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| | <p>Motion</p> | <p>reticulum, vacuoles, plasma membrane, cell wall)</p> <ul style="list-style-type: none"> ● Permeability of cell membranes ● Cellular division and cancer ● Recent advancement in cell biology <p>Motion</p> <ul style="list-style-type: none"> ● Motion — displacement, velocity, acceleration ● Graphical representation of motion for an object moving in a straight line in one direction (with constant velocity, and constant acceleration) ● Kinematic equations for motion in a straight line with constant acceleration (by graphical method) ● Elementary idea of uniform circular motion | <p>Various equipment used in the Physics lab</p> <p>Experiment: To find the speed of different moving bodies</p> |
| <p>MAY</p> | <p>Exploring Mixtures and Their Separation</p> | <p>Exploring Mixtures and Their Separation</p> <ul style="list-style-type: none"> ● Homogeneous and heterogeneous mixtures; ● Solutions, suspensions, colloids and their properties ● Various ways to express concentration of solutions (mass by mass percentage of a solution, mass by volume percentage of a solution, volume by volume percentage of a solution) ● Separation techniques based on the physical properties of components, including crystallisation, distillation, paper chromatography, sublimation, centrifugation and coagulation | <p>Activity: Make a flowchart of matter</p> <p>Experiment: Types of solutions and their features</p> <p>Experiment: Separation Techniques</p> |

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| | <p>Cell</p> | <p>Cell</p> <ul style="list-style-type: none"> ● Discovery of cell ● Plant and animal cells ● Prokaryotic and eukaryotic cells ● Cell as a structural and functional unit of life; ● structure and function of key organelles (nucleus, mitochondria, chloroplast, endoplasmic reticulum, vacuoles, plasma membrane, cell wall) ● Permeability of cell membranes ● Cellular division and cancer ● Recent advancement in cell biology | <p>Experiment: Temporary mount of onion peel.</p> <p>Activity: Role play & colorful diagrams of different organelles on A4 pages.</p> |
| | <p>Motion</p> | <p>Motion</p> <ul style="list-style-type: none"> ● Motion — displacement, velocity, acceleration ● Graphical representation of motion for an object moving in a straight line in one direction (with constant velocity, and constant acceleration) ● Kinematic equations for motion in a straight line with constant acceleration (by graphical method) ● Elementary idea of uniform circular motion | <p>Experiment: To understand inertia of motion and rest through activity.</p> |
| <p>JULY</p> | <p>Structure of an Atom</p> | <p>Structure of an Atom</p> <ul style="list-style-type: none"> ● Atoms are the basic units of elements ● Atoms consist of subatomic particles ● Atomic Models (Thomson's Model, ● Rutherford's Model, and Bohr's Model) ● Distributions of electrons in elements (up to 18 elements) | <p>Experiment: Preparation of mixture and compound.</p> |

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| | | <ul style="list-style-type: none"> ● Atomic Models (Thomson's Model, Rutherford's Model, and Bohr's Model) ● Distributions of electrons in elements (up to 18 elements) ● Symbols ● Valency as the combining capacity ● Atomic number ● Mass number ● Isotopes ● Isobars | <p>Activity of criss cross method. Experiment: Melting and boiling point of water.</p> |
| | Tissue | <p>Tissue</p> <ul style="list-style-type: none"> ● Tissues: Introduction and importance ● Level of organisation in the living organisms ● Plant and animal tissues ● Types of plant tissues ● Meristematic tissues (types and function of each) ● Permanent tissues (types, structure and function of each) ● Animal tissues ● Overview (epithelial, connective, muscular and nervous tissues — types, structure and function of each) ● Elementary idea of musculoskeletal system <p>Care of musculoskeletal system: injuries, postural care, nutrition and exercise.</p> | <p>Experiment: Plant tissues from permanent slides. Activity: Flowchart of plant and animal tissues with their location and functions.</p> |
| | Force and Laws of Motion | <p>Force and Laws of Motion</p> <ul style="list-style-type: none"> ● Force; balanced and unbalanced forces ● Force of friction ● Newton's first law of motion ● Newton's second law of motion ● Newton's third law of motion | <p>Experiment: Determination of the density of solid (denser than water) by using a spring balance and a measuring cylinder.</p> |
| SEPTEMBER | | REVISION | |

