexually Reproduce	Male Reproductive System:- male reproductive organs include a pair of testis, two sperm ducts & penis. • Testis produce male gametes. • Male gametes are called sperms.	Listening carefully writing down in their notebook.	Diagram of male reproductive organs.
Structure of sperm:-	Structure of sperm includes three parts. I) Head II) Middle piece III) Tail.	Diagram drawn in their notebook.	
Female Rep. System	Female reproductive system organs are a pair of ovaries, oxiducts	writing down in their notebook.	

& uterus.

Ovary produces female gametes.

Female gametes named as ovd (eggs).

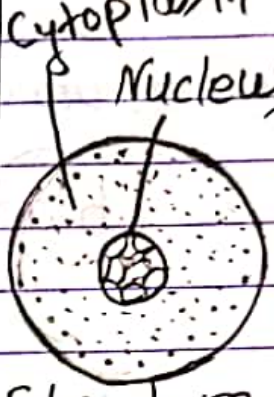
Egg consist of nucleus & cytoplasm.

Nucleus:- middle portion.

Cytoplasm:- surrounding the nucleus.

Drawing diagram in their Notebook.

diagram of female Reproductive system.



Structure of Egg

Recapitulation

Definition of Sexual Reproduction?

Name of Male & female gametes?

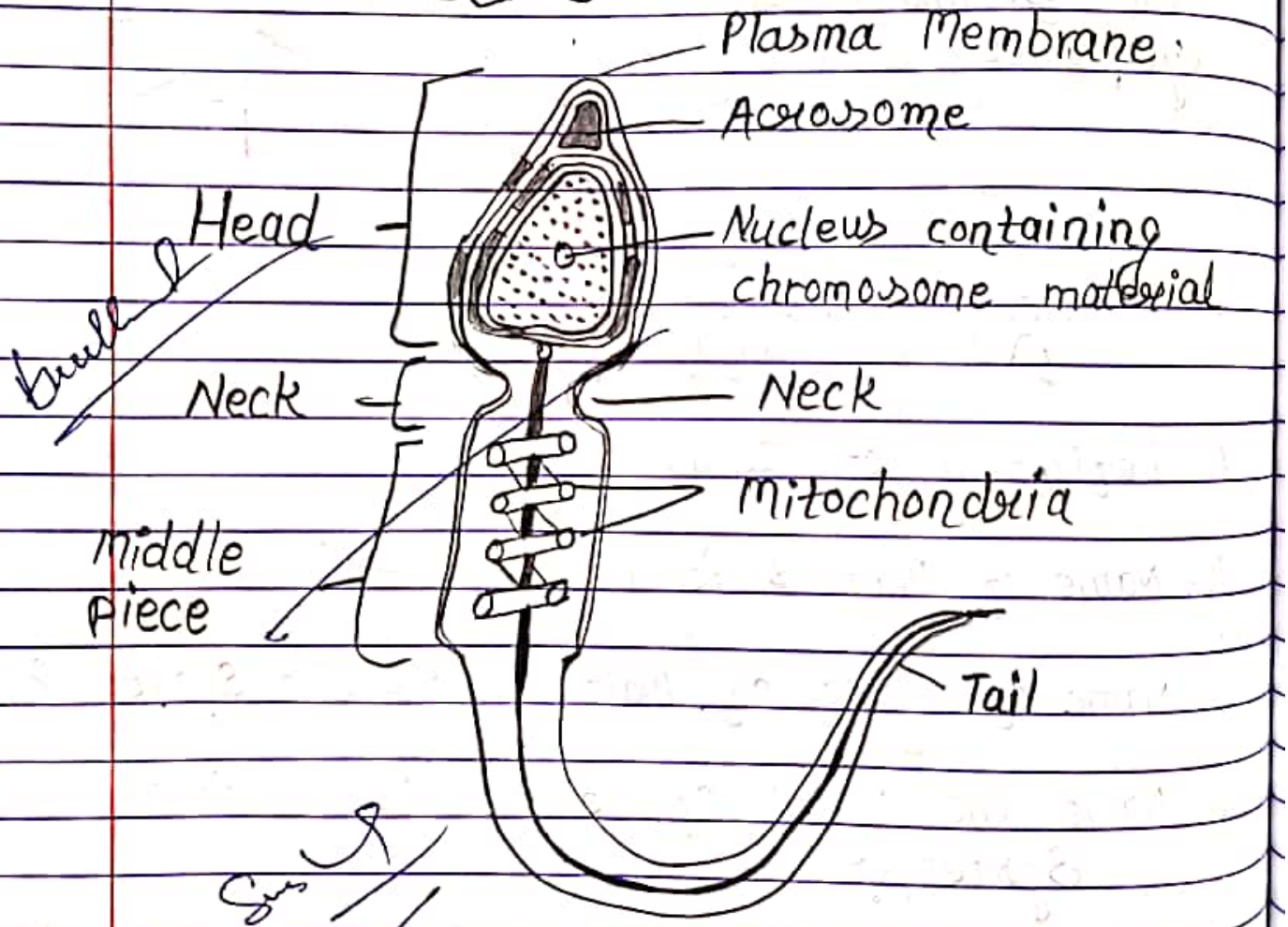
Name of organs of Male Reproductive System?

