

CLASS : VII

SUBJECT - ENGLISH

PRESCRIBED BOOKS :

1. New Communicate in English - 7, Course Book (C.B.)
2. New Communicate in English - 7, Literature Reader (L.R.)
3. New Communicate in English - 7, Activity Book (A.B.)
4. Reader's English Grammar and Composition - 7 (G.R.)
5. Tales from Shakespeare (T.S.)
6. Practice Papers - 7

Months	Working Days	Skills	Portion
APRIL	20	1. Grammar 2. Vocabulary 3. Literature 4. Writing 5. Reading	i) Parts of Speech : Revision ii) Sentences, Subject - Predicate iii) Object, Complement, Transitive and Intransitive Verbs i) Spelling Rules (Ch-31) ii) Words Likely to be confused (Ch-32) Sl. No. 1 to 6) The Magic Bonbons (L.R.) The Merchant of Venice (T.S.) (Lesson - 1) Paragraph Writing CB + AB - Unit -1
MAY	11	1. Grammar 2. Vocabulary 3. Literature 4. Writing 5. Reading	i) Nouns ii) Articles Synonyms (Ch-33) Sl. No. 1 to 28) Tigers Forever (L.R.) The Merchant of Venice (Contd.) (T.S.) Informal Letter CB + AB - Unit -1 (Contd.)
JUNE	10	1. Grammar 2. Vocabulary 3. Literature 4. Writing 5. Reading	PRE MID-TERM EXAM (40 MARKS) Tenses Antonyms (Ch-33) Sl. No. 1 to 31) The Seven Cream Jugs (L.R.) The Merchant of Venice (Contd.) (T.S.) Notice Writing CB + AB - Unit -2

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Months	Working Days	Skills	Portion
JULY	20	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	i) Questions ii) Question Tags iii) Active and Passive Voice Phrasal Verbs (Ch-28) Sl. No. 1 to 15 (Pg. No. 114-15) Idgah (L.R.) Romeo and Juliet (Lesson - 2) (T.S.) Article Writing (For School Magazine) CB + AB - Unit -2 (Contd.)
AUG	22	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	i) Pronouns ii) Prepositions Synonyms (Contd.) (Ch-33) Sl. No. 29 to 46 Words Likely to be confused (Contd.) (Ch-32) Pg. No. 138-39 Mowgli, the Wolf-Child (L.R.) Romeo and Juliet (Contd.) (T.S.) Diary Entry CB + AB - Unit -3
SEPT	07	Vocabulary	REVISION MID-TERM EXAM (80 MARKS) Antonyms (Contd.) (Ch-33) Sl. No. 32 to 71) Pg. No.138-39
OCT	16	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	i) Adjectives ii) Adverbs Phrasal Verbs (Contd.) (Ch-28) Sl. No. 16 to 32 The Strange Man's Arrival (L.R.) Twelfth Night (Lesson-3) (T.S.) Dialogue Completion CB + AB - Unit -4
NOV	22	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	i) Direct and Indirect Speech ii) Conjunctions Word Formation (Ch-30) - Formation of Nouns, Formation of Adjectives Oft in the Stilly Night (L.R.) Twelfth Night (Contd.) Newspaper Report Writing CB + AB - Unit -5

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Months	Working Days	Skills	Portion
DEC	14	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	POST MID-TERM EXAM (80 MARKS) Modal Verbs Word Formation (Ch-30) - Formation of Verbs, Adverbs, Opposites and Compounds (Pg. No.126) The Morning After (L.R.) Hamlet (Lesson-4) (T.S.) Story Writing CB + AB - Unit -6
JAN	16	1.Grammar 2.Vocabulary 3.Literature 4.Writing 5.Reading	Revision of Irregular Verbs (Pg. 167-172) Phrasal Verbs (Ch-28) Sl. No. 33 to 48) Leaving the Valley (L.R.) Hamlet (Contd.) (T.S.) Biographical Sketch CB + AB - Unit -6 (Contd.)
FEB	17		INTEGRATED GRAMMAR REVISION Annual Exam (80 Marks)

कक्षा - सात

विषय - हिन्दी

निर्धारित पुस्तकें :

