



Year :	7									
Subject:	Physics									
Teacher's Name:										
Whatsapp Number:										
Book Name:										
Number of Weekly Lesson:										

**2023 August**

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
	Aug 1- Aug 5			1	2	3	4	5	Summer Vacation	
	Aug 6- Aug 10	6	7	8	9	10	11	12	Summer Vacation	
	Aug 13- Aug 17	13	14	15	16	17	18	19	Summer Vacation	
	Aug 20 - Aug 24	20	21	22	23	24	25	26		
1	Aug 27 - Aug 30	27	28	29	30	31			Measurement: Length, mass, time, Area	Explanation + Notes

**2023 September**

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
	Sep 1- Sep 2						1	2	Measurement: Area, Volume of Regular and irregular Objects	Explanation + Notes
2	Sep 3- Sep 7	3	4	5	6	7	8	9	Measurement: Density-Page # 164 - 167	End of chapter worksheet.
3	Sep 10- Sep 14	10	11	12	13	14	15	16	Chapter 1: Forces-Introduction to Forces; Balanced Forces-Page # 8 - 11	Explanation + Notes
4	Sep 17- Sep 21	17	18	19	20	21	22	23	Chapter-1 Friction; Gravity; Air Resistance-Page # 12-19	Explanation + Notes
5	Sep 24- Sep 28	24	25	26	27	28	29	30	Chapter-1 Tension and Upthrust-Page # 22-29	Explanation + Notes
Note: Measurement and Chapter 1 will be the portion for Test 1										

**2023 October**

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
6	Oct 1 - Oct 5	1	2	3	4	5	6	7	Chapter-1 Review	End of chapter worksheet.
7	Oct 8- Oct 12	8	9	10	11	12	13	14	Chapter-8: Forces-Levers; Calculating Moments-Page # 170-173	Explanation + Notes, worksheet
8	Oct 15 - Oct 19	15	16	17	18	19	20	21	Chapter-4: Speed-Page 80-81	Explanation + Notes
9	Oct 22 - Oct 26	22	23	24	25	26	27	28	Chapter-4 Distance-Time Graphs-Page # 84-85	Explanation + Notes
10	Oct 29 - Nov 2	29	30	31					Chapter-4 Acceleration and Speed-Time Graphs-Page#86-87	Explanation + Notes
Note: Chapters: 4 and 8 will be the portion for Test 2										

**2023 November**

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
10	Oct 29 - Nov 2				1	2	3	4	Chapter-4 Review-Page # 92-93	Q's & A's + End of chapter worksheet.
11	Nov 5 - Nov 9	5	6	7	8	9	10	11	Preparation Test Week	Class test 2 will be conducted
12	Nov 12 - Nov 16	12	13	14	15	16	17	18	FIRST TERM EXAMINATION	Multiple Choice and Structured Questions,
13	Nov 19 - Nov 23	19	20	21	22	23	24	25	FIRST TERM EXAMINATION	C.w and H.w 10%, Class test 20%, Exam 70%
	Nov 26 - Nov 30	26	27	28	29	30			SPORTS WEEK	

**2023 December**

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
							1	2	Chapter-6 Light- #110-119 (cont.)	Explanation + Notes
1	Dec 3 - Dec 7	3	4	5	6	7	8	9	Chapter-6 Refraction; Dispersion; Colour-Page # 120-127	End of chapter worksheet.
2	Dec 10- Dec 14	10	11	12	13	14	15	16	Chapter-5 Sound: Vibrations and Energy Transfer-Page#94-95	Explanation + Notes
3	Dec 17- Dec 21	17	18	19	20	21	22	23	Chapter-5 Loudness; Pitch-Page#98-103	Explanation + Notes, worksheet
4	Dec 24 - Dec 28	24	25	26	27	28	29	30	Winter Break	Holiday HW will be provided
5	Dec 31 - Jan 4	31							Chapter-2 Energy: Introduction; Energy from the sun-Page#30-33	Explanation + Notes
Test 1 will be conducted on chapters: 5 & 6										

### 2024 January

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
5	Dec 31 - Jan 4		1	2	3	4	5	6	Chapter-2 Energy types; Energy transfers (Field-Trip)	Explanation + Notes
6	Jan 7 - Jan 11	7	8	9	10	11	12	13	Chapter-2 Conservation of Energy; Potenetial and Kinetic Energy Page 38-43	Explanation + Notes
7	Jan 14 - Jan 18	14	15	16	17	18	19	20	Chapter- 10 World Energy Needs; Renewable energy-Page# 214-215;220-223	End of chapter worksheet.
8	Jan 21 -Jan 25	21	22	23	24	25	26	27	Chapter- 8 Pressure;Effects Of Pressure-Page #150-153	Explanation + Notes
9	Jan 28- Feb 1	28	29	30	31				Chapter-8 Pressure in Liquids and Gases-Page # 154-159	Explanation + Notes