Name the organs of female Reproductive System?

HomeWork

Ques-1. Write name of male & female gametes?
Ques-2. Draw diagram of male gametes in human?
Ques-3. Write down the name of male reproductive organ system?
Ques-4. Draw diagram of ovum?

Black-Board Work



Structure of sperm

Date 23/12/22 **LESSON PLAN NO 4**

Duration of the period 30 Minutes

Pupil Teacher's Name Deepika

Pupil Teacher's Roll No. 22135

Class 12th

Average Age of the pupils

Subject Biological Science

Topic Fertilization

Aims :-

General Aim :-

To import knowledge about reproduction in the students.

Specific Aim :-

To give knowledge about reproduction in the students.

To give knowledge about the process of fertilization & its product.

Teaching Aids :-

Black Board, Chalk, Duster, book etc.

Previous Knowlege Testing :-

- What is reproduction?
- What is sexual reproduction?
- How asexual reproduction is different from sexual reproduction?

Annoucement of the Topic :-

After the students failed to answer, Pupil teacher will announce the topic 'fertilization'.

Presentation

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Definition of Fertilization	The fusion of male & female gametes lead to the formation of zygote, is known as fertilization.	listening carefully.	definition of Fertilization
Types of Fertilization	Fertilization is of two types - Internal Fertilization :- when fertilization takes place inside the female body is called, internal fertilization. Ex - Humans, cows, dogs, hens. External fertilization :- when fertilization takes place outside the female body is called external fertilization. Ex - fish, starfish.	writing down in their notebook. writing down in their notebook.	Flow chart of Fertilization types. Fertilization internal external Ex - fish human, star fish cow, dog, hens.

Development of Embryo

Fertilization results in the formation of zygote which begins and develop into an embryo. This embryo gets embedded into the walls of uterus for the future development.

Listening carefully

Male Gametes + Female gamates → zygote → developed into → Embryo → developed hand legs, heart & other parts → known as → foetus

The stage of embryo in which all the bodyparts can be identified as known as foetus.

writing down in their notebook.

The animals which give birth to the youngones are known as viviparous animals.
Ex - human beings.

writing in their notebook.

the animals which does not birth to (give) youngones, but lay eggs are called oviparous animals.
Ex- Hens.

Recapitulation :-

- What is fertilization ?
- What is Internal fertilization & External Fertilization ?
- What are oviparous & viviparous animals ?

Homework

Q-1. Write difference between internal and external fertilization ?

Q-2. Write difference between viviparous and oviparous animals ?

Q-3. Give examples of external fertilization ?

LESSON PLAN NO ...5.....

Date 25/12/2022 Duration of the period 30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 8th Average Age of the pupils

Subject Biology Topic Cell structure & function

Aims

General Aim :-

To impart scientific knowledge to the students.

Specific Aim :-

To give knowledge about the basic structure of life.

Teaching Aids :-

Black-Board, Chalk, duster, book.

Previous Knowledge Testing :-

What is basic structural & functional unit of life?

