DR. CARLOS S. LANTING COLLEGE

Basic Education Department

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FLEXIBLE INSTRUCTION DELIVERY PLAN (FIDP)

Grade: 12
Applied Subject Title: GENERAL PHYSCIS 1
Applied Subject Description: Mechanics of Particles, rigid bodies, and fluids; waves; and heat and thermodynamics using the methods and concepts of algebra, geometry, trigonometry, graphical analysis, and basic calculus.

Semester: Second (Q1 & Q2)
No. of Hours/Semester: 40 hours
Prerequisites (If needed): Basic Calculus

Culminating Performance Standard:

What to Teach?		Why Teach?					Why Assess?		What to Teach?	
			Learning Competencies				Highest Thinking Skill to Assess		Highest Enabling Strategy to Use in developing the Highest Thinking Skill to Assess	
Content	Content Standards	Most Essential Topics	Complete	K U D	Most Essential	K U D	RBT Level Flexible Assessment Activities (FAA) / Performance Checks	Performance Checks	Enabling General Strategy	Flexible Learning Strategies (FLS)
1. Units 2. Physical Quantities 3. Measurement 4. Graphical Presentation 5. Linear Fitting of Data	1. Units 2. Physical Quantities 3. Measurement 4. Graphical Presentation 5. Linear Fitting of Data	1. The effect of instruments on measurements 3. Sources and types of error	Solve measurement problems involving conversion of units, expression of measurements in scientific notation	K U	Solve measurement problems involving conversion of units, expression of measurements in scientific notation	K U	Understanding	Supplementary problem set as worksheets/course works Conceptual Laboratory (Home Edition): Video Orbital studies: *Standards/Basis for Grading to Use. (i) Numerical scores for the quizzes, test and problem sets (ii) rubric for the application problem set*	Online distance Learning (ODL) (Asynchronous and Synchronous)	Presentation using and/or one note Entry/Exit Tickets (Conceptual questions posted in Google classroom) Quiz as understanding check Interactive Simulations: PHET Colorado https://phet.colorado.edu/ and/or Physics Classroom
			Differentiate accuracy from precision	K U			Understanding Applying			
			Differentiate random errors from systematic errors	K U	Differentiate random errors from systematic errors	K U	Understanding			
			Estimate errors from multiple measurements of a physical quantity using variance	U						
			Differentiate vector and scalar quantities	K	Differentiate vector and scalar quantities	K				
Vectors	1. Vectors and vector addition 2. Components of vectors	1. Vectors and vector addition 2. Components of vectors	Perform addition of vectors	U D	Perform addition of vectors	U D			Online distance Learning (ODL) (Asynchronous and Synchronous)	
			Rewrite a vector in component form	U D	Rewrite a vector in component form	U D				
Kinematics: Motion Along a Straight Line	1. Position, time, distance, displacement,	1. Position, time, distance, displacement,	Convert a verbal description of a physical situation involving uniform	U	Convert a verbal description of a physical situation involving uniform	U			Online distance Learning (ODL)	

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	speed, average velocity, instantaneous velocity	speed, average velocity, instantaneous velocity	acceleration in one dimension into a mathematical description		acceleration in one dimension into a mathematical description				(Asynchronous and Synchronous)	https://www.physicsclassroom.com/Physics-Interactives/Static-Electricity
			3. Interpret displacement and velocity, respectively, as areas under velocity vs. time and acceleration vs. time curves	U	3. Interpret displacement and velocity, respectively, as areas under velocity vs. time and acceleration vs. time curves	U				
			Interpret velocity and acceleration, respectively, as slopes of position vs. time and velocity vs. time curves	U	Interpret velocity and acceleration, respectively, as slopes of position vs. time and velocity vs. time curves	U	Analyzing			
			Construct velocity vs. time and acceleration vs. time graphs, respectively, corresponding to a given position vs. time-graph and velocity vs. time graph and vice versa	D	Construct velocity vs. time and acceleration vs. time graphs, respectively, corresponding to a given position vs. time-graph and velocity vs. time graph and vice versa	D				
			Solve for unknown quantities in equations involving one-dimensional uniformly accelerated motion	D	Solve for unknown quantities in equations involving one-dimensional uniformly accelerated motion	D	Analyzing			
			Solve problems involving one-dimensional motion with constant acceleration in contexts such as, but not limited to, the “tail-gating	D	Solve problems involving one-dimensional motion with constant acceleration in contexts such as, but not limited to, the “tail-gating	D	Understanding Applying Analyzing			