### 2024 February

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
9	Jan 28- Feb 1					1	2	3	Chapter-9:Electrostatic Phenomena;Page#180-183	Explanation + Notes
10	Feb 4 - Feb 8	4	5	6	7	8	9	10	Revision	End of chapter worksheet.
11	Feb 11- Feb 15	11	12	13	14	15	16	17	<b>Preparation Test Week</b> <b>SECOND TERM EXAMINATION</b> <b>SECOND TERM EXAMINATION</b>	<b>Class test 2 will be conducted</b>
12	Feb 18 - Feb 22	18	19	20	21	22	23	24		Multiple Choice and Structured Questions,
13	Feb 25 - Feb 29	25	26	27	28	29				C.w and H.w 10%, Class test 20%, Exam 70%
Test 2 will be conducted on chapters: 2,8 and 10										Duration: 2 hrs, Total Marks: 70

### 2024 March

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
							1	2		
1	Mar 3 - Mar 7	3	4	5	6	7	8	9	Chapter-10 Energy:Hot and Cold; Conduction-Page#204-207	Explanation + Notes
2	Mar 10 - Mar 14	10	11	12	13	14	15	16	Chapter-10 Convection; Radiation-Page#208-211	Explanation + Notes
3	Mar 17 - Mar 21	17	18	19	20	21	22	23	Chapter-10 radiation (cont.) Cooling by evaporation-Page#212-213	End of chapter worksheet.
4	Mar 24 - Mar 28	24	25	26	27	28	29	30	<b>RAMADAN &amp; EID- UL- FITR HOLIDAYS</b>	<b>Holiday HW will be provided</b>
5	Mar 31 - Apr 4	31							<b>RAMADAN &amp; EID- UL- FITR HOLIDAYS</b>	

### 2024 April

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
5	Mar 31 - Apr 4		1	2	3	4	5	6	<b>RAMADAN &amp; EID- UL- FITR HOLIDAYS</b>	
6	Apr 7 - Apr 11	7	8	9	10	11	12	13	<b>RAMADAN &amp; EID- UL- FITR HOLIDAYS</b>	
7	Apr 14 - Apr18	14	15	16	17	18	19	20	Chapter-7: Magnetism:Properties Of Magnets; Magnetic fields-Page#136-139	Explanation + Notes
8	Apr 21 - Apr 25	21	22	23	24	25	26	27	Chapter-7: Electromagnets-Page#140-145	End of chapter worksheet.
9	Apr 28 - May 2	28	29	30					Chapter-9: Electricity:Electrostatic Phenomena (revision); Electric Circuits-Pag	Explanation + Notes
Test-1 will be conducted on chapters: 10										

### 2024 May

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
9	Apr 28 - May 2				1	2	3	4	Chapter-9: Current; Parallel Circuits; Voltage-Page#188-191 & page196-197	End of chapter worksheet.
10	May 5 - May 9	5	6	7	8	9	10	11	Chapter-3: Earth and Beyond Page # 52-55	Explanation + Notes
11	May 12 - May 16	12	13	14	15	16	17	18	Chapter-3: Earth and Beyond Page # 56-61	End of chapter worksheet.
12	May 19 - May 23	19	20	21	22	23	24	25	<b>PREPARATION TEST WEEK</b>	<b>Class Test 2 will be conducted</b>
13	May 26 - May 30	26	27	28	29	30	31		<b>FINAL TERM EXAMINATION</b>	Multiple Choice and Structured Questions,
										C.w and H.w 10%, Class test 20%, Exam 70%
Test-2 will be conducted on chapters: 7 and 9										Duration: 2 hrs, Total Marks: 70

### 2024 June

Week No-	Week From - To -	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Plan	Remarks
								1		
15	June 2 - June 6	2	3	4	5	6	7	8	<b>FINAL TERM EXAMINATION</b>	
16	June 9 - June 13	9	10	11	12	13	14	15		
	June 16 - June 20	16	17	18	19	20	21	22	Summer Vacation	
	June 23 - June 27	23	24	25	26	27	28	29		