Who discovered cell & how?

Announcement of the Topic :-

After seeing students are unable to answer the questions, Pupil teacher will announce the topic to the class - 'Cell'.

Presentation

Content	Pupil Teacher's Activity	Student's Activity	Blaakboard Work
Discovery of Cell	Robert Hook in 1665 discovered the cell on the back of a tree with the help of microscope.	Students listening carefully.	
The Cell :-	Basic structure and functional unit of life is known as Cell.	writing down the definition in their notebook.	
Types of Cells on the basis of no. of Cells :-	Two types - Multicellular :- Presence of more than one cell . Ex - Animals, plants. Unicellular :- Presence of only one cell . Ex - Amoeba, Paramecium.	writing down in their notebook.	Types of Cells / multi cellular / Animals / Unicellular / Amoeba  Amoeba

Shape of cell:- Generally cells are round, spherical or elongated, spindle shape, branched like.

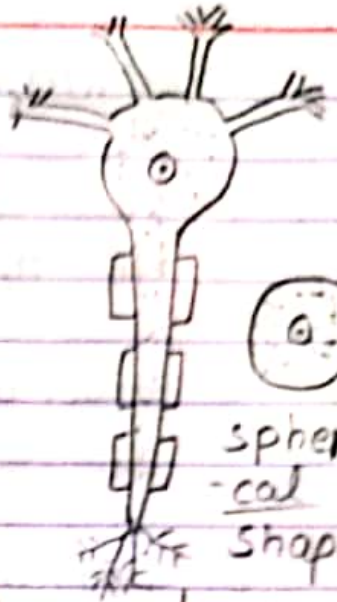
Size of cell:- Size of cells is as small as a millionth of a meter. (Micrometer or micron)

Smallest cell:- Bacteria cell.

Largest Cell:- Egg of an ostrich.

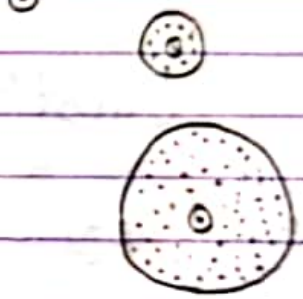
writing down in their notebook.

Listening carefully.



Spherical Shape

Branched Shape



Recapitulation -

- Definition of cell.
- # Types of cell.
- # Different shapes of cells.

Homework -

1) Fill in the Blanks :-

a) Structural & functional unit of life is _____.

b) Smallest cell is _____.

c) Largest cell is _____.

Question / Answer

Ques-1. Define cell?

Ques-2. Write difference between unicellular & muticellular?

Ques-3. Name different shapes of a cell?

LESSON PLAN NO ...6.....

Date 27/12/22 — Duration of the period 30 minutes

Pupil Teacher's Name Deepika — Pupil Teacher's Roll No. 22135

Class 8th — Average Age of the pupils

Subject Biology — Topic Cell function

Aim :-

To import knowledge about proper structure of a cell & its function.

Teaching Aids :-

Blackboard, Chalk, duster, Book.

Previous Knowledge Testing :-

Define cell.
Who discovered cell.
Different components of a cell.

Announcement of the Topic :-

after seeing that students are unable to answer the questions. Pupil teacher will announce the topic to the class — 'Cell structure & function'.

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Parts of the Cell :-	Basic components of a cell are cell membrane, cytoplasm, nucleus.	Listening carefully.	
Cell Membr -ane :-	Plasma membrane is also known as cell membrane.	Listening carefully.	
Function:-	Cell membrane separates cells from one another and also the cell from surrounding medium.	writing down in their notebook.	
	P.M is process and allows the movement of substances or material both outwards & inwards.		
Cell Wall:-	In addition to cell membrane, an outer thick layer in plants cell is present called 'cell wall'.		

Cytoplasm jelly like substance present between cell membrane & nucleus.

Various other organelles of cell are present in the cytoplasm.

Students listening carefully.

writing & Listening.

Nucleus:- Nucleus is present at the centre of a cell. Nucleus is separated by a membrane from cytoplasm is called nuclear membrane.

writing down in their notebook.