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			phenomenon", pursuit, rocket launch, and free-fall problems		phenomenon", pursuit, rocket launch, and free-fall problems					
Kinematics: Motion in 2- Dimensions and 3-Dimensions	1. Position, distance displacement, speed, average velocity, instantaneous velocity, average acceleration, and instantaneous acceleration in 2- and 3- dimensions 2. Projectile motion 3. Circular motion	1. Position, distance displacement, speed, average velocity, instantaneous velocity, average acceleration, and instantaneous acceleration in 2- and 3- dimensions 2. Projectile motion	Describe motion using the concept of relative velocities in 1D and 2D	K	Describe motion using the concept of relative velocities in 1D and 2D	K	Understanding Applying Analyzing		Online distance Learning (ODL) (Asynchronous and Synchronous)	
			Deduce the consequences of the independence of vertical and horizontal components of projectile motion	U	Deduce the consequences of the independence of vertical and horizontal components of projectile motion	U	Understanding			
			Calculate range, time of flight, and maximum heights of projectiles	U	Calculate range, time of flight, and maximum heights of projectiles	U				
			Solve problems involving two dimensional motion in contexts such as, but not limited to ledge jumping, movie stunts, basketball, safe locations during firework displays, and Ferris wheels	D	Solve problems involving two dimensional motion in contexts such as, but not limited to ledge jumping, movie stunts, basketball, safe locations during firework displays, and Ferris wheels	D	Understanding Applying			
Newton's Laws of Motion and Applications	1. Newton's Law's of Motion 2. Inertial Reference Frames	1. Newton's Law's of Motion 2. Inertial Reference Frames 3. Action at a distance forces	Identify action-reaction pairs	K	Identify action-reaction pairs	K	Understanding Applying		Online distance Learning (ODL) (Asynchronous and Synchronous)	
			Draw free-body diagrams	K	Draw free-body diagrams	K				
			Apply Newton's 1st law to obtain quantitative and qualitative conclusions about	U	Apply Newton's 1st law to obtain quantitative and qualitative conclusions about	U	Understanding Applying Analyzing			

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	3. Action at a distance forces 5. Types of contact forces: tension, normal force, kinetic and static friction, fluid Action-Reaction Pairs 7. Free-Body Diagrams 8. Applications of Newton's Laws to single-body and multibody dynamics	5. Types of contact forces: tension, normal force, kinetic and static friction, fluid Action-Reaction Pairs 7. Free-Body Diagrams 8. Applications of Newton's Laws to single-body and multibody dynamics	the contact and noncontact forces acting on a body in equilibrium (1 lecture)		the contact and noncontact forces acting on a body in equilibrium (1 lecture)					
			Differentiate the properties of static friction and kinetic friction	K	Differentiate the properties of static friction and kinetic friction	K				
			Apply Newton's 2nd law and kinematics to obtain quantitative and qualitative conclusions about the velocity and acceleration of one or more bodies, and the contact and noncontact forces acting on one or more bodies	U	Apply Newton's 2nd law and kinematics to obtain quantitative and qualitative conclusions about the velocity and acceleration of one or more bodies, and the contact and noncontact forces acting on one or more bodies	U	Understanding Applying Analyzing			
			Solve problems using Newton's Laws of motion in contexts such as, but not limited to, ropes and pulleys, the design of mobile sculptures, transport of loads on conveyor belts, force needed to move stalled vehicles, determination of safe driving speeds on banked curved roads	D	Solve problems using Newton's Laws of motion in contexts such as, but not limited to, ropes and pulleys, the design of mobile sculptures, transport of loads on conveyor belts, force needed to move stalled vehicles, determination of safe driving speeds on banked curved roads	D	Understanding			
Work, Energy, and Energy Conservation	1. Dot or Scalar Product	1. Dot or Scalar Product	Calculate the dot or scalar product of vectors	K	Calculate the dot or scalar product of vectors	K	Understanding Applying		Online distance Learning (ODL)	

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	2. Work done by a force 3. Work-energy relation 4. Kinetic energy 5. Power 6. Conservative and nonconservative forces 7. Gravitational potential energy 8. Elastic potential energy 10. Energy Conservation, Work, and Power Problems	2. Work done by a force 3. Work-energy relation 4. Kinetic energy 5. Power 6. Conservative and nonconservative forces 7. Gravitational potential energy 8. Elastic potential energy 10. Energy Conservation, Work, and Power Problems					Analyzing		(Asynchronous and Synchronous)	
			Determine the work done by a force (not necessarily constant) acting on a system	K	Determine the work done by a force (not necessarily constant) acting on a system	K	Remembering Understanding			
			Define work as a scalar or dot product of force and displacement	K	Define work as a scalar or dot product of force and displacement	K	Remembering Understanding			
			Interpret the work done by a force in one-dimension as an area under a Force vs. Position curve	U	Interpret the work done by a force in one-dimension as an area under a Force vs. Position curve	U	Understanding			
			Relate the gravitational potential energy of a system or object to the configuration of the system	U	Relate the gravitational potential energy of a system or object to the configuration of the system	U	Understanding Applying			
			Relate the elastic potential energy of a system or object to the configuration of the system	U	Relate the elastic potential energy of a system or object to the configuration of the system	U	Understanding			
			Explain the properties and the effects of conservative forces	U	Explain the properties and the effects of conservative forces	U				
			Use potential energy diagrams to infer force; stable, unstable, and neutral equilibria; and turning points	U	Use potential energy diagrams to infer force; stable, unstable, and neutral equilibria; and turning points	U				
			Solve problems involving work, energy, and power in	D	Solve problems involving work, energy, and power in	D				

