

SYLLABUS FOR 2023-24

Class:-VII

CLASS	VII	BOOK	TREASURES
SUBJECT	ENGLISH	PUBLISHER	NCERT

TERM-1

MONTH	LESSON/ CHAPTER	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
April	1.	A gift of chappals.	3 periods	5 marks
	2.	The special prize.	3 periods	5 marks
	3.	The dinner party	4 periods	10 marks
May	4.	The Flower school.	3 periods.	10 marks
	5.	A clump of Lilac.	2 periods.	10 marks
July	6.	Poem: Sick.	4 periods	5 marks
	7.	The sadako story.	4 periods	5 marks
August	8.	The Mannequin that may live.	4 periods	3 marks
	9.	Two much	4 periods	4 marks
	10.	The Alien	4 periods	4 marks
September	12.	The Missile man.	4 periods	10 marks
	13.	The wild duck's nest.	4 periods	10 marks
October		Revision		

TERM-2

Month	LESSON/ CHAPTER	TOPIC/SUB TOPIC	NO.OF PERIODS	WEIGHTAGE
November	14.	The village Blacksmith.	5 periods	15 marks
	15.	The master of tea ceremony.	5 periods	15 marks
December	16.	The cricket match.	4 periods	10 marks
	17.	Who dares to cut the trees.	4 periods	10 marks
January	18.	Poem : Solar flare.	4 periods	10 marks
	19.	Poem : The peace.	4 periods	10 marks
February		Revision		
March		Term -II		

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Class:-VII

CLASS	VII	BOOKS: 1.VASANT BHAG-2 2. BAL MAHABHARAT KATHA	olar(Part-2) fgUnhO;kdj.k
SUBJECT	HINDI	PUBLISHERS: NCERT	NCERT VIVA EDUCATION

TERM-1

MONTH	CHAPTER	LESSON	GRAMMAR PORTION	NO.OF DAYS	WEIGHT AGE
APRIL	1	हमपंछीउन्मुक्तगगनके	1. भाषालिपिबोलीऔर व्याकरण	4/2	4 अंक
	5	मिठाईवाला	2. वर्ण विचार	4/1	4अंक
	14	खान पान की बदलती तस्वीर	3. शब्द विचार	4/1	4अंक
			4. वाक्य विचार	1	
MAY			5. विराम चिन्ह	1	
			अनुच्छेद लेखन	1	
	3	हिमालय की बेटियां,	1.संज्ञा	5/2	4अंक
	13	एक तिनका,	2.सर्वनाम	5/2	4अंक
JULY	17	वीर कुंवर सिंह	3.विशेषण	5/3	4अंक
		बाल महाभारत:-			
		महाभारत कथा से विदुर तक	4. पत्र लेखन	3 /1	
AUGUST	2	दादी मां,	1. क्रिया	4/2	4अंक
	6	रक्त और हमारा शरीर	निबंध लेखन	4/1	4अंक
		बाल महाभारत:-कुंती से लाख		2	
		का घर तक			
SEPTEMBER	4	कठपुतली,	1.काल	5/3	4अंक
	10	अपूर्व अनुभव,	2.सूचना लेखन	5/2	4अंक
	15	नीलकंठ	3.अपठित बोध	5/1	4अंक
		बाल महाभारत:-पांडवों की रक्षा से धृतराष्ट्र की चिंता तक		5	
OCTOBER		बाल महाभारत कथा:-भीम और हनुमान से यक्ष प्रश्न	1. मुहावरे और लोकोक्तियां	2/2	
			लिंग - वचन	2	
				2	
		प्रथम इकाई परीक्षा			