1. नवीन संकल्प - भाग - 7
2. सचित्र हिन्दी व्याकरण - भाग - 7
3. संक्षिप्त महाभारत

माह	कार्य दिवस	पाठ के नाम
अप्रैल/ मई	20+11	नवीन संकल्प - 1) सफलता की त्रिवेणी 2) यह धरती कितना देती है। 3) शिक्षक से राष्ट्रपति सं० महाभारत - आदि पर्व, सभा पर्व (वन पर्व-सिर्फ पठन के लिए) व्याकरण - भाषा, बोली, लिपि और व्याकरण, वर्ण विचार, वर्णमाला, स्वर - व्यंजन (परिभाषा एवं भेद), संयुक्त व्यंजन, अनुस्वार, अनुनासिक, अनेक शब्दों के लिए एक शब्द
जून/ जुलाई	10+20	पूर्व माध्यमिक परीक्षा नवीन संकल्प - 4) उड़ चल हारिल 5) एक पुरखा - एक पड़ोसी 6) नमक का दारोगा सं० महाभारत - विराट पर्व (उद्योग पर्व-सिर्फ पठन के लिए) भीष्म पर्व व्याकरण - अनेकार्थक शब्द, लिंग, विलोम शब्द, क्रिया (कर्म के आधार पर), विशेषण, अपठित गद्यांश, पठित गद्यांश अनौपचारिक पत्र- अपने छोटे भाई को व्यायाम का महत्त्व बताते हुए पत्र अनुच्छेद - विज्ञापन का महत्त्व
अगस्त	22	नवीन संकल्प - 7) दर्शनीय स्थलों का प्रदेश उड़ीसा सं० महाभारत - द्रोण पर्व, कर्ण पर्व (सौप्तिक पर्व-सिर्फ पठन के लिए) व्याकरण - समरूप भिन्नार्थक शब्द, पर्यायवाची शब्द, उपसर्ग, प्रत्यय, अपठित गद्यांश अनौपचारिक पत्र- पिता से रुपये मँगवाने हेतु पत्र

माह	कार्य दिवस	पाठ के नाम
सितम्बर	22	पुनरावृत्ति अर्द्धवार्षिक परीक्षा
अक्टूबर	17	नवीन संकल्प - 1) सूरदास के पद सं० महाभारत - शांति पर्व, अनुशासन पर्व व्याकरण - अनेक शब्दों के लिए एक शब्द, एकार्थक प्रतीत होने वाले शब्द अनुच्छेद लेखन - कबीरदास
नवम्बर	22	नवीन संकल्प - 2) चप्पल टूट गई 3) मोतीलाल के दीये सं० महाभारत - अश्वमेध पर्व व्याकरण - क्रिया विशेषण, पर्यायवाची शब्द, अपठित गद्यांश, पठित गद्यांश औपचारिक पत्र- चार दिनों के अवकाश हेतु प्राचार्य को पत्र
दिसम्बर	14	उत्तर माध्यमिक परीक्षा नवीन संकल्प - 4) नये समाज के लिए 5) शहीद बकरी सं० महाभारत - आश्रमवासिक पर्व, मौसल पर्व व्याकरण - विलोम शब्द, समरूप भिन्नार्थक शब्द, अपठित पद्यांश
जनवरी	16	नवीन संकल्प - 6) नदी का गीत 7) कल और आज सं० महाभारत - महाप्रस्थानिक पर्व, स्वर्गारोहण पर्व व्याकरण - औपचारिक पत्र - पुस्तकें मँगवाने हेतु संपादक को पत्र, विरामचिह्न अनुच्छेद - ऑनलाइन लाइब्रेरी
फरवरी	17	पुनरावृत्ति वार्षिक परीक्षा Note-पत्र/अनुच्छेद निर्धारित विषयों के अतिरिक्त भी पूछे जा सकते हैं।

कक्षा – सप्तम्
पाठ्यपुस्तकम्

विषय – संस्कृत

1. रूचिरा भाग – 2 (N.C.E.R.T.)
2. व्याकरण – सरस्वती मणिका

माह	कार्य दिवस	शीर्षक
अप्रैल / मई	20+11	रूचिरा – सुभाषितानि, दुर्बुद्धि विनश्यति व्याकरण – शब्दरूप – लता धातुरूप – दृश् (लट् , लृट् , लङ्)
जून	16	Pre Mid Term रूचिरा – स्वावलम्बनम् व्याकरण – शब्दरूप – पति धातुरूप – गम् (लट् , लृट् , लङ्)
जुलाई	21	रूचिरा – पण्डिता रमाबाई व्याकरण – शब्दरूप – अस्मद्, युष्मद् धातुरूप – भू (लट् , लृट् , लङ्)
अगस्त	22	रूचिरा – सदाचार : व्याकरण – कवि धातुरूप – पा (लट् , लृट् , लङ्) पुनरावृत्ति
सितम्बर	18	Mid Term अर्द्धवार्षिक परीक्षा
अक्टूबर	17	रूचिरा – संकल्पः सिद्धिदायकः शब्दरूप – एतत् (पुं. + स्त्री.) धातुरूप – अस् (लोट् , विधिलिङ्)

माह	कार्य दिवस	शीर्षक
नवम्बर	22	रुचिरा – त्रिवर्णः ध्वजः शब्दरूप – मति धातुरूप – लिख् (लोट् , विधिलिङ्)
दिसम्बर	24	Post - Mid Term रुचिरा – अमृतं संस्कृतम् शब्दरूप – किम् (पुं. + स्त्री.) धातुरूप – नम् (लोट् , विधिलिङ्)
जनवरी	16	रुचिरा – लालनगीतम् शब्दरूप – नदी धातुरूप – पा (लोट् , विधिलिङ्)
फरवरी	20	पुनरावृत्तिः
मार्च	24	वार्षिक परीक्षा

