



PLP : PRE-VOCATIONAL LEARNING PROGRAMME

DATE	SUBJECT	ACTIVITY
FOUNDATIONAL SCIENCE : MODULE 3 UNIT 3 & 4		
18 May 2020	Describe and apply the concept of friction Static Friction Kinetic friction Dry friction	Read : Learner's guide Pages 94-95
19 May 2020	Laws of friction Viscosity	Read : Learner's guide Pages 95-96 Do : Activity 3.3 in Student Workbook Pages 72-73
20 May 2020	Work, Energy and power	Read : Learner's guide Pages 97
21 May 2020	Calculating work	Read : Learner's guide Pages 98 Do : Activity 3.4 in Student Workbook Pages 99
22 May 2020	Different types of energy	Read : Learner's guide Pages 99
FOUNDATIONAL LIFE SKILLS : MODULE 3 UNIT 1 & 2		
18 May 2020	Dealing with stress	Read : Learner's Guide Pages 69 -70 Do : Activity in block in Leaners Guide Page 69
19 May 2020	How do you know if you are stressed?	Read : Learner's Guide Pages 70-71 Do : Activity in block in Leaners Guide Page 72
20 May 2020	The ABC of stress	Read : Learner's Guide Pages 71- 72 Do : Activity 1.2.1 in Workbook Pages 48-49
21 May 2020	Coping with stress	Read : Learner's Guide Pages 72-73 Do : Activity 1.3.1 in Workbook Page 50
22 May 2020	Emotions and managing conflict What is conflict?	Read : Learner's Guide Page 74 Do : Activity in block in Leaners Guide Page 74