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TERM-2

MONTH	CHAPTER	LESSON	GRAMMAR PORTION	NO.OF DAYS	WEIGHT AGE
NOVEMBER	8	शाम- एक किसान,	1.अव्यय	5/3	4अंक
	18	संघर्ष के कारण मैं तुनुकमिजाज हो गया:धनराज,	2. विज्ञापन लेखन	6/1	4अंक
	20	विप्लव गायन बाल महाभारत कथा:- अज्ञातवास से शांतिदूत कृष्ण तक	3. कहानी लेखन	6/1	4अंक
				3	
DECEMBER	9	चिड़िया की बच्ची,	1. उपसर्ग-प्रत्यय	4 /2	4अंक
	12	कंचा,	2. समास	5/2	4अंक
	16	भोर और बरखा बाल महाभारत कथा:-पांडवों और कौरवों के सेनापति से बारहवां दिन तक	संवाद लेखन	4 /2	5अंक
				3	
JANUARY	7	पापा खो गए	1.संधि	4 / 2	5अंक
	11	रहीम के दोहे	2.कारक	4 /1	5अंक
	19	आश्रम का अनुमानित व्यय बाल महाभारत कथा:- अभिमन्यु से युधिष्ठिर की वेदना तक	3. डायरी लेखन	5/1	5अंक
				3	
FEBRUARY		बाल महाभारत कथा:-पांडवों का गीत राष्ट्र के प्रति व्यवहार से श्री कृष्ण और युधिष्ठिर		2	
MARCH		द्वितीय इकाई परीक्षा			

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Class:-VII

CLASS	VII	BOOK	TEXTBOOK OF MATHS
SUBJECT	MATHEMETICS	PUBLISHER	NCERT

TERM-1

Month	CHAPTER/LESSON	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
APRIL	9- Rational Numbers	Number line, operation of Rational Numbers	10	12
	1- Integers	Negative and positive	10	12
MAY	4- Simple Equations	Equations	10	12
	5- Lines and Angles	Angles, Parallel lines	12	12
JULY	6-The Triangle and its Properties	Types of triangle	10	12
AUGUST	2- Fractions and Decimals	Operation of fraction and Decimals	15	10
	3- Data Handling	Graph, Propability	5	5
SEPTEMBER	14- Symmetry	Patterns and 3-D shapes	4	5
		REVISION		

TERM-2

CHAPTER	CHAPT ER/ LESSON.	TOPIC/SUB TOPIC	No. OF PERIODS	WEIGHTAGE
OCTOBER	11- Perimeter and Area	Perimeter and Area	15	12
NOVEMBER	15- Visualising Solid Shapes	3-D shapes	7	10
	10- Practical Geometry	Construction	15	12
DECEMBER	7- Congruence of Triangles	Types of Congruence, SAS, SSS,ASA,AAA.	10	10
	13- Exponents and Powers	Laws of exponents, Scientific notation	10	12
JANUARY	12- Algebraic Expression	Algebra and properties	12	12
FEBRUARY	8- Comparing Quantities	Profit&Loss, Ratio&Proportion, Simple Interest	10	12

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Class:-VII

CLASS	VII	BOOK	SCIENCE
SUBJECT	SCIENCE	PUBLISHER	NCERT

TERM-1

MONTH	CHAPTER	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
April	6. Physical and Chemical Changes	Physical and Chemical changes. Rusting of Iron	7	9
	13 .Motion Of Time	Speed, Distance and Time. Measurement of Time	7	9
May	4. Heat	Measuring Temperature. Transfer of Heat.	10	9
	12. Reproduction in Plants	Modes Of Reproduction. Fertilization. Seed Dispersal	10	9
July	15 Light	Reflection of Light Spherical Mirrors. Lenses.	10	9
August	18. Waste Water Story	Water ; Our Lifeline. Sewage. Water Freshens Up. Wastewater Treatment Plant. Conservation of Water. Sanitation.	10	8
	14. Electric Current and Its Effects.	Symbols of Electric Components. Heating Effects and Magnetic Effects of Electric Current. Electromagnet	10	9
September	5. Acids, Bases and Salts.	Acids. Bases. Indicators. Neutralisation	7	9
	7. Weather, Climate and Adaptation of Animals to Climate.	Weather. Climate. Adaptation.	7	9

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Class:-VII

TERM-2

MONTH	CHAPTER	TOPIC/ SUBTOPIC	NO. OF PERIODS	WEIGHTAGE
November	2. Nutrition in Animals	Digestive system of human beings. Digestive System of Ruminants. Feeding and Digestion in Amoeba.	10	9
	8. Wind, Storms and Cyclones.	Characteristics of Air.	10	9
December	3. Fibre to Fabric	Animal Fibres : Wool and Silk.	10	9
	9. Soil	Soil Profile Types of Soil. Properties of Soil.	10	9
January	1. Nutrition in Plants.	Mode of Nutrition.	5	9
	11. Transportation in Animals and Plants.	Circulatory System. Human Heart. Excretion in Animals and Humans. Transport in Plants.	5	9
	16. Water : A Precious Resource	Forms of Water. Depletion of Water Table. Distribution of Water. Conservation of Water. Water Scarcity	5	8
February	10. Respiration in Organisms.	Breathing in various types of animals.	5	9
	17. Forests : Our Lifeline.	Visit to a Forest.	5	9