CLASS : VII

SUBJECT - MATHEMATICS

PRESCRIBED BOOK : NCERT

Months	Wor. Days	No. of Period	Topics (Sub Topics)	FA + Activities
APRIL	20	15	Ch.1. Integers - Introduction - Properties of Addition and Subtraction of Integers - Multiplication of Integers - Division of Integers - Properties of Division of Integers Ch.2. Fractions & Decimals - Introduction, Multiplication of Fraction - Fraction as an Operator 'of' - Multiplication of a fraction by a fraction - Division of whole number by a fraction - Multiplication of Decimal Numbers by 10,100 and 1000 - Division of Decimal Numbers	Activity No. 2 To represent the Multiplication of decimals on a square by drawing horizontal vertical lines
MAY	11	08	Ch.4. Simple Equations - Setting up of an Equation - What Equation is ? - Solving an Equation - More Equation - Application of Simple Equation to Practical Solution Situations	Activity No. 3 To Compare the marks obtained in all subject by a student in past session by Bar Graph.
JUNE	16	09	Pre Mid Term Exam	
			Ch.3. Data Handling - Introduction - Collecting Data - Organisation of Data - Arithmetic Mean - Range - Mode & Median - Use of Bargraphs with a different purpose - Chance & Probability	

Months	Wor. Days	No. of Period	Topics (Sub Topics)	FA + Activities
JULY	21	10 15	Ch.5. Lines and Angles - Introduction, Related Angles - Complementary Angles - Supplementary Angles - Adjacent Angles - Linear Pair - Intersecting lines - Transversals - Angles made by Transversals - Checking for Parallel lines Ch.6. Triangle and its Properties - Introduction - Median of a Triangle - Altitudes of a Triangle - Exterior Angle Property - Angle Sum Property - Two Special Triangles Equilateral and Isosceles - Sum of the length of two sides of a triangle - Right angled triangle and its Pythagoras property.	Activity No. 7B 7A & Activity No. 8 To Verify Exterior angle property To Verify Angle sum property To Verify Pythagoras theorem
AUGUST	22	11	Ch.7. Congruence of Triangles - Introduction, Congruence of Plane Figures, Congruence of Angles - Congruence of Triangles - Criteria for Congruence of Triangles	
SEPT	18	10	Ch.15. Visualising Solid Shapes - Introduction, Plane Figures and Solid Shapes - Faces, Edges & Vertices - Nets for Building 3-D Shapes - Drawing Solids on a flat Surface - Oblique Sketches, Isometric Sketches - Viewing different Section of a Solid (Shadow & Slicing Games)	
			Mid Term Exam	

Months	Wor. Days	No. of Period	Topics (Sub Topics)	FA + Activities
DEC.	24	12	Post Mid Term Exam Ch.12. Algebraic Expressions - Introduction - How are Expressions Formed - Terms and Co-efficients of an Expression - Like and Unlike Terms - Monomials, Binomials and Trinomials : Polynomials - Addition and Subtraction of Algebraic Expressions - Finding the Value of an Expression - Rules for Number Patterns 12 Ch.13. Exponents and Powers - Introduction - Laws of Exponents - Number with Exponents Zero - Miscellaneous Examples using the laws of Exponents - Decimal Number System - Expressing Large Numbers in the Standard form.	
JAN	16	06	Ch.14. Symmetry - Introduction - Lines of Symmetry for Regular Polygons - Rotational Symmetry - Line Symmetry	<u>Activity No. 7</u> Album making Symmetrical Types in Scrap Book
FEB	20		- Revision - Sample Paper Practice Annual Examination	

CLASS : VII

SUBJECT - PHYSICS

Sem.	Months	Wor. Days	Lesson No.	Lesson	Topic	Activity
SA-1	April	20	4	Heat	Concept of hot and cold; measuring temperature; Devices use to measure temperature; clinical and Laboratory thermometer, Reading a Thermometer, Transfer of heat.	1) To discuss similarities and dissimilarities of Laboratory and clinical thermometer
	May	11			Conduction, Application of conductors and insulators; Convection, Application of convection, Radiation, Application of Radiation	2) To identify the mode of transfer of heat in different activity in day to day life. 3) Application of Conductors and insulators of heat
	June	16	15	Light	Basic concept of Light, Light travels in a straight path, reflection of light, Formation of image by a plane mirror	4) Properties of image formed by plane spherical mirror & lenses Pre Mid Term
	July	21	15	Light	Nature of images formed in a plane mirror, Lateral inversion; Application of Lateral inversion, Spherical mirror, Concave and Convex mirror, Nature of images formed by concave and convex mirror, Application of spherical mirror in our day-to-day life.	5) Formation of Spectrum with the help of Prism.
	Aug	22			Lenses, Concave and Convex Lens, Images formed by concave and Convex lens, Application of lenses in our day to day life.	

