



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS VII

SUBJECT- SCIENCE

New Session begins on 1st April 2025

S.No.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	1 st April-15 th April	10	Topic – Nutrition in Plants Sub-topics: <ul style="list-style-type: none"> Define nutrition Mode of nutrition in plants Photosynthesis Other modes of nutrition in plants 	1. To study algae from permanent slides. 2. To study the structure of stomata in leaves from permanent slides.
2	16 th April- 30 th April	10	Topic – Nutrition in Plants (continued) Sub-topics: <ul style="list-style-type: none"> Replenishment of nutrients in the soil Topic- Physical and Chemical Change Sub-topics: Types of changes	3. To study the spore formation in bread mould or fungus from permanent slide. 4. To study the reaction of iron with moisture and air.
3	1 st May- 15 th May	10	Ch5: Changes Around Us: Physical and Chemical Change Ch1: The Ever-Evolving World of Science	5. To study the reaction of the burning of magnesium ribbon in air. 6. To study the reaction between vinegar and acetic acid.
4	16 th May-31 st May	6	Ch2: Exploring Substances: Acidic, Basic, and Neutral	7. To study the reaction between an acid and a base.
Summer Vacations:26th May – 30th June 25				
5	1 st July- 15 th July	11	Ch2: Exploring Substances: Acidic, Basic, and Neutral	8. To test the presence of an acid or a base by using rose extract/litmus paper/turmeric paper as an indicator.
Periodic Test-1: 9th July – 23th August 25				
6	16 th July-31 st July	12	Ch 3: Electricity: Circuits and their Components	9. To study a simple electric circuit. 10. To make a simple tester.
7	1 st Aug- 15 th Aug	10	Ch 4: The World of Metals 4 and Non-metals	11. To study various properties of metals and non-metals.
8	16 th Aug- 31 st Aug	10	Ch 6: Adolescence: A Stage of Growth and Change	12. To study the importance of a balanced diet during the time of adolescence.
Syllabus Completion for Mid-Term Examination: 29th Aug 2025				
9	1 st Sept-15 th Sept	9	REVISION	
Mid Term Examination - 15th Sept- 26th Sept 25				
Autumn Break- 30th Sept – 2nd Oct 25				
10	1 st Oct- 15 th Oct	8	Ch7: Heat Transfer in Nature	13. To study the process of conduction, convection and radiation.
11	16 th Oct-31 st Oct	8	Ch8: Measurement of Time and Motion	14. To calculate the frequency and time-period of a simple pendulum.
Diwali Break : 20th Oct - 23rd Oct 25				
12	1 st Nov -15 th Nov	9	Ch8: Measurement of Time and Motion	15. To calculate the speed of an object.
13	16 th Nov-30 th Nov	10	Ch9: Life Processes in Animals	16. To prepare a simple model of the respiratory system of human beings.
Annual Day: 29th Nov 25				

14	1 st Dec- 15 th Dec	11	Ch9: Life Processes in Animals	17. To test the presence of exhaled air with the help of freshly prepared lime water solution.
Periodic Test-2: 8th Dec – 22nd Dec 25				
15	16 th Dec-31 st Dec	8	Ch10: Life Processes in Plants	18. To study the essential conditions required for the process of photosynthesis.
Winter Break- 29th Dec - 9th Jan 26				
16	1 st Jan -15 th Jan	4	Ch11: Light: Shadows and Reflections	19. To study various laws of reflection.
17	15 th Jan- 31 st Jan	11	Ch11: Light: Shadows and Reflections	20. To study the formation of an image with the help of a plane mirror.
18	1 st Feb - 15 th Feb	10	Ch12: Earth, Moon, and the Sun	21. To study solar and lunar eclipse with the help of a simple model.
Syllabus Completion for Annual Examination: 6th February 26				
Annual Examination Begins: 16th February 26				

TOTAL TEACHING DAYS: 167

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST 1	14.07.2025	1. Nutrition in Plants 2. Changes around us: Physical and Chemical Changes
MID-TERM EXAMINATION	15.09.25	Ch 5, Ch1, Ch2, Ch3, Ch4 & Ch6
PERIODIC TEST 2	12.12.25	Ch7& Ch8
ANNUAL EXAMINATION		Ch7, Ch8, Ch9, Ch10, Ch11& Ch12