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Class:-VII

CLASS	VII	BOOK	HISTORY:PASTS-II CIVICS: SOCIAL AND POLITICAL LIFE. GEOGRAPHY:OUR ENVERONMENT
SUBJECT	SOCIAL STUDIES	PUBLISHER	NCERT

TERM-1

MONTH	LESSON/ CHAPTER	TOPIC / SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
April	1.	Civics : Markets around us.	3 periods	10 marks
	2.	Civics : Shirt in the market.	3 periods	8 marks
	3.	History : Women change the world.	3 periods	12 marks
May	4.	Geography: Inside our Earth.	5 periods	10 marks
	5.	Geography: Our changing Earth.	8 periods	4 marks
	6.	Civics : How the state government works.	7 periods	6 marks
July	8.	Geography: Air.	5 periods	7 marks
	9.	History : The making of regional culture.	5 periods	3 marks
	10.	Geography: Water.	5 periods	5 marks
August	11.	Civics : Role of government.	4 periods	3 marks
	12.	History : The Delhi Sultans.	3 periods	4 marks
	13.	History: The Mughal Empire.	3 periods	3 mars
September	14.	Civics : Understanding media.	5 periods	3 marks
	15	History : Tracing changes through thousands years.	8 periods	3barks
	16.	History: Tribes , Nomads and settled communities.	7 periods	3 marks

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TERM-2

Month	LESSON/ Chapter	TOPIC/SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
October	16.	Geography: Humans Environment settlement.	6 periods	4 marks
	17.	Geography: Human Environment interactions.	6 periods	3 marks
November	18.	Geography: Life in desert.	8 periods	6 marks
	19.	History: Towns , traders and craft persons..	6 periods	7 marks
	20.	History: Rulers and buildings.	6 periods	7 marks
December	21.	Civics : Growing up as boys and girls.	5 periods	10 marks
	22.	Geography: Natural vegetation.	8 periods	10marks
	23.	History: New King's And Kingdoms.	7 periods	10 marks
January	24.	Geography: Environment.	3 periods	10 marks
	25.	Civics : On equality.	3 periods	5 marks
	26.	Civics : Struggles for equality.	4 periods	5 marks
February	27.	Devotional paths to the divine	6 periods	5 marks

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Class:-VII

CLASS	VII	BOOK	CYBER QUEST – 7
SUBJECT	COMPUTER	PUBLISHER	KIPS

TERM-1

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
April	1	Number System	Decimal NumberSystem	5	8
			Binary NumberSystem		
			Octal Number System		
			Hexadecimal NumberSystem		
			Computer Arithmetic		
May	2	Formulas and Functions	Working withFormulas	7	8
			Types of CellReferences		
			Cell Reference ofAnother Worksheet		
			Renaming aWorksheet		
			Changing Colourof a Sheet Tab		
			Functions		
			Common Functions		
			Function Library		
			The Insert Function		
			Formula Errors		
			Other ImportantFunctions		
			Formula Errors		
July	3	Advanced Features of Excel	Charts	5	8
			SortingData		
			FilteringData		
			Grouping Worksheets		
			Consolidating Data		

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August	4	More on Python	Operators	7	8
			Operators in Python		
			Operator Precedence		
			Algorithm and Flowchart		
			Types of Control Structures		
			Conditional Statements		
September	5	Layers in Krita	Layers	5	8
			Adding Objects asLayers		
			Showing and HidingLayers		
			Renaminga Layer		
			Deleting a Layer		
			Working with MultipleLayers		
September		Revision			

TERM-2

MONTH	CHAPTER	LESSON NAME	SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
October	6	Animation using Krita	Switching toAnimation Workspace	5	8
			The Workspace		
			Components of theAnimation workspace		
			Creating Animation		
			Properties of theAnimation Panel		
November	7	More on HTML5	Lists	7	8
			Unordered List		
			Ordered List		
			Nested List		
			Definition List		
			Tables		
			Table Properties		

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			Images		
			Attributes of Tag		
December	8	Introduction to App Development	Introduction to Apps	6	8
			Types of Apps		
			Classification of Mobile Apps		
			Uses of Common Apps		
			Downloading and Installing an App		
			Developing Your Own App		
January	9	Cyber Threats & Security	Cybercrime	6	8
			Cybercrimes against an Individual Person		
			Cybercrimes Against Property		
			Cybercrimes Against an Organization or Society		
			Cyber Security		
February	10	Introduction to Artificial Intelligence	Artificial Intelligence	5	8
			Applications of AI		
			Benefits of AI		
			Various fields of AI		
			Artificial Intelligence in Your Day-to-Day Life		
		Revision			

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CLASS	VII		
SUBJECT	G.K.		