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Sem.	Months	Wor. Days	Lesson No.	Topics	Sub Topic / Contents	
	Sept.	07			Revision Half Yearly (Mid Term)	
SA-2	Oct.	16	13	Motion and Time	Concept of motion and rest, Types of motion, Slow and fast, Speed, Formula of Speed, S.I. unit, Uniform and Non-Uniform motion, Measurement of Time, Simple Pendulum, Periodic Motion, Time Period, frequency, units of time and speed	6) Concept of slow and fast motion by citing different examples
	Nov	22			Measuring Speed, Speedometer, Odometer, Distance-Time graph of (i) Uniform-motion (ii) Non-uniform motion (iii) Object at rest, Pie Chart, Bar graph Average and Instantaneous Speed	7) Utility and interpretation of distance-time graph of different types of motion
	Dec	24	14	Electric Current and its effect	Concept of current, Symbols of electric components, Cells, Battery circuit diagram of closed and open circuits, Heating effect of electric current, Application of heating effect of Electric current Electric bulb, Iron, fuses Short Circuit, Over loading	8) Advantages and disadvantages of heating effect of electric current 9) Factors on which heating effect of electric current depends. Post Mid Term
	Jan	16			Magnetic effects of current, Electromagnet, Uses of Electromagnets. Working & detail structure of Electric-bell	10) Concept of Electromagnet and its application.
	Feb	20			Revision Annual Exam	

Months	No. of Working Days	Lesson No.	Content	Sub Topics	Activities
April+ May + June	20 + 11 + 16	Ch.5	1) Acids, Bases and Salts	a) Nature of acids and bases b) Types of indicators c) Neutralisation d) Neutralisation in everyday life e) Salt and it's nature	<ul style="list-style-type: none"> • Colour change of different indicators with acids and bases. • Neutralisation process will be demonstrated in the Lab.
			Pre Mid Term		
July + August	21 + 22	Ch.6	1) Physical and Chemical Changes	a) Types of changes b) Reaction between baking Soda and Vinegar c) Reaction between $\text{CuSO}_4 + \text{Fe}$ d) Rusting of Iron, Galvanisation e) Displacement types of reactions	<ul style="list-style-type: none"> • Experiment to show reaction between baking Soda and Vinegar • Test for identification of Carbon dioxide • Displacement experiment
Sept.	7		SA - I Exams (Mid Term)		
Oct + Nov	16 + 22	Ch.16	3) Water a Precious Resource	a) Different forms of water b) Water Cycle c) Ground Water as an important source of water d) Depletion of water table e) Water Management f) Rain Water Harvesting g) Drip Irrigation	<ul style="list-style-type: none"> • Activity based on hard water and soft water.
Dec	24	Ch.17	4) Forest : Our Lifeline	a) Canopy b) Crown c) Understorey d) Decomposers e) Humus f) Economical and environmental importance of Forests	<ul style="list-style-type: none"> • Activity based on the importance of forest in everyday life
			Post Mid Term		

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Months	No. of Working Days	Lesson No.	Content	Sub Topics	Activities
January	16	Ch.18	5) Waste Water Story	a) Sewers b) Sewerage c) Treatment of Polluted water d) Waste water Treatment Plant e) Better house keeping practice f) Sanitation and disease	• Activity based on W.W.T.P.
Feb	20		Revision / Annual Exam		

CLASS : VII

SUBJECT - BIOLOGY

Months	No. of Working Days	Lesson No.	Content (Chapter)	Sub Topics	Activities
April/ May	31	1	Nutrition in Plants	1.1 - Mode of Nutrition 1.2 - Photosynthesis 1.3 - Other modes of Plant Nutrition 1.4 - Saprotroph 1.5 - How nutrients are replenished in soil	• Monday Test (Ch.1) • Growing Moulds on bread and observing under a magnifying glass
			Practice Test-1		
June	16	2	Nutrition in Animals	2.1 - Different ways of taking food 2.2 - Digestion in Humans 2.3 - Digestion in grass-eating animals 2.4 - Feeding and Digestion in amoeba	• Monday Test (Ch.2)
July	21	12	Reproduction in Plants	12.1 - Modes of Reproduction 12.2 - Sexual Reproduction 12.3 - Fruits and seed formation 12.4 - Seed Dispersal	• To observe the reproductive parts of a flower

