SS1 Physics Scheme of Work for First, Second and Third Term in Nigeria (2026 Guide)

Introduction

Physics is a branch of science that studies matter, energy, motion, and the interactions between objects. The SS1 Physics scheme of work introduces students to the basic principles of physics and prepares them for more advanced topics in SS2 and SS3. It follows the Nigerian curriculum and provides teachers with a structured guide for classroom instruction throughout the academic session.

Objectives of the Scheme of Work

• Explain basic concepts and principles of physics.
• Identify and use laboratory equipment correctly.
• Understand and apply SI units in calculations.
• Distinguish between scalar and vector quantities.
• Solve simple problems involving motion, force, energy, and electricity.
• Carry out laboratory experiments safely.

First Term Overview

Week 1: Introduction to Physics and laboratory safety.
Week 2: Measurement and Units.
Week 3: Scalars and Vectors.
Week 4: Motion.
Week 5: Graphs of Motion.
Week 6: Circular Motion.
Week 7: Friction.
Week 8: Density and Relative Density.
Week 9: Pressure in Fluids.
Week 10: Upthrust and Floatation.
Week 11: Revision and Practical Work.
Week 12: Examination.

Second Term Overview

Week 1: Work, Energy and Power.
Week 2: Conservation of Energy.
Week 3: Heat and Temperature.
Week 4: Thermal Expansion.
Week 5: Heat Transfer.

Week 6: Electrostatics.
Week 7: Electric Fields.
Week 8: Electric Current.
Week 9: Sources of Electricity.
Week 10: Practical Activities.
Week 11: Revision.
Week 12: Examination.

Third Term Overview

Week 1: Ohm's Law.
Week 2: Resistors in Series and Parallel.
Week 3: Electrical Energy and Power.
Week 4: Electrical Safety Devices.
Week 5: Particulate Nature of Matter.
Week 6: States of Matter.
Week 7: Crystal Structure.
Week 8: Surface Tension and Capillarity.
Week 9: Elasticity.
Week 10: Practical Activities.
Week 11: Revision.
Week 12: Examination.

Recommended Laboratory Equipment

Meter rules, spring balances, stopwatches, thermometers, micrometer screw gauges, vernier calipers, measuring cylinders, weighing balances, electrical cells, resistors, switches, and connecting wires.

Study Tips for Students

Attend classes regularly, participate in practical sessions, revise class notes frequently, solve past questions, and practise calculations every day.

Conclusion

The SS1 Physics scheme of work provides students with the knowledge and practical skills needed to understand the basic principles of science and technology. A good understanding of these topics will prepare students for SS2, SS3, WAEC, NECO, and UTME examinations.