Month	Chapter no.	Chapter
April	1	Major League
	2	Half Lives
	3	Range Rovers
	4	Pen Drivers
	5	Instant Doodles
	6	Tap the Roots
	7	Joga Bonito
	8	Soccer Stars
May	9	Play Clan
	10	Middle Earth
	11	Battle Stars
	12	Power Play
	13	Inlay / Outlay
	14	Top Tome
	15	Alt+ Ctrl + Gov
	16	Solid State
July	17	Wonder and Lightning
	18	Tongue Twisted
	19	East India Company
	20	Dancing Denizens
August	21	Fruit of the Bloom
	22	Brazil la lala
	23	Home Sweet Home
	24	Middle Earth
	25	Ramp Rage
	26	Style Gurus
	27	All the Fest!
	28	Fine Tune
	29	Stage Craft
September	30	Flying Colours
	31	Aqua Avia
	32	Field Fresh
	33	Prime Rhyme
	34	Lingo on Lease

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	35	Tell Tales
	36	Booker Worms
	37	Making Waves
	38	Ender's Game
	39	Need for Speed
October	40	Heir Boom
	41	Rome, Sweet Rome
	42	Crowning Glory
	43	Top Trumps
	44	Real Time, Reel Time
November	45	Make and Believe
	46	I like to Move it
	47	Table Fable
	48	Guardians of the Skies
	49	Middle Ages
	50	Raga Royalty
	51	City of Gold
	52	Lead Roles
	53	Group Hug
December	54	Screen Stars
	55	Art Alive
	56	Caped Capers
	57	Count on us!
	58	Banyana Republic
	59	Flutter by
	60	Special Effects
	61	Just Saying
	62	Proto Types
	63	Little Champs
January	64	Prize Possession
	65	Fight Club
	66	Paper Towns
	67	Table Manners
	68	Into the Light
	69	Digital Dudes
	70	Rocket Science
February	71	Gyan Gurus
	72	Big Biz
	73	National Trasures
	74	Lots in a Name

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	75	Antique Antics
	76	Super Skyscrapers
	77	Treasure hunt
	78	What next?
	79	Think Tank

CLASS	VII		
SUBJECT	VALUE EDUCATION		

TERM 1

CHAPTER	LESSON	TOPIC
1.	Say Hello !	Moral Value : Being independent and responsible Life skill : Self Awareness
2.	Children, children everywhere	Moral values : Responsibilities Life skill : Child rights
3	UN -Vasudhaiva Kutumbakam	Moral values : Vasudhaiva kutumbakam Life skill : Interpersonal relationship
4	A boy named Sandy	Moral values : Child rights Life skill : Empathy
5	Tabassum needs Glasses	Moral values : Emotional intelligence Life skill: Self Awareness & self esteem
6	Kartik is Brave	Moral values: Blood/organ donation Life skill : Private parts / Zones
7	Secrets, gifts and surprises	Moral values : sharing Life skill : live and trust
8	The newspaper Bill	Moral value : Safety Life skill: Critical thinking
9	Riya and Rescue	Moral value : Awareness and feelings Life skill : Empathy
10	Woes of Nose	Moral value : personal safety Life skill : self care
11	A letter from Doctor Auntie (part1)	Moral value : mental health Life skill : well being
12	A letter from Doctor Auntie (part 2)	Moral value : mental health Life skill : well being
13	Crossing the Line	Moral value : self-awareness Life skill: critical thinking