Months	No. of Working Days	Lesson No.	Content (Chapter)	Sub Topics	Activities
August	22	7	Weather Climate & Adaptation	7.1 -Weather and Climate 7.2- Elements of Weather 7.3- Climate and Adaptation - Polar & Tropical Regions	<ul style="list-style-type: none"> ● Prepare a weather report for a week, of your city. ● Collect information about the Indian Meteorological Deptt.
				Revision for Mid Term	
Sept.	7	3	Fibre to Fabric	Mid Term-Half Yearly 3.1 - Wool & Silk 3.2 - Animals that yield Wool	<ul style="list-style-type: none"> ● Prepare a Project on different types of Animal fibres
Oct	16	3	Fibre to Fabric	3.3 -From fibre to wool 3.4 - Processing of wool 3.5 - Silk - Life History	<ul style="list-style-type: none"> ● Observation of different fabrics
Nov	22	10	Respiration in Organisms	10.1- Why do we respire 10.2 - Breathing 10.3 -How do we breathe 10.4 - Breathing in other Animals.	<ul style="list-style-type: none"> ● Monday Test (Ch.10) ● Effect of exhaled air on lime water
				Practice Test - 2	
Dec	24	10 11	Respiration in Organisms Transportation in Animals & plants	10.5- Breathing under water 10.6-Do plants also respire 11.1- Circulatory System 11.2- Excretion in Animals 11.3- Transport of Substances in organisms 11.4- Transpiration 11.5- Human excretory system	<ul style="list-style-type: none"> ● Observing the breathing rate under different conditions ● Monday Test (Ch.11)
Jan	16	9	Soil	9.1- Soil Profile 9.2 - Soil Types 9.3 - Properties of Soil 9.4 - Soil & Crops	<ul style="list-style-type: none"> ● To prepare a report on the properties of clayey, sandy & Loamy soil
Feb	20			Revision for Annual Exam - Annual Exam	

List of Science Project of Class VII - 2017 - 18

Physics

- 1) Self explained diagram of sea and land breezes in A4 size paper.
- 2) Diagram of (a) Laboratory Thermometer (b) Clinical Thermometer.
- 3) Working model of Newton Disc.
- 4) Sun dial (Model)
- 5) Working model to show magnet effect of electric current.

Chemistry

- 1) Project on change of colour of different indicators with acids and bases.
- 2) Project based on valency chart.
- 3) Project on different methods of water conservation.
- 4) Self explained diagram of waste water treatment plant.
- 5) Project on medicinal values of plants.

Biology

- 1) Project on different types of Heterotrophic nutrition.
- 2) Project on different ways of vegetative propagation.
- 3) Project on adaptations in animals living in two different climatic zones.
- 4) Prepare a model to show mechanism of breathing.
- 5) To make a model of a stethoscope.

CLASS : VII

SUBJECT - Civics

Months	No. of Working Days	Ch.	Topic	Sub Topics	Activity / Assignment
April/ May	20 11	1	Equality	i) Equality in India ii) Democracy and Challenges of India	
June	16	2	Pre Mid Term Role of the Government in Health	i) Health Care, Private and Public Sectors ii) Examples of Kerala & Costa Rica	
July	21	3	How the State Government Works	i) Election of MLA's ii) Working of the Government iii) The purpose of Press Conference	A wall paper project on 'Health Schemes by the Government'
August	22	4	Growing up as Boys & Girls	1. Different roles played by girls and boys. 2. Valuing House Work Movements	A poster on Gender Equality
		5	Women Change the World	i) Women's work & equality ii) Stereo Types, Women's Movements	
Sept	18			Revision & Mid Term	
Oct	17	6	Understanding Media	1. Different Medias 2. Role of Media in Democracy	A Poster / Collage based on current issues
Nov	22	7	Understanding Advertising	1. Brand Value 2. Social Values 3. Advertising and Democracy	A poster on an imaginary product of your own.
Dec	24	8	Markets around us	1. Weekly Markets Shopping Complex 2. Chain of Markets 3. Equality related to Markets	
Jan	16	10	Struggles for Equality	1. Tawa Matsya Sangh 2. Equality is Indian Constitution	
Feb/ Mar	20+ 24		Annual Exam	Revision	

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CLASS : VII

SUBJECT - History

Months	No. of Working Days	Ch.	Topic	Sub Topics	Activity/ Assignment	Exam/ Test
April/ May	20+ 11	1	Tracing Changes through a thousand years	i) New and old terminologies ii) Historians & their sources iii) Regions and empires		
June/ July	18 21	2 3	New Kings & Kingdoms The Delhi Sultans	i) The emergence of New Dynasties ii) Administration, Temples & Agriculture iii) Expansion of the Delhi Sultanate iv) Administration under Khalji's and Tughlaqs		PT - I Pre Mid Term
August	22	4	The Mughal Empire	i) Military Campaigns ii) Mansabdars, Jagirdars, Akbar's Policies iii) Mughal Empire in 17th Century		
Sept	17	5	Rulers & Buildings (To begin) Revision for Mid Term Examination	i) Engineering skills & Construction ii) Temples as Administrative & Pilgrimage Centres	Sample Papers from Assignment Booklet to be solved.	PT - II Mid Term Exam
Oct	17	6	Towns, Traders and Crafts Person	i) New Towns & Traders ii) Organisations & Guilds of traders		
Nov	22	7 8	Tribes, nomads & Settled Communities Devotional Paths to the Divine	i) Tribal Societies, New Castes ii) Gonds, Ahoms & their Administration i) Nayanars, Alvars, Bhakti Saints ii) The idea of Supreme God		
Dec	24	10	18th Century Political Formations			PT-3 Post Mid Term Exam
Jan	16	10	18th Century Political Formations to be continued and Revision for Annual	i) Decline of the Mughal empire and later Mughals ii) Formation of states like Bengal, Awadh etc.		
Feb	20		Revision for Annual Examination			Annual Exam