Chromosome:- Nucleus contains thread like structure called chromosomes. These carry genes and help in transfer of characters from the parents to the offsprings.

Listening carefully & writing down in their notebook.

Recapitulation

Basic components of a cell.

Another name of cell membrane.

What is cytoplasm.

What are chromosome.

Homework

Ques-1. Name basic components of a cell?

Ques-2. Write down the function of a cell membrane?

Ques-3. In which component of a cell various other cell organelles are present?

Ques-4. Name the unit of inheritance?

Ques-5. Define cell wall?

LESSON PLAN NO ..02....

Date 28/12/20 Duration of the period 30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No 22135

Class 9th Average Age of the pupils

Subject Biological Science Topic Natural Resources

Aims:-

To impart knowledge about natural resources to the students.

Teaching Aids:-

Black-Board, Chart, Duster, Book.

Previous Knowledge Testing:-

What are natural resources?
What is the percentage of O_2 N_2 & CO_2 in air?
What is Pollution?

Announcement of the Topic:-

After seeing students are unable to answer the following questions, Pupil teacher will announce the topic in the class:-

"Natural Resources".

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Natural Resources	These are the resources that are found in the environment & are developed without intervention of humans. Ex- Air, sunlight, water, soil, plants etc.	Listening carefully.	
Composition of Air:-	Air is a mixture of gases. $N_2 = 78\%$. $O_2 = 21\%$ $CO_2 = 0.03\%$.	Listening carefully.	Making Pie Chart.
How does Atmosphere act as a Blanket:	It maintains the consistency of temperature throughout the day making it a comfortable placed to stay. The ozone in the atmosphere is responsible for maintaining temperature without letting the harmful UV rays.	Listening carefully.	

Unever heating of the earth's surface is the main cause for the winds. On being heated more the air raises up and hence low pressure is created. Hence air in hight presence occupy the low pressure region causing the wind.

Listening carefully.

writing down in their notebooks.

During the day time in the presence of sunlight water from sources like well, sea, pond get evaporated & this water vapour rises up with the hot air. At particular height, the air cools and the water vapour condenses to form minute droplets to from clouds.

Listening carefully.

writing down in their notebooks.

Recapitulation :-

- Definition of natural resources ?
- Atmosphere act as a blanket ?
- Wind formation ?
- Cloud formation ?

Home Work :-

Ques-1. Write composition of Air ?

Ques-2. How clouds are form ?

Ques-3. What causes winds ?

Ques-4. How does atmosphere act as a blanket ?

LESSON PLAN NO ...8.....

Date....30-12-22

Duration of the period 30 minutes

Pupil Teacher's Name Deepika

Pupil Teacher's Roll No. 22135

Class........9th

Average Age of the pupils..........

Subject...Biological Science

Topic...Soil Formation

Aim :-

To impart knowledge about soil formation to the students.

Teaching Aids :-

Blackboard, chalk, duster, book etc.

Previous Knowledge Testing :-

What are natural resources ?
How soil is important of us ?
Howe soil is formed ?

Annoucement of the Topic :-

after seeing students are unable to answer the questions. Pupil teacher will announce the topic in the class :-

"Soil Formation".

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
What is Soil :-	Soil is complex mixture of minerals, water, air, organic matter and microorganisms. It forms at the surface of land.	Listening carefully	
Factors Responsible For Soil Formation	Four factors are responsible for formation of soil :- 1) The Soil :- the sun heats up the rock during the day. so that they expand. At night, these rocks cool down & contract. Since all parts of the rock don't expand & contract & result in the formation of cracks & break up into smaller pieces.	Listening carefully. writing down in their notebook. writing down in their notebook.	

ii) Water: -
Water helps two ways - one, water could get into the cracks in the rocks formed due to uneven heating by the sun. If this water freezes, it causes the cracks to wider. Fast Flowing water often carries big and small particles. These rocks rub against themselves.

Students listening carefully.

writing down in their notebook.

iii) Wind:-
Strong winds erode rocks down like flowing water. The wind also carries sand from one place to other like water.

writing down in their notebook.

iv) Living Organisms:-
Lichen grown on the surface of rocks, while growing they release certain substance that cause the rock surface to powder down & from a thin layer of soil. Plant like moss, grown in crack & break the big rock into smaller pieces.

writing down in their notebook.

