[Physics](https://www.shuledirect.co.tz/notes/list_notes/2/19898)

1. [Introduction To Physics](https://www.shuledirect.co.tz/notes/list_notes/2/19898#19899)
	1. Concepts of Physics
		* Explain the concepts of physics
		* Establish the relationship between physics and other subjects
		* State the importance of studying physics
	2. Applications of Physics in Real Life
		* Explain the applications of physics in real life
		* Apply physics in daily life
2. [Introduction To Laboratory Practice](https://www.shuledirect.co.tz/notes/list_notes/2/19898#19912)
	1. Laboratory Rules and Safety Guidelines
		* State rules in physics laboratory
		* Explain the safety measures in physics laboratory
		* Use the First Aid Kit to render first aid
		* Identify warning signs
		* Use warning signs in daily life
	2. Basic Principles of Science Investigation
		* Explain the concept of scientific investigation
		* Identify the steps of scientific investigation
		* Use the scientific investigation methods in solving problems
3. [Measurement](https://www.shuledirect.co.tz/notes/list_notes/2/19898#19931)
	1. Concepts of Measurement
		* Explain the concepts of measurement
		* State the importance of measurement in real life
	2. Basic Fundamental Quantities
		* Define a fundamental quantity
		* Mention three basic fundamental quantities of measurement
		* State the S.I unit of fundamental quantities
		* Use appropriate instruments for measuring fundamental quantities
	3. Derived quantities
		* Explain derived quantities
		* State the S.I. units of derived quantities
	4. Basic Apparatus/equipment's and their uses
		* Describe basic apparatus/equipments used for measurement
		* Identify sources of errors in measurement
	5. Density and Relative Density
		* Explain the concept of density of a substance and its S.I unit
		* Determine the density of regular and irregular solids
		* Determine the density of a liquid
		* Define the relative density of a substance
		* Interpret applications of density and relative density in real life
4. [Force](https://www.shuledirect.co.tz/notes/list_notes/2/19898#19967)
	1. Concept of Force
		* Explain the concept of force
		* State the S.I unit of force
	2. Types of Force
		* Identify fundamental types of forces
		* Describe the properties of each type of the fundamental forces
	3. Effects of Force
		* Identify effects of forces
		* Justify the effects of forces on materials
5. [Archimedes' Principle And Law Of Flotation](https://www.shuledirect.co.tz/notes/list_notes/2/19898#19983)
	1. Archimedes' Principle
		* Explain the concept of upthrust
		* Verify the archimedes principle
		* Apply the archimedes principle to determine relative density
	2. Law of Flotation
		* Distinguish floating and sinking of objects
		* Explain the conditions for a substance to float in fluids
		* Relate upthrust and weight of floating body
		* State the law of flotation
		* Apply the law of flotation in everyday life
		* Describe the mode of action of a Hydrometer
		* Construct a simple Hydrometer
		* Use Hydrometer to determine the relative density of different liquids
6. [Structure And Properties Of Matter](https://www.shuledirect.co.tz/notes/list_notes/2/19898#20008)
	1. Structure of Matter
		* Explain the concept of matter
		* Justify the particulate nature of matter
		* Explain the kinetic theory of matter
		* Classify three states of matter
	2. Elasticity
		* Explain the concept of elasticity
		* Justify the relationship between tension and extension of a loaded elastic material
		* Identify the applications of elasticity in real life
	3. Adhesion and Cohesion
		* Explain the concept adhesion and cohesion
		* Identify the applications of adhesion and cohesion in daily life
	4. Surface Tension
		* Explain the concept of surface tension
		* Identify the applications of surface tension in daily life
	5. Capillarity
		* Explain the concept of capillarity
		* Identify the applications of capillarity in daily life
	6. Osmosis
		* Explain the concept of osmosis
		* Identify the applications of osmosis in daily life
7. [Pressure](https://www.shuledirect.co.tz/notes/list_notes/2/19898#20045)
	1. Concept of Pressure
		* Explain the concept of pressure
		* State the S.I unit of pressure
	2. Pressure due to Solids
		* Explain dependence of pressure on surface of contact
		* Identify the applications of pressure due to solids
	3. Pressure in Liquids
		* Describe the characteristics of pressure in liquids
		* Examine the variation of pressure with depth in liquids
		* Solve problems involving Pressure in Liquids
		* Explain the principle of a hydraulic pressure
		* Measure pressure of a liquid
	4. Atmospheric Pressure
		* Describe the existence of atmospheric pressure
		* Identify the applications of atmospheric pressure
		* Measure atmospheric pressure
8. [Work, Energy And Power](https://www.shuledirect.co.tz/notes/list_notes/2/19898#20074)
	1. Work
		* Explain the concept of work
		* State the S.I unit of work
		* Determine the work done by an applied force
	2. Energy
		* Explain the concept of energy
		* State S.I unit of energy
		* Identify different forms of energy
		* Distinguish between potential energy and kinetic energy
		* Explain the transformation of energy
		* State the principle of conservation of Energy
		* Explain the uses of mechanical energy
	3. Power
		* Explain the concept of power
		* State the S.I unit of power
		* Determine the rate of doing work
9. [Light](https://www.shuledirect.co.tz/notes/list_notes/2/19898#20104)
	1. Sources of Light
		* Explain the concept of light
		* Identify sources of light
		* Distinguish luminous from non-luminous bodies
	2. Propagation and Transmission of Light
		* Explain the concept of rays and beam of light
		* Verify that light rays travels in straight line
		* Identify transparent, translucent and opaque materials
	3. Reflection of Light
		* Explain the concept of reflection of light
		* Distinguish regular from irregular reflection of light
		* Apply the laws of reflection of light
		* Describe image formed by a plane mirror