CLASS : VII

SUBJECT - GEOGRAPHY

Months	No. of Working Days	Ch.	Topic	Sub Topics	Assignment	M. Test
April	20	1	Environment	<ul style="list-style-type: none"> • Components of Environment • Natural Environment • Human Environment 	Monthly Assignment to be done from the prescribed booklet	1st
May/ June	11+ 16	2	Inside our Earth	<ul style="list-style-type: none"> • Interior of the Earth • Rocks and Minerals 	- do -	2nd
		3	Our Changing Earth	<ul style="list-style-type: none"> • Earthquake • Volcano 		
Pre Mid Term						
July	21	3	Our Changing Earth (Continue)	<ul style="list-style-type: none"> • Major Landforms • Work of a River • Work of Sea Waves • Work of Ice • Work of Wind 	- do -	
		9	Life in the Temperate Grasslands	<ul style="list-style-type: none"> • The Prairies 		
August	22	9	Life in the Temperate Grasslands(Continue)	<ul style="list-style-type: none"> • The Velds 	- do -	
		10	Life in the Deserts	<ul style="list-style-type: none"> • The Hot Desert-Sahara • The Cold Desert-Ladakh 		
Sept	18		Revision & Mid Term			
Oct/ Nov	17+ 22	4	Air	<ul style="list-style-type: none"> • Composition of the Atmosphere • Structure of the Atmosphere • Weather and Climate 	- do -	3rd
		5	Water	<ul style="list-style-type: none"> • Distribution of Water Bodies • Ocean Circulation 		4th
Post Mid Term						
Dec	24	6	Natural Vegetation and Wild Life	<ul style="list-style-type: none"> • Forests • Grasslands 		
Jan	16	7	Human Environment Settlement, Transport and Communication	<ul style="list-style-type: none"> • Settlements • Transport • Roadways • Railways • Waterways • Airways 	- do -	
		8	Human Environment Interactions the Tropical and the Subtropical Region	<ul style="list-style-type: none"> • Communication • Life in the Amazon Basin • Life in the Ganga-Brahmaputra Basin 		
Feb	20		Revision of Annual Examination			
Mar	24		Annual Examination			

CLASS : VII

SUBJECT - COMPUTER

Months	Days	Theory	Lab	Activity
APRIL	20	<ul style="list-style-type: none"> Basics of Computer 		Suggested Activities 1. Extempore 2. Pen Paper Test 3. Creative
MAY	11	<ul style="list-style-type: none"> Scratch 	<ul style="list-style-type: none"> Scratch 	
JUNE	16	<ul style="list-style-type: none"> Animation in Scratch 	<ul style="list-style-type: none"> Animation in Scratch 	1. I.T. Application 2. Animation Activity 3. Practical Assessment
JULY	21	<ul style="list-style-type: none"> What's Database 	<ul style="list-style-type: none"> Data Base 	
JULY / AUG	21+22	<ul style="list-style-type: none"> Data Base Reports Dimension of Digital Technology 	<ul style="list-style-type: none"> Data Base 	
SEP	18	<ul style="list-style-type: none"> Revision of Term I Syllabus 		Half Yearly Exam
OCT	17	<ul style="list-style-type: none"> Introduction to HTML 	<ul style="list-style-type: none"> HTML 	Suggested Activities 1. Lab Project 2. Research Activity 3. Creative Activity
NOV/ DEC	22 + 24	<ul style="list-style-type: none"> Tags and Attributes 	<ul style="list-style-type: none"> Tags and Attributes in HTML 	
DEC	24	<ul style="list-style-type: none"> E-Mail 	<ul style="list-style-type: none"> Common Applications in Linux 	1. Debate 2. Pen Paper Test 3. Research Ability
JAN	16	<ul style="list-style-type: none"> GNU Linux Digilocker 		
FEB	20	<ul style="list-style-type: none"> Revision of Term II Syllabus 		Annual Exam

Months	Page No.	Topics
April	7 to 17	Quizzing quotes, How Animals Adapt, Culture Curry, Royal retreat, Sculpture Gallery, Health issues, Chills and Thrills, Martial Arts.
May	18 to 25	The story of Sailing, Word Game, Pioneers of Science, Forest Quest, People of India
June		Pre Mid Term
June	26 to 30	How Plants Adapt, Stopping at the Squares, Branches of Study, Quiz Yourself - 1.
July	31 to 41	Number Logic, Environment Threats, The United Nations, Parliaments of the world, Counting on Courage, The long and short of it, Science Quiz, Playing Hockey.
August	42 to 51	AntarcticAdventures, Tackling Garbage, Locating landmarks, Curtains up Cricket Twenty 20, In Economics, Knights of honour
September		Mid Term
October	52 to 61	Eklavya's story, At the Movies, Nobel Women, Quiz Yourself -2, Living in Harmony, Odd one out, The Chemistry of it, Word Game
November	62 to 70	Kingdom of the Ocean, Making recycled Paper, National Anthems, At a great risk, IT Queries, Prickly Puzzles.
December	71 to 81	Celebrities who care, Lost Cities, Game for pool, Word Game, Famous Trains, Deadly Disasters, Sporting Stars, Unique Universe.
December		Post Mid Term
January	82 to 94	Inventions time line, Word Game, Talking 21st. Century, Quizzing Eastern India, Conserving Water, Guess the Brand, Quiz Yourself-3, Answering History, Model test paper 1 & 2
February		Revision + Annual Exam