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| | Work, Energy and Simple Machines | <ul style="list-style-type: none"> ● Introduction to birth control methods and importance Work, Energy and Simple Machines <ul style="list-style-type: none"> ● Concept of work; work done by a constant force ● Work-Energy theorem ● Mechanical energy, kinetic and potential energy, and conversion between potential energy and kinetic energy ● Conservation of energy ● Power ● Simple machines and their mechanical advantage (pulley, inclined plane, lever) | <p>Simple machine and its working will be shown (pHET, Laboratory)</p> <p>Experiment: Pendulum motion to measure energy at different levels.</p> |
| DECEMBER | Earth as a System: Energy, Matter and Life | Earth as a System: Energy, Matter and Life <ul style="list-style-type: none"> ● Earth as interconnected system ● Nature of solar energy: solar radiation, electromagnetic spectrum, and speed of light ● Solar energy interaction with the Earth's Surface and differential heating of the Earth (the role of the atmosphere and the Earth's surface) ● Differential warming of the Earth causes winds ● Biogeochemical cycles (water cycle, carbon cycle, nitrogen cycle, oxygen cycle) ● Human impact on Earth's system | |
| | Diversity | Diversity <ul style="list-style-type: none"> ● Importance of classification ● Five kingdoms and their key features with examples ● Major division of animals and plants | Observe different specimen of animals in lab |

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| | <p>Sound</p> | <ul style="list-style-type: none"> ● Binomial nomenclature ● Acellular entities: viruses <p>Sound</p> <ul style="list-style-type: none"> ● Production of sound ● Propagation of sound (as a longitudinal wave through a medium) ● Graphical representation of sound wave ● Characteristics of sound wave (wavelength, frequency, time period, amplitude, intensity, speed) ● Human perception of sound (pitch, loudness) ● Propagation of sound in different media (solid, liquid) ● Reflection of sound (echo, reverberation), ● echolocation | <p>Experiment: Verification of the Laws of reflection of sound.</p> |
| <p>JANUARY</p> | <p>Earth as a System: Energy, Matter and Life</p> | <p>Earth as a System: Energy, Matter and Life</p> <ul style="list-style-type: none"> ● Earth as interconnected system ● Nature of solar energy: solar radiation, electromagnetic spectrum, and speed of light ● Solar energy interaction with the Earth's Surface and differential heating of the Earth (the role of the atmosphere and the Earth's surface) ● Differential warming of the Earth causes winds ● Biogeochemical cycles (water cycle, carbon cycle, nitrogen cycle, oxygen cycle) ● Human impact on Earth's system | <p>Activity: Cycle to be drawn on A4 sheet.</p> |

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| | Diversity | Diversity | Observation of plants with their scientific name. |
| | Sound | Sound | Experiment: Verification of the Laws of reflection of sound. Experiment: Wave motion in slinky spring. |
| FEBRUARY | REVISION-EXAM | REVISION -EXAM | PRACTICAL EXAM |
| MARCH | EXAM | EXAM | |

ASSESSMENT SYLLABUS

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| PERIODIC ASSESSMENT -1 | <ul style="list-style-type: none"> ● Exploring Mixtures and Their Separation ● Cell ● Motion |
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| PERIODIC ASSESSMENT -2 | <ul style="list-style-type: none"> ● Atoms and Molecules ● Reproduction ● Work, Energy and Simple Machines |
| MID-TERM EXAM | <ul style="list-style-type: none"> ● Exploring Mixtures and Their Separation ● Structure of an Atom ● Motion ● Cell ● Force and laws of motion ● Tissue |
| ANNUAL EXAMINATION | <ul style="list-style-type: none"> ● Exploring Mixtures and Their Separation ● Structure of an Atom ● Atoms and Molecules ● Work, Energy and Simple Machines ● Earth as a System: Energy, Matter and Life ● Sound ● Diversity ● Reproduction ● Tissue ● Cell |