Recapitulation :-

What is soil ?

How many factors are responsible for formation of soil ?

How soil formation take place ?

HomeWork :-

Ques-1. Define Soil ?

Ques-2. How soil formation take place ?

Date 03-01-2023 **LESSON PLAN NO 09**

Duration of the period 30 minutes

Pupil Teacher's Name Deepika

Pupil Teacher's Roll No. 22135

Class 10th

Average Age of the pupils

Subject Biological Science

Topic Blood Pressure & double circulation.

Aim :-

To import knowledge about blood pressure and double circulation to the students.

Teaching Aids :-

Blackboard, Chalk, duster, book etc.

Previous Knowledge Testing :-

What is circulation?

What is the function of heart?

What is blood pressure?

Annoucement of the Topic :-

after seeing students are unable to answer the questions. Pupil teacher will announce the topic to the class :-

"Blood Pressure & Double Circulation".

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Blood Pressure	The pressure exerted by the blood when it flows through the blood vessels is called blood	Listening carefully.	Flow chart.
	Normal range of blood pressure is 80 mm Hg - 120 mm hg 120/80 mm hg.	writing down in their notebook.	
	80 mm hg is diastolic blood pressure.		
	120 mm hg is systolic pressure.		
	Instrument with the help of which b.p is measured named as sphygmomanometer.		

In human body, blood circulates through heart twice. Once it goes through the heart during the pulmonary circulation and second time during system circulation. hence, circulation in human being is known as double circulation.	Listening carefully writing down in their notebook.	Flow chart.

Sir

Home work :-

Ques-1. Define blood pressure?

Q-2. Define systolic blood pressure?

Q-3. What is double circulation?

Q-4. Name the instrument with the help of blood pressure is measured?

LESSON PLAN NO ...10....

Date 04/01/23 Duration of the period 30 minutes

Pupil Teacher's Name Deepika Pupil Teacher's Roll No. 22135

Class 10th Average Age of the pupils

Subject Biological Science Topic Nutrition.

Aims:-

To impart knowledge about Nutrition and its types to the students.

Teaching Aids:-

Black-Board, chalk, duster, book etc.

Previous Knowledge Testing:-

What do you mean by term 'Nutrition'?

How many types of nutrition is there?

Why we need nutrition?

Annoucement of the Topic:-

After seeing students are unable to give answers. Pupil teacher will announce the topic- 'Nutrition'.

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard - Work
Definition of Nutrition :-	the process of acquiring food that is needed for nourishment & substance of the organism is called Nutrition.	Listening carefully	Nutrition ↓ ↓ Auto hetero trophic trophic
Modes of Nutrition	Two types of modes of nutrition are – • Autotrophic Nutrition. • Heterotrophic Nutrition.	Writing down in theire notebook.	
Autotrophic Nutrition	If an organism can nourish itself by making its own food using sunlight or chemicals such mode of nutrition is known as Autotrophic Nutrition.	Listening carefully.	
Heterotrophic Nutrition	An organism can nourish itself depends upon other organism is known as heterotrophic Nutrition.	Listening carefully.	

Photosynthesis

Photosynthesis is an important process by which food is formed.

Listening carefully.

Plants make food using sunlight & water which provide nourishment to other organisms & themselves.

writing down in their notebook.

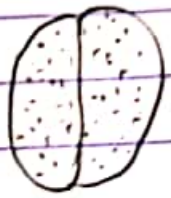
Stomata :- Stomata have pores on the leaves that help in exchange of gases.

writing down in their notebook.

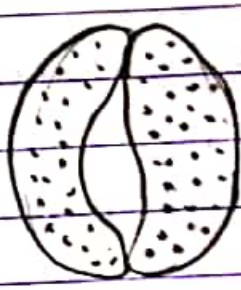
Mostly found on the underside of the roof.

Each stomata is guarded by guard cells, which control the opening and closing of the pores.

Listening carefully.



Closed stoma



open stom

Recapitulation :-

What is nutrition ?

How many types of nutrition is there?

