

## **INFORMATION AND COMMUNICATION TECHNOLOGY**

### **SCHEME OF WORK**

#### **FORM 1**

#### **TERM 1**

Week 1-2 – Demonstrate correct body posture when using computers (ergonomics)

Week 3-4 – Identify possible health hazards associated with computers and computer related devices

Week 5-6 – Demonstrate health and safety practices while using ICT tools

Week 7-8 – Explain the difference among Information technology (IT), Information and Communication technology (ICT), and Computer Science

Week 9-10 – Explain the functions of the main components of a basic computer system

Week 11 – Discuss the reasons why computers are so useful and important in the world today