CLASS : VII

SUBJECT - MENTAL MATHS

(Respective worksheets of Respective Topics)

Months	Topics
APRIL	Integers Fractions and Decimals
MAY	Simple Equation
JUNE	Pre Mid Term
JUNE	Data Handling
JULY	Lines and Angles Triangle and its Properties
AUGUST	Congruence of Triangle
SEPTEMBER	Mid Term Exam
OCTOBER	Comparing Quantities Rational Numbers
NOVEMBER	Practical Geometry, Perimeter and Area
DECEMBER	Post Mid Term
DECEMBER	Algebraic Expressions, Exponents and Powers
JANUARY	Symmetry
FEBRUARY	Revision Model Test Papers

CLASS : VII

SUBJECT - GERMAN LANGUAGE

Month	Main Topic	Sub Topic	Grammar
APRIL (4 periods)	At Home	- to name the rooms in a home	- Nouns - definite and indefinite
MAY (1 period)		- enquire about the rooms and describe the same	Articles - masculine, feminine and neutrum
JUNE (3 periods)	At Home	- ask about objects at home and answer the questions - negative answer also possible	- Demonstrative pronoun - "Das ist..." - Interrogative sentence "Was ist..." - Negation - "nicht" and "kein"
JULY (4 periods)	A visit to the neighbors	- to ask about the wellbeing of a person and answer questions about the same	- "möchte" as a single verb - the idiom "Wie geht's"
AUG (4 periods)	A visit to the neighbors	- offer something to guests, acceptance or refusal by the guest - to express a wish or preference	- Personal Pronouns - "mir, dir, Ihnen"
SEPT.		MID TERM EXAMINATION	
OCT. (3 periods)	Pets	- to enquire whether peers have pets - to say, whether one has pets	- Advanced forms of haben - Accusative case
NOV. (4 periods)	Pets	- to say, whether one likes pets or not to say, what animals eat	- Negation - "kein" - to introduce the verb "mögen"

Month	Main Topic	Sub Topic	Grammar
DEC. (4 periods)	A visit from the neighbors	<ul style="list-style-type: none"> - to ask about one's place of origin and answers questions about the same - to ask about knowledge of foreign languages and answer questions about the same 	<ul style="list-style-type: none"> - Verb "sprechen" in the present tense - the impersonal structure - "man"
JAN. (3 periods)	A visit from the neighbors	<ul style="list-style-type: none"> - say, which language is spoken in a particular country 	<ul style="list-style-type: none"> - Sentence structure with subject as apposition - interrogative pronoun "Woher" - Preposition - "aus"
FEB (3 periods)		Revision for Exam	
MAR		ANNUAL EXAMINATION	

BOOK :

Prescribed Book : Hallo Deutsch (Textbook and Workbook - Module - 2)

Suggested References : Langenscheidt Euro Dictionary

CLASS : VII

SUBJECT - FRENCH

Book Prescribed : ENCHANTES! - 2

MOIS (MONTH)	TITRE (TOPIC)	OBJECTIFS (OBJECTIVE)	GRAMMAIRE (GRAMMAR)
AVRIL (APRIL)	0. Decouvrons la France ! 1. Belle image	Connaissance Generale de la France Accorder les adjectifs	Les noms Les noms pluriels Les adjectifs
MAI (MAY)	2. Voice paul !	Decrire quelqu'un	La place des adjectifs
JUIN (JUNE)	3. Les habits	Savoir conjuguer les trois groupes de verbes (_er, -ir, et -re)	Regles de conjugaison des trois groupe de verbes
JUILLET (JULY)	4. Les animaux du zoo 5. Comment fail-il?	Monter sa possession Mettre les nombres en ordre Apprendre la negetion Connaitre les differentes professions	Les adjectif possesifs, les nombres cardinaux Expressions avec faire et avoir
AOUT (AUGUST)	6. Au travail ! 7. Chez clara	Apprendre la negation Connaitre les differentes professions Apprendre les prepositions	La negation Les preposition
SEPTEMBRE (SEPT.)	Revision	Revision	Revision
OCTOBRE (OCT.)	8. La maison de marie	Vocablaire de la maison Apprendre les articles contractes	Les articles contractes
NOVEMBRE (NOV.)	9. Bon appetit	Apprendre les articles partitifs Les repas d'une journee	Les articles partitifs
DECEMBRE (DEC.)	10. ma ville, mon quatier	Apprendre a poser des question	Est-ce que Conjugaison des verbes irregulier