Define Autotrophic nutrition ?

HomeWork :-

Ques-1. Define Autotrophic Nutrition . Give examples ?

Ques-2. What is Photosynthesis ?

Ques-3. What are stomata ?

Ques-4. How guard cells help stomata in opening and closing ?

LESSON PLAN NO ..11.....

Date 08/01/23 | Duration of the period 30 minutes

Pupil Teacher's Name Deepika | Pupil Teacher's Roll No. 22135

Class 10th | Average Age of the pupils.....

Subject Biology | Topic Nutrition in Amoeba & Paramecium.

Aim :-

To impart knowledge that how organisms like amoeba, Paramecium obtain their food.

Teaching Aids :-

Black-board, chalk, duster, book.

Previous Knowledge Testing :-

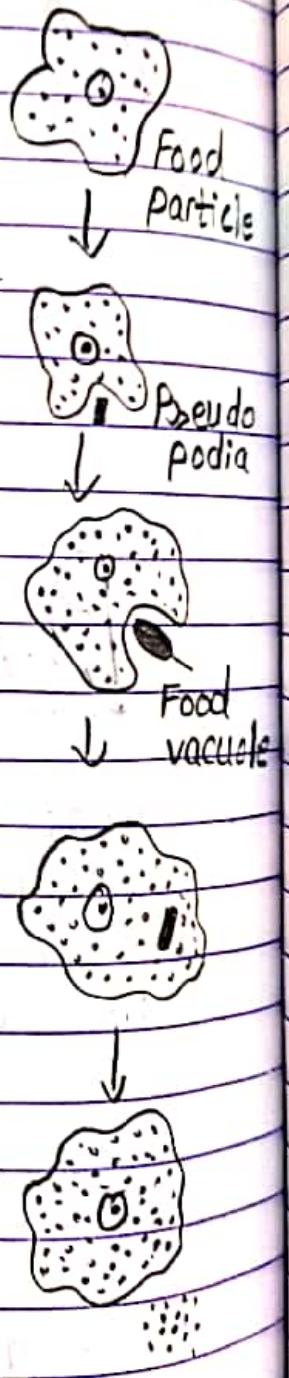
What is Nutrition?
Special features of amoeba.
Which kind of organism is Amoeba & Paramecium?
How unicellular organism obtain their food?

Announcement of the Topic :-

after seeing that students are unable to give answers. Pupil teacher will announce the topic -

"Nutrition in Amoeba & Paramecium".

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Nutrition in Amoeba:-	Amoeba feeds by holozric mode of nutrition. # It engulfs the food particle using the pseudopodia. # Engulfed food gets enclosed in a food vacoule. # As the food vacoule passes through cytoplasm digestion, absorption, and assimilation takes place # When the food vacuole opens to outside, egestion of undigested food takes place.	Listening carefully. writing down in their notebook.	

Nutrition in Paramecium

Paramecium also exhibits holozoic nutrition.

They have cilia to engulf the food particle.

A food vacuole is created enclosing the food.

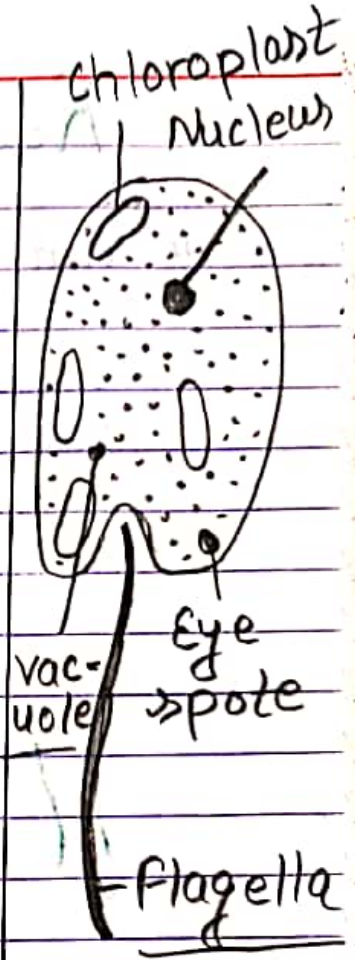
It move through the cytoplasm.

