

WEEKLY SYLLABI BREAKDOWN: ACADEMIC SESSION 2020-21

GENERAL SCIENCE: CLASS - VII

Science Fact File

Book - 2

Academic Week	Unit/Chapter & Topic	Personality Grooming Activities
1	Ice-Breaking at the Session Commencement [Introduction with classes, Overview of Textbooks/ Syllabi/ Time Table and General Academic Scheduling]	<u>Introduction of students with his/her classmates, Teachers and School environment</u>
	(Pages 2-4) Unit 1 HEATING AND COOLING Temperature and heat, heat is about moving particles, test yourself	<u>Spring Day</u>
2	(Pages 5-9) Unit 1 (contd) transfer of heat, the vacuum flask, test yourself	<u>Two minute talk by 2-3 children in each class daily revealing their talents and building their confidence</u>
3	(Pages 9-13) Unit 1 (contd) more about changing state, test yourself, exercise	<u>Talk on National Security</u>
4	(Pages 14-19) Unit 2 PLANTS AND THEIR SYSTEMS plant tissues and organs, transport in plants, leaves, test yourself	<u>Importance of Ramadan</u>
5	(Pages 20-25) Unit 2 (contd) transporting food, osmosis, transpiration, test yourself	<u>Importance of Labour Day</u>
6	(Pages 26-31), Unit 2 (contd) flowers, test yourself, exercise	<u>Celebration of Mother's Day</u>
7	(Pages 32-35) Unit 3 THE PERIODIC TABLE chemical symbols, the arrangement of electrons, test yourself	
8	(Pages 36-38) Unit 3 (contd) what are ions? the periodic table, test yourself	<u>Teacher will guide the students to develop their personal diaries/scrap book/observations to record their summer vacation activities (no specific format or layout)</u> <u>Importance of Eid ul Fitar</u>
9	REVISION (Pages 38-47), Unit 3 (contd) atoms, molecules, and chemical formulas, combining elements to make compounds, test yourself, exercise	
10	(Pages 48-52) Unit 4 MAGNETS AND ELECTROMAGNETS attraction and repulsion, a theory for	<u>Sharing the Summer Vacation diaries etc.</u>

	magnetism, magnetic induction	
11	(Pages 53-56) Unit 4 (contd) electromagnetism, using electromagnets, (storing information using magnetism).	<u>Celebration of Independence Day</u>
12	(Pages 57-59) Unit 4 (contd) test yourself, exercise	
13	(Pages 60-65) Unit 5 FIT AND HEALTH healthy eating, nutrition disorders, drugs, test yourself	
14	(Pages 65-71) Unit 5 (contd) smoking, keeping fit and healthy, test yourself, exercise	<u>Defence Day Celebration</u> <u>Importance of Ashora-e-Moharram</u>
15	(Pages 72-78) Unit 6 SIMPLE CHEMICAL REACTIONS chemical reactions, test yourself	
16	(Pages 78-79) Unit 6 (contd) what happens when a candle burns? some early experiments on air, test yourself, exercise	
17	(Pages 80-83) Unit 6 (contd) some early experiments on air, test yourself, exercise	
18	(Pages 84-95) Unit 7 SOUND AND HEARING how sound travels, sound as a wave, speed of sound, test yourself, high and low, loud and quiet, how do we hear sound? Noise pollution and soundproofing test yourself, exercise. Only overview to be given. The content is <u>Non-Examinable</u>	
19	REVISION OF ALL CORE CONCEPTS	<u>Celebration of World Teacher's Day</u>
20 – 21	MID-TERM EXAM (PLAIN AREAS)	
22	(Pages 96-100) Unit 8 RESPIRATION: IT'S ALL ABOUT ENERGY difference between respiration and breathing, energy without oxygen in animals, test yourself	<u>Importance of Rabi-ul Awal and Seert-un-Nabi</u>
23	(Pages 100-107) Unit 8 (contd) energy without oxygen in plants, breathing, test yourself, exercise	
24	(Pages 108-113) Unit 9 ACIDS AND ALKALIS acids , alkalis, indicators and acid strength, test yourself	<u>Celebrations of Iqbal's Day</u>
25	(Pages 114-116) Unit 9 (contd) neutralization, understanding neutralization, test yourself	
26	(Pages 116-121) Unit 9 (contd) useful neutralization reaction, test yourself, exercise	
27	(Pages 122-124) Unit 10 LIGHT light rays and shadow, reflection of light, test yourself	
28	(Pages 125-126) Unit 10 (contd) refraction of light,	

	refraction in lenses, test yourself	
29	(Pages 127-135) Unit 10 (contd) colors of the spectrum, mixing colored lights, mixing colored paints, colored surfaces in colored lights, test yourself, exercise	<u>National Resolve Day to Promote Education</u>
30	(Pages 127-135) Unit 10 (contd) colors of the spectrum, mixing colored lights, mixing colored paints, colored surfaces in colored lights, test yourself, exercise	<u>Celebration of Quaid's Day</u>
31	(Pages 136-143) Unit 11 TRANSPORT IN HUMANS the heart, blood, blood vessels, test yourself	
32	(Pages 144-149) Unit 11 (contd) the pumping cycle, heart disease, test yourself, exercise	<u>Talk on Discipline, Hard work and Motivation</u>
33	(Pages 150-153) Unit 12 VARIATION AND CLASSIFICATION variety, more about variation, test yourself	
34	(Pages 154-159) Unit 12 (contd) looking at fingerprints, classifying organisms, test yourself, exercise	
35	(Pages 159-165) Unit 12 (contd) scientific names, keys, test yourself, exercise	<u>Kashmir Day</u>
36	(Pages 166-172) Unit 13 THE ROCK CYCLE, ROCKS, AND WEATHERING igneous rocks, weathering, the weathering of limestone, transporting weathered material, test yourself, depositing transported material, test yourself. Only overview to be given. The content is <u>Non-Examinable</u>	
37	(Pages 172-181) Unit 13 (contd) from sediment to sedimentary rock, limestone-another sedimentary rock metamorphic rocks, and so the rock cycle is complete, test yourself, exercise. Only overview to be given. The content is <u>Non-Examinable</u>	<u>Farewell Party</u>
38	Revision (Preferably through conceptual activities where possible)	
39- 40	ANNUAL EXAM (PLAIN AREAS)	

Note: Teachers are strongly recommended to collect “**Guidelines for Teachers**” from the offices of the Principals/VP/HMs for an effective utilization of the syllabi breakdown. Examination papers will be set according to the said guidelines.