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			contexts such as, but not limited to, bungee jumping, design of roller-coasters, number of people required to build structures such as the Great Pyramids and the rice terraces; power and energy requirements of human activities such as sleeping vs. sitting vs. standing, running vs. walking. (Conversion of joules to calories should be emphasized at this point.)		contexts such as, but not limited to, bungee jumping, design of roller-coasters, number of people required to build structures such as the Great Pyramids and the rice terraces; power and energy requirements of human activities such as sleeping vs. sitting vs. standing, running vs. walking. (Conversion of joules to calories should be emphasized at this point.)					
Center of Mass, Momentum, Impulse, and Collisions	1. Center of Mass 2. Momentum 3. Impulse 4. Impulse-momentum relation 5. Law of conservation of momentum 6. Collisions	1. Center of Mass 2. Momentum 3. Impulse 4. Impulse-momentum relation 5. Law of conservation of momentum 6. Collisions	Differentiate center of mass and geometric center	K	Differentiate center of mass and geometric center	K			Online distance Learning (ODL) (Asynchronous and Synchronous)	
			Relate the motion of center of mass of a system to the momentum and net external force acting on the system	K	Relate the motion of center of mass of a system to the momentum and net external force acting on the system	K				
			Relate the momentum, impulse, force, and time of contact in a system	K	Relate the momentum, impulse, force, and time of contact in a system	K				
			Compare and contrast elastic and inelastic collisions	U	Compare and contrast elastic and inelastic collisions	U	Analyzing			

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	7. Center of mass, impulse, momentum, and collision problems 8. Energy momentum experiments	7. Center of mass, impulse, momentum, and collision problems 8. Energy momentum experiments	Apply the concept of restitution coefficient in collisions	U	Apply the concept of restitution coefficient in collisions	U				
			Solve problems involving center of mass, impulse, and momentum in contexts such as, but not limited to, rocket motion, vehicle collisions, and ping-pong. (Emphasize also the concept of whiplash and the sliding, rolling, and mechanical deformations in vehicle collisions.)	K	Solve problems involving center of mass, impulse, and momentum in contexts such as, but not limited to, rocket motion, vehicle collisions, and ping-pong. (Emphasize also the concept of whiplash and the sliding, rolling, and mechanical deformations in vehicle collisions.)	K	Analyzing			
Rotational equilibrium and rotational dynamics	1. Moment of inertia 2. Angular position, angular velocity, angular acceleration 3. Torque 4. Torque-angular acceleration relation 5. Static equilibrium 6. Rotational kinematics	1. Moment of inertia 2. Angular position, angular velocity, angular acceleration 3. Torque 4. Torque-angular acceleration relation 5. Static equilibrium 6. Rotational kinematics	1. Calculate the moment of inertia about a given axis of single-object and multiple-object systems (1 lecture with exercises)	U	1. Calculate the moment of inertia about a given axis of single-object and multiple-object systems (1 lecture with exercises)	U	Understanding Applying Analyzing		Online distance Learning (ODL) (Asynchronous and Synchronous)	
			3. Calculate magnitude and direction of torque using the definition of torque as a cross product	U	3. Calculate magnitude and direction of torque using the definition of torque as a cross product	U	Understanding Applying Analyzing			
			4. Describe rotational quantities using vectors	K	4. Describe rotational quantities using vectors	K	Understanding			
			5. Determine whether a system is in static equilibrium or not	U	5. Determine whether a system is in static equilibrium or not	U				

