NAME OF COORDINATING TEACHER: ABIGAIL BITRUS

SUBJECT: HOME MANAGEMENT

CLASS: SS 2

TELEPHONE NUMBER OF COORDINATING TEACHER: 08067819037

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| S/NO | TOPIC | CONTENT | BEHAVIOURAL OBJECTIVES | PRACTICE QUESTION |
| 1 | Time management | 1. Pattern of time used.  b. Guidelines for time management.  c. Applying the management process to time use.  d. Advantages of time management | Students should be able:  a. State the different pattern of time.  b. apply the management process to time use. | 1.Define time management  2.Describe the different patterns of time use.  3. List any three advantages of time management |
| 2 | Energy management | 1.Meaning of energy management, advantages and guidelines.  2.Meaning of fatique ,types and prevention.  3. Application of management process to energy use.  4. Linking energy to time use.  5. Factors that affect energy use. | Students should be able to:  a. Define energy management, advantages and guidelines for energy management  b.Define fatique and types of fatique  c. link energy to time management    2. State the factors that enhance the selection of household linens. | 1.What is fatique? Describe the different types of fatique  2. Give five reasons why we need to manage our energy in carrying out household tasks.  3. Describe the relationship that exist between time and energy management |
| 3 | Work simplification | a. Meaning of work simplification  b. Guidelines for work simplification  c. Application of work simplification to specific household tasks. | Students should be able to:  a. Define work simplification.  b. State the principles of work simplification.  c. able to apply work simplification methods to specific task in the home. | 1.Define work simplification.  2. Describe any five work simplification principles that can help a home maker conserve her energy and minimize fatique |
| 4 | Human and social skills development | 1. Meaning of human and social skill development  2. Importance of human and social skills  3. Ways of developing human and social skills | 1. Students should be able to:  1. Define human and social skill development  2. State the importance of human and social skills | 1.Define the term fashion designing.  2. State six uses of patterns in garment construction. |