Food digested in the food vacuole is absorbed by the cytoplasm.

Undigested food is given out to a tiny pore.

Listening carefully.

writing down in their notebook.



Recapitulation :-

What is Pseudopodia?

Mode of nutrition in both amoeba & paramecium?

Which kind of organisms are amoeba & paramecium?

Home Work :-

Q-1. Draw diagram of Paramecium?

Q-2. How amoeba intake its food? draw diagram also?

Q-3. What are pseudopodia?

Q-4- How Paramecium intake its food?

LESSON PLAN NO ..12.....

Date.....23-01-23.....
Duration of the period: 30 minutes
Pupil Teacher's Name ...Deepika...
Pupil Teacher's Roll No. 22135
Class.....10th.....
Average Age of the pupils.....
Subject.....Biological Science.....
Topic.....Heart.....

Aim :-

To impart knowledge about the heart to the students.

Teaching Aids :-

Black-board, chalk, duster, book etc.

Previous Knowledge Testing :-

What is the function of heart?
What is transportation?
How many chambered heart present in humans?

Announcement of the Topic :-

after seeing that students are unable to answer the questions. Pupil teacher will announce the topic to the class :-

'Heart'.

Presentation :-

Content	Pupil Teacher's Activity	Student's Activity	Blackboard Work
Heart	The muscular organ which is located near the chest slightly towards the left in the thoracic region.	Listening carefully.	diagram of heart
	• The heart is the main pumping organ of the body.	writing down in their notebook.	
	• The human heart is divided into 4 chambers which are involved in transportation of oxygenated and the deoxygenated blood.		
	• The upper two chambers are called ateria where as the lower two chambers are called ventricles.		

Circulation

veins collected deoxygenated blood from different part of the right artrium.

Right atrium → Right ventricle

right ventricle → Pulmonary arteries.

Pulmonary arteries → lungs

lungs → Pulmonary veins

Pulmonary veins → left atrium

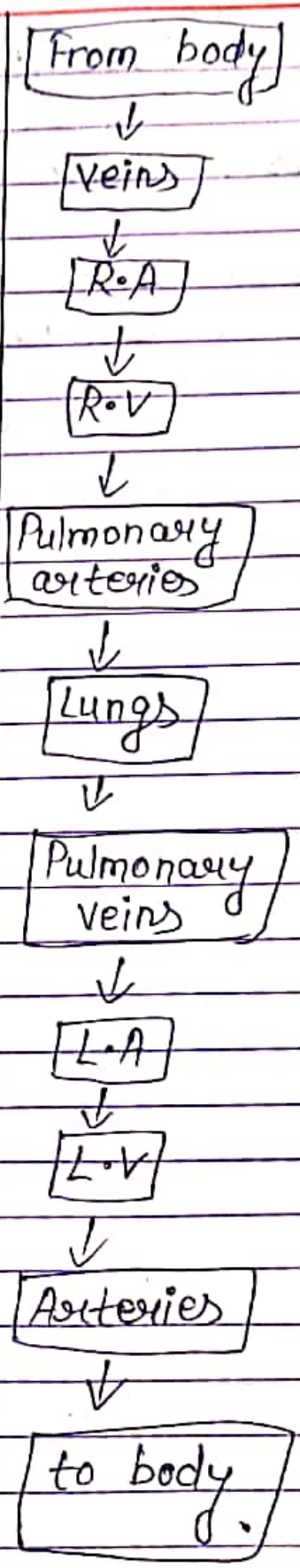
left artrium → left ventricle

left ventricle → arteries

Artery carry oxygenated blood to different parts of the body.

Listening carefully

writing down in their Notebook.



Home Work :-

Ques-1. Draw diagram of heart?

Q-2. Write down the circulatory pathway?

Q-3. How many chambered heart is present in human? Name them?

