

O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR

Annual Syllabus Break-up for the session 2025-26

Subject -- Science

Class- VII

Sl. No.	Month	No. of I.D.	No. of periods	Chapters to be taught	Subject enrichment activities	Values to be imparted	Extra content to be taught
1	APRIL		10+10	Ch 1, Nutrition n plants Ch 2, Nutrition in animal	a. Fungi grow on bread b. Leaves of different colours c. Group discussion on all the themes a. Chart drawing b. Presentation (group) c. A/V class	Symbiosis Take care of teeth	Green house Insulin & diabetes
2	JUNE		8	Ch 3, Heat	a. Different types of thermometer b. Conduction of heat c. Convection of heat	Use of thermometer	Using sunglasses protect our eyes

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3	JULY		10+9+6	Ch 9, Motion and time Ch 10, Electric current and its effects More Science Activities	a. Show different types of motion by different things b. How speed depends on distance and time a. Electric circuit b. Showing parts of torch c. Model of railway signal (group)	Value of time & punctuality How to protect ourselves from electric shock.	Applying of brakes in vehicles MCB
4	AUGUST		10+10	Ch 4, Acids, bases and salts Ch 6, Respiration in organisms	a. Effect of indicators b. Neutralisation reaction c. A/V class a. Breathing rate b. Effect of exhaled air in lime water c. Model of lungs (group)	Baking soda reduces insect bite pain Breathing exercises keep us fit & healthy	Turmeric as a medicine Oxyhaemoglobin, Ethyl alcohol
	SEPTEMBER			Revision & PT3			

Sl No.	Examination	Month	Max. Marks	Max. Time	Syllabus For examination
1	PT 1(Round 1)	July	20	1 HOUR	CH 1,2
	PT 1(Round2)	August	20	1 HOUR	CH 3, 9
2	PT4(Half-yearly)	SEPTEMBER	80	3 HOURS	CH 1, 2, 3, 4, 6, 9, 10

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6	OCTOBER		8+9	Ch 5, Physical & chemical changes	a. Rusting of iron b. Lime water to milky c. Different physical changes	How to protect daily-use iron things from rusting	Chemical changes are irreversible.
				Ch 7 Transportation in animals and plants	a. Model of human circulatory system (group) b. Model of stethoscope c. Model of human excretory system	Eating healthy food keep our organ systems healthy	CPR
7	NOVEMBER		10+7	Ch8, Reproduction in plants More Science activities	a. A/V b. Show different Vegetative parts by which plants reproduce c. Show different Parts of flowers (group)	Take care of new plants	Germination

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8	DECEMBER		10	Ch 11, Light	a. A/V class b. Show different types of mirrors & lenses c. Image formed by mirrors & lenses (group)	Light produces the sense of vision	Light bends when passes through water.
9	JANUARY		8+9+5	Ch 12, Forests, our lifeline Ch13, Waste water story More Science Activities	a. Presentation (group) b. Role-play on protecting forests a. A/V class b. Group discussion, how to keep water clean c. Project on Swachh Bharat	Forest is a dynamic living entity Maintaining sanitation keep us disease free	Amazon forest How Denmark stands at the highest maintaining cleanliness.
10	FEBRUARY			Revision & PT 4			

Sl No.	Examination	Month	Max. Marks	Max. Time	Syllabus For examination
1	PT3 (Round 1)	NOVEMBER	20	1 HOUR	CH 5, 7
	PT3 (Round 2)	JANUARY	20	1 HOUR	CH 8, 11
2	PT4 (Annual)	FEBRUARY	80	3 HOURS	CH 3, 5, 7, 8, 11, 12, 13