MOIS (MONTH)	TITRE (TOPIC)	OBJECTIFS (OBJECTIVE)	GRAMMAIRE (GRAMMAR)
JANVIER (JAN.)	Revision	Revision	Revision
FEVRIER (FEB.)	Preparation for Exam	Preparation for Exam	Preparation for Exam

Test and Exams

Prescribed Book : Course Book, Work Book

Test and Exam	Details Chapters to be Covered	Internal Assessment
MID TERM EXAMINATION	Ch. 0 : Decouvrons la france Ch. 1 : Belles images Ch. 2 : Voice paul! Ch. 3 : Les habits Ch. 4 : Les animaux du zoo Ch. 5 : Comment fail-il?	- Listening activity - Speaking activity - Reading activity
ANNUAL EXAMINATION	Ch. 6 : Au travail Ch. 7 : Chez clara Ch. 8 : La maison de marie Ch. 9 : Bon appetit Ch. 10 : Ma ville, mon quartier	- Listening activity - Speaking activity - Reading activity

Class – VII

Subject – Physical Education

Part - A (20 Marks)	Part - B (10 Marks)		Part - C (10 Marks)
YOGA a) Definition b) Meaning c) Various Asana i) Surya Namaskar ii) Padam Asana iii) Vajra Asana iv) Trikon Asana v) Tarasana	KHO-KHO	a) History b) Measurement c) Specification d) Terminology e) Skills f) Personality	CURRENT AFFAIRS
MOTOR SKILL	FOOTBALL		
DIET a) Meaning b) Importance			

<p>1. Meditation : It helps to slow down the activities of the mind & thus develops concentration.</p> <p>2. Chanting of OM-KAR : It helps to feel the vibration in the body & better concentration.</p> <p>3. Breathing exercises in sitting & standing posture : These practices help in better concentration. It brings a better synchronization between body & mind.</p> <p>4. Pranayama : Kapalabhati Bhastrika Anuloma - Viloma Sitali Sitkari Bhramari</p> <p>5. Bandha : Uddian Jalandar</p> <p>6. Surya Namaskar : This practice removes all lethargy from the body & energises the whole body. It maintains the flexibility of the body.</p> <p>7. Loosening Exercises : Jogging Forward & Backward Bending Side Bending Twisting Joint free exercises</p> <p>8. Standing Postures : (Balancing & Concentration) Vrikshasana Natarajasana Virabhadrasana Tadasana Tiryak Tadasana Katichakrasana Padahasthasana Prasarita Padahasthasana Ardha Chakrasana</p>	<p>Ardhakati Chakrasana Garudasana Trikonasana Parivritta Trikonasana Parsva Konasana Utkatsana Ardha Chandrasana</p> <p>9. Sitting Postures : Paschimottanasana Vajrasana Ardha Ustrasana / Ustrasana Sasankasana Vakrasana Ardha padmasana Padmasana Utthita Padmasana Akarna Dhanurasana Butterfly Stretch</p> <p>10. Prone Postures : (Lying on Abdomen) Bhujangasana Salabhasana Dhanurasana Makarasana</p> <p>11. Supine Postures : (Lying on Back) Uttasana Padasana Pavan Muktasana Sarvangasana Matsyasana Halasana Chakrasana Supta udra Karsanasana</p> <p>Savasana : It is given at the end of all the practices. This technique involves mental suggestion to relax the whole body part by part. In the process, it gives deep rest to the physical body as well as to the mind.</p> <p>OM ASATO MA SADGAMAYA, TAMASO MY JYOTIRGAMAYA, MRITYURMA AMRITAMGAMAYA, OM SHANTIH SHANTIH SHANTIH</p>
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Garudasana
 Trikonasana
 Parivritta Trikonasana
 Parsva Konasana
 Utkatsana
 Ardha Chandrasana

9. **Sitting Postures :**

Paschimottanasana
 Vajrasana
 Ardha Ustrasana / Ustrasana
 Sasankasana
 Vakrasana
 Ardha padmasana
 Padmasana
 Utthita Padmasana
 Akarna Dhanurasana
 Butterfly Stretch

10. **Prone Postures : (Lying on Abdomen)**

Bhujangasana
 Salabhasana
 Dhanurasana
 Makarasana

11. **Supine Postures : (Lying on Back)**

Uttasana Padasana
 Pavan Muktasana
 Sarvangasana
 Matsyasana
 Halasana
 Chakrasana
 Supta udra Karsanasana

Savasana : It is given at the end of all the practices. This technique involves mental suggestion to relax the whole body part by part. In the process, it gives deep rest to the physical body as well as to the mind.

**OM ASATO MA SADGAMAYA, TAMASO MY JYOTIRGAMAYA, MRITYURMA
 AMRITAMGAMAYA, OM SHANTIH SHANTIH SHANTIH**