Observation Lesson No. 1

Date 13/3/2020 Duration of the period 20 Min

Pupil Teacher's Name Sonu Pupil Teacher's Roll No. 603

Class 6th Average Age of the pupils

Subject Physical science Topic Gravitation

1) P. K testing was done properly
2) Topic was announced at proper time.
3) P.T was confident
4) Voice was audible
5) B.B work was satisfactory
6) Chart was properly used
7) Home work was given

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 2

Date 13/3/2020 Duration of the period 20 min

Pupil Teacher's Name Renu Pupil Teacher's Roll No. 608

Class 7th Average Age of the pupils

Subject Life Science Topic Digestive System.

1) P.K testing was done properly
2) P.T was confident
3) voice was effective.
4) B.B work was satisfactory
5) chart was properly used.
6) Students participation was done properly
7) H.W. was given

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. -1

Roll No. 22135 Date 20/12/22

Subject Science (Biology) Class 8th

Topic Balanced Diet Period 3rd

- P.K. Testing was good.
- Announcement of the topic was good.
- Recapitulation was good.
- Homework was given.

Deepika
Sign. of Pupil Teacher

Sign. Teacher Incharge

Observation Lesson No. 2

Roll No. 22135 Date 20/12/2022

Subject Science (Biology) Class 8th

Topic Photosynthesis Period 3rd

- P.K testing was good.
- Announcement of the topic was relevant.
- Good examples were given.
- Homework was given.

Sign. of Pupil Teacher

Sign. Teacher Incharge

Observation Lesson No. 5

Date 13/3/2020 Duration of the period 20 Min

Pupil Teacher's Name Manju Pupil Teacher's Roll No. 607

Class 6th Average Age of the pupils

Subject Hindi Topic Gift

1. P.K testing was done properly
2. Topic was announced at proper time
3. P.T was confident.
4. Voice was satisfactory
5. B.B work needs improvement.
6. Chart was used properly
7. Students involvement was there

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 6

Date 18/3/2020 Duration of the period 20 Min

Pupil Teacher's Name Sonu Pupil Teacher's Roll No. 633

Class 7th Average Age of the pupils

Subject Physical Science Topic Unit (Heat)

1. Testing was done properly
2. Topic was announced at proper time
3. BB. work was fine.
4. Voice was audible.
5. Chart was used to explain the topic
6. Explanation of the topic was fine.
7. Students was having interest.

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No.

Date 11/3/2020 Duration of the period 40 Min.

Pupil Teacher's Name Nisha Pupil Teacher's Roll No. 609

Class 6th Average Age of the pupils

Subject Life Science Topic Excretory System

1. P.K. testing was done properly
2. P.T was confident
3. Voice was less audible.
4. B.B work was satisfactory
5. Chart was used properly
6. Explanation was fine.
7. H.W was given

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 4

Date 13/3/2020 Duration of the period 40 Min.

Pupil Teacher's Name Renu Pupil Teacher's Roll No. 608

Class 7th Average Age of the pupils

Subject Life Science Topic Photosynthesis

1. P.K. testing was done properly
2. Topic was announced at proper.
3. P.T was confident
4. B.B was satisfactory
5. Voice was less effective
6. Chart was used properly
7. Explanation of topic was fine.

Umesh
Sign. of Pupil Teacher

Sign. of Supervisor

Observation Lesson No. 7

Date 13/3/2020 Duration of the period 20 Min

Pupil Teacher's Name Sumitra Pupil Teacher's Roll No. 614

Class 4th Average Age of the pupils

Subject S.S. Topic Our Surrounding

1. P.K testing was done properly
2. Topic was announced at proper time.
3. B.B. work was good.
4. ~~Not~~ voice was audible
5. Chart was used to explain the topic
6. Explanation was fine
7. Recapticulation was done
8. Real technique aids were used

Sign. of Pupil Teacher Sign. of Supervisor

Observation Lesson No. 8

Date 13/3/2020 Duration of the period 20 Min.

Pupil Teacher's Name Nisha Pupil Teacher's Roll No. 609

Class 6th Average Age of the pupils

Subject Biological Scienc Topic Food

1. P.K testing was done properly
2. Topic was announced at proper
3. B.B work was good
4. P.T was confident
5. chart was used to explain the topic
6. Explanation was interest.
7. students' participation was effective
8. overall impression was good.

Sign. of Pupil Teacher Sign. of Supervisor