



**BRIDGE COURSE
LESSON PLAN
SUBJECT: SCIENCE
STD: VII
MARCH 2025**

WEEK 2 (05/03/25 -07/03/25) 03Days – 03 Periods

Date	Topic	LOs	Content / Source What content and from where should be mentioned.	Class work (Dictated/ Done by student)	Home work (Specify HW, if any)	Technology used	Activities CBE/ Art integration/ Sport integration
PERIOD1	CH 11 LIGHT	Understand definition of Light	Pg 123 of NCERT Science book NCERT E book https://ncert.nic.in/textbook.php?geo_sc1=11-13	Explanation will be done by the teacher Fig 11.2 will be discussed by the teacher	-	SPECKTRON	-
PERIOD2	CH 11 LIGHT	Understand different phenomena light exhibits	Pg 123-124 of NCERT Science book NCERT E book https://ncert.nic.in/textbook.php?geo_sc1=11-13	Topic will be explained from daily examples by the teacher . Activity 11.1 will be discussed by the teacher	Draw fig 11.6 from pg 125 in science notebook .	SPECKTRON	-

PERIOD3	CH 11 LIGHT	Understand Reflection	Pg 125 of NCERT Science book NCERT E book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher. Fig 11.5 will be discussed and demonstrate d by the teacher.	Draw fig 11.12 from pg 128 in science notebook.	SPECKTRON	-
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WEEK 3 (10/03/25-14/03/25)
04 Days – 04 Teaching Periods

Date	Topic	LOs	Content / Source What content and from where should be mentioned.	Class work (Dictated/Do ne by student)	Home work (Specify HW, if any)	Technolo gy used	Activit ies CBE/ Art integrat ion/ Sport integrat
PERIOD1	CH 11 LIGHT	Understand Real and Virtual Image	Pg 128 of NCERT Science book NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Activity 11.4 will be demonstrate d by the teacher	Draw fig 11.22 from pg 132 Of Textbook	SPECKTR ON	Student s will watch video for differen t kinds of image formati on

PERIOD2	CH 11 LIGHT	Understand Concave and Convex mirror	Pg 128 of NCERT Science book NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKTRON	-
PERIOD3	CH 11 LIGHT	Understand Lenses	Pg 132 of NCERT Science book NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKTRON	-

PERIOD4	CH 11 LIGHT	Understand Images formed by Concave Lens, Understand Convex Lens	Pg 132 of NCERT Science book NCERT E- Book https://ncert.nic.in/textbook.php?gesc1=11-13	Different kind of Mirrors and Lenses will be demonstrate d by the teacher	-	SPECKTRON CHROME BOOK	Student s will be assesse d online through kahoot on CHRO MEBO OK
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WEEK 4 (17/03/25-21/03/25)**05 Days – 05 Periods**

Date	Topic	LOs	Content / Source What content and from where should be mentioned.	Class work (Dictated/Done by student)	Home work (Specify HW, if any)	Technology used	Activities CBE/ Art integration/ Sport integration
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PERIOD1	CH 11 LIGHT	Understand the colour of Sunlight	NCERT Science book NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKTRON	-
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PERIOD2	CH 11 LIGHT	Understand the colour of Rainbow	NCERT Science book NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKT RON	-
PERIOD3	CH 11 LIGHT	Understand the splitting of light through the Prism	NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	Draw fig 11.24 from pg 133 in notebook	SPECKT RON	Activ ity 11.12 from the chapt er will be done
PERIOD4	CH 11 LIGHT	Understand the splitting of light through the Prism through the experiment	NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKT RON	
PERIOD5	CH 11 LIGHT	Understand the different colour of light through the CD placed in Sun	NCERT E Book https://ncert.nic.in/textbook.php?gesc1=11-13	Topic will be explained by the teacher.	-	SPECKT RON CHROM EBOOK	Stud ents will be asses sed onlin e throu gh quiz ON CHR OM EBO OK