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TERM 2

14	Did Ritu Go to Wrestling Camp ?	Moral value : Decision making Life skill : Critical thinking
15	A Mother 's Dilemma	Moral value: making the right choices Life skill: logical thinking
16	The virtual world	Moral value: personal safety Life skill: cyber safety
17	Pictures don't lie, oh Really ?	Moral value: personal safety Life skill: cyber safety
18	Pocso plays dumb charades	Moral value : be confident Life skill : Effective Communication.
19	Nisha is a brave girl	Moral values: Emotional intelligence Life skill :coping with emotions
20	A spooky house	Moral values: Safety Life skill : Empathy
21	Johnny Johnny Yes Papa	Moral value : Be healthy Life skill : Critical thinking
22	Cheating is fun , oh really ?	Moral value : be sincere Life skill : never cheat
23	Twinkle Twinkle Little star	Moral value : be responsible Life skill : love nature
24	7 – step safety rule	Moral value : Be positive Life skill : critical thinking
25	Water and water everywhere but	Moral value : Love for nature Life skill : save resources
26	Earth, our only home in the universe.	Moral value: Love for nature Life skill: Be responsible

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Class:-VII

CLASS	VII		
SUBJECT	MUSIC		

TERM-1

MONTH	TOPIC	NO. OF PERIODS	WEIGHTAGE
April	WESTERN MUSIC THEORY	8	10
	1 STAFF, NOTES & PITCH		
	2 TREBLE CLEFF		
	3 BASS CLEFF		
	4 LEDGER LINE		
	SONGS		
	: 1 EARTH DAY SONG 2 WORLD HERITAGE		
May	WESTERN MUSIC THEORY	8	10
	1 NOTE VALUE		
	2 MEASURE BARLINE & DOUBLE BAR		
	3 TIME SIGNATURE AND NOTE VALUE		
	4 WHOLE, HALF AND QUARTER REST		
	SONGS		
	1 LABOUR DAY SONG		
	2 MOTHERS DAY SONG		
	3 ENVIRONMENT DAY SONG		
July	WESTERN MUSIC THEORY	8	10
	1 DOTTED HALF NOTE		
	2 TIES AND SLURS		
	3 REPEAT SIGN 1 & 2 ENDING		
	4 EIGHTH NOTE		
	SONGS		
	1 PATRIOTIC SONG		
	2 DEVOTIONAL SONG		

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August	WESTERN MUSIC THEORY	8	10
	1 EIGHTH REST		
	2 DOTTED QUARTER NOTE		
	3 DYNAMIS SIGNS		
	4 TEMPO MARKS		
	SONGS		
	1 PATRIOTIC SONG		
	2 FESTIVAL SONG		
September	WESTERN MUSIC THEORY	8	10
	1 ARTICULATION		
	2 FLATS		
	3 SHARPS		
	4 NATURALS		
	SONGS		
	1 FOLK SONG		
	2 DEVOTIONAL SONG		

TERM-2

MONTH	SUB TOPIC	NO. OF PERIODS	WEIGHTAGE
October	SONGS	8	10
	1 WE CAN ACHIEVE		
	2 MAKE ME AN INSTRUMENT		
	3 YOU ARE MY ALL IN ALL		
	4 MOTHER VERONICA SONG		
November	INDIAN MUSIC THEORY	8	10
	1 PART AND STRUCTURE OF HARMONIUM		
	2 PART AND STRUCTURE OF SITAR		
	SONGS		

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	1 FESTIVAL SONG		
	2 MUSICIAN DAY SONG		
December	INDIAN MUSIC THEORY	8	10
	1 INTRODUCTION AND SYSTEM OF MUSIC		
	2 NAAD & SHRUTI		
	3 SAPTAK & SWAR		
	4 VARAN & ALANKAR		
	SONGS		
	1 CHRISTMAS CAROLS		
	2 AIDS DAY SONG		
January	INDIAN MUSIC THEORY	8	10
	1 CONCEPTS OF RAAG & DEFINITIONS		
	2 THAAT & RAAG		
	3 JAATI & PAKAD		
	4 VADI, SAMVADI ANUVADI & VIVADI SWARS 5 SAMAY		
	SONGS		
	1 PATRIOTIC SONG		
	2 MARTYRS DAY SONG		
February	INDIAN MUSIC THEORY 1 TAALS 2 TEEN TAAL 3 KEHRWA TAAL 4 DADRA TAAL	8	10