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	7. Work done by a torque 8. Rotational kinetic energy 9. Angular momentum 10. Static equilibrium experiments 11. Rotational motion problems	7. Work done by a torque 8. Rotational kinetic energy 9. Angular momentum 10. Static equilibrium experiments 11. Rotational motion problems	6. Apply the rotational kinematic relations for systems with constant angular accelerations	U	6. Apply the rotational kinematic relations for systems with constant angular accelerations	U	Understanding Applying			
			8. Solve static equilibrium problems in contexts such as, but not limited to, see-saws, mobiles, cable-hinge-strut system, leaning ladders, and weighing a heavy suitcase using a small bathroom scale	D	8. Solve static equilibrium problems in contexts such as, but not limited to, see-saws, mobiles, cable-hinge-strut system, leaning ladders, and weighing a heavy suitcase using a small bathroom scale	D	Understanding Applying			
			9. Determine angular momentum of different systems	U	9. Determine angular momentum of different systems	U				
			10. Apply the torque-angular momentum relation	U	10. Apply the torque-angular momentum relation	U	Understanding Applying Analyzing			
Gravity	1. Newton's Law of Universal Gravitation 2. Gravitational field 3. Gravitational potential energy 5. Orbits	1. Newton's Law of Universal Gravitation 2. Gravitational field 3. Gravitational potential energy	1. Use Newton's law of gravitation to infer gravitational force, weight, and acceleration due to gravity	U	1. Use Newton's law of gravitation to infer gravitational force, weight, and acceleration due to gravity	U			Online distance Learning (ODL) (Asynchronous and Synchronous)	
			3. Discuss the physical significance of gravitational field	U	3. Discuss the physical significance of gravitational field	U	Understanding Applying Analyzing			

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	6. Kepler's laws of planetary motion		4. Apply the concept of gravitational potential energy in physics problems	U		U		Understanding			
			5. Calculate quantities related to planetary or satellite motion	U		U		Understanding Applying Analyzing			
			7. For circular orbits, relate Kepler's third law of planetary motion to Newton's law of gravitation and centripetal acceleration	U		U		Remembering Understanding			
Periodic Motion Mechanical Waves and Sound	1. Periodic Motion 2. Simple harmonic motion: spring-mass system, simple pendulum, physical pendulum 3. Damped and Driven oscillation 4. Periodic Motion experiment 5. Mechanical waves 1. Sound 2. Wave Intensity 3. Interference and beats	1. Periodic Motion 2. Simple harmonic motion: spring-mass system, simple pendulum, physical pendulum 1. Sound 2. Wave Intensity 3. Interference and beats 4. Standing waves 5. Doppler effect	1. Relate the amplitude, frequency, angular frequency, period, displacement, velocity, and acceleration of oscillating systems	K U	1. Relate the amplitude, frequency, angular frequency, period, displacement, velocity, and acceleration of oscillating systems	K U		Remembering Understanding		Online distance Learning (ODL) (Asynchronous and Synchronous)	
			2. Recognize the necessary conditions for an object to undergo simple harmonic motion	K U	2. Recognize the necessary conditions for an object to undergo simple harmonic motion	K U		Understanding			
			4. Calculate the period and the frequency of spring mass, simple pendulum, and physical pendulum	K U	4. Calculate the period and the frequency of spring mass, simple pendulum, and physical pendulum	K U		Understanding Applying			
			5. Differentiate underdamped, overdamped, and critically damped motion	K U		K U		Understanding			

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	4. Standing waves 5. Doppler effect		8. Define mechanical wave, longitudinal wave, transverse wave, periodic wave, and sinusoidal wave		8. Define mechanical wave, longitudinal wave, transverse wave, periodic wave, and sinusoidal wave					
			9. From a given sinusoidal wave function infer the (speed, wavelength, frequency, period, direction, and wave number	K U	9. From a given sinusoidal wave function infer the (speed, wavelength, frequency, period, direction, and wave number	K U				
			1. Apply the inverse-square relation between the intensity of waves and the distance from the source	K	1. Apply the inverse-square relation between the intensity of waves and the distance from the source	K				
			2. Describe qualitatively and quantitatively the superposition of waves	K	2. Describe qualitatively and quantitatively the superposition of waves	K				
			3. Apply the condition for standing waves on a string	U	3. Apply the condition for standing waves on a string	U				
			4. Relate the frequency (source dependent) and wavelength of sound with the motion of the source and the listener		4. Relate the frequency (source dependent) and wavelength of sound with the motion of the source and the listener					
Fluid Mechanics	1. Specific gravity 2. Pressure 3. Pressure vs. Depth Relation		1. Relate density, specific gravity, mass, and volume to each other	K	1. Relate density, specific gravity, mass, and volume to each other	K	Analyzing		Online distance Learning (ODL) (Asynchronous and Synchronous)	
			2. Relate pressure to area and force	K	2. Relate pressure to area and force	K				

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			Complete	K U D	Most Essential	K U D	RBT Level Flexible Assessment Activities (FAA) / Performance Checks	Performance Checks	Enabling General Strategy	Flexible Learning Strategies (FLS)
	4. Pascal's principle 5. Buoyancy and Archimedes' Principle 6. Continuity equation 7. Bernoulli's principle		3. Relate pressure to fluid density and depth	K	3. Relate pressure to fluid density and depth	K	Analyzing			
			4. Apply Pascal's principle in analyzing fluids in various systems	U	4. Apply Pascal's principle in analyzing fluids in various systems	U	Understanding Applying Analyzing			

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