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Class:-VII

CLASS	VII	BOOK	लैह रां
SUBJECT	DOGRI	PUBLISHER	जम्मू-कश्मीर स्कूली शिक्षा परिशद

TERM-1

MONTH	CHAPTER	LESSON	NO. OF PERIODS	WEIGHTAGE
APRIL	पाठ-1	-मेरा डुग्गर	4	10
	पाठ-6	-वीर सैनिक	4	10
MAY	पाठ-4	-रंगली चिड़ी	4	10
	पाठ-5	-लद्दाख	4	10
JUNE/ JULY	पाठ-15	-मुहावरे ते खुआन	4	10
	पाठ- 7	-बाल लीला	4	10
AUGUST	पाठ-3	-मोंगरी मेला	4	10
	पाठ-8	-मियां डीडो	4	10
SEPTEMBER		पुनरावृत्ति		

TERM-2

MONTH	CHAPTER	LESSON	No. OF PERIODS	WEIGHTAGE
OCTOBER	पाठ-11	-नमें जुगै दा नर्माण	4	11
NOVEMBER	पाठ-12	-डुग्गर दे पर्यटन स्थल	4	12
	पाठ-13	-बावा चम्बलियाल	4	11
DECEMBER	पाठ-2	-तवी	4	12
	पाठ-10	-चंद्रभागा	4	12
JANUARY	पाठ-9	-डुग्गर की चित्तरकला	4	11
	पाठ-14	-शक्क दी सजा	4	11
FEBRUARY		पुनरावृत्ति		
MARCH		Term-2 Examination		

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Class:-VII

CLASS	VII	BOOK	Gulzaar-E-Urdu(3)
SUBJECT	URDU	PUBLISHER	AARSH BOOKS

TERM-1

وزن	أدوار کی تعداد	سبق نمبر اور سبق کا نام	مہینے	نمبر شمار
۱۰	۸	خدا کی تعریف- انسانیت-	اپریل	۱-
۱۰	۸	شہزادے کی بہادری- نصیحتیں-	مئی	۲-
۱۰	۸	کسان کی دولت رانی لکشمی بائی-	اگست	۳-
۱۰	۸	گرمی- سمجھا کر پچھتانا-	ستمبر	۴-

TERM-2

وزن	أدوار کی تعداد	سبق نمبر اور سبق کا نام	مہینے	نمبر شمار
۱۰	۸	کہنا بڑوں کا مانو- شیر اور چوبہا-	اکتوبر	۵-
۱۰	۸	لالچی مہاجن- گھمنڈی درخت-	نومبر	۶-
۱۰	۸	ریل کی- عید الفطر-	دسمبر	۷-
۵	۶	محنت کا احساس-	جنوری	۸-
۵	۶	غم نہ کر، غم نہ کر-	فروری	۹-

SYLLABUS FOR 2023-24

Class:-VII

CLASS	VII
SUBJECT	GAMES

TERM - 1

MONTH	TOPIC	SUB-TOPIC	NO. OF PERIOD	WEIGHT AGE
April	1. Warm-up and Mass P.T. Exercises Exercise Game	Free hand exercise , standing exercise and sitting exercise.	05	10
		Warm up exercise, head to toe and toe to head stretching, Balancing and jumping exercises.	05	
		Athletics events (track and field events) Track events :Running Field events : Throwing and Jumping	10	
May	1. Warm-up and Mass P.T. Exercises. Concept of health and concept physical fitness Game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Explanation of components of physical fitness . Strength, speed , endurance, flexibility and coordination.	05	
		Team game : kho kho and football.	10	
July-August	1. Warm-up and Mass P.T. Exercises. Test for Speed and Strength. Physical education Game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Assessing Speed, Assessing Strength. Practical Exercise like running , short sprints, broad jump	05	
		Define and important of physical education	3	
		Badminton and basketball	7	
September	1. Warm-up and Mass P.T. Exercises. Test for flexibility and coordination abilities. Game	Free hand exercise , standing exercise and sitting exercise.	05	05
		Activities like sprint- dash running. Strength: Squads, medicine ball exercise. Test for flexibility: Sit and reach test.	05	
		Indoor Game : chess carom and T.T	10	

SYLLABUS FOR 2023-24

Class:-VII

TERM – 2

Month	Topic	Sub-Topic	NO. OF PERIOD	WEIGHT AGE
October	1. Warm-up and Mass P.T. Exercises Leadership Game	Free hand exercise , standing exercise and sitting exercise. Development of leadership quality. Track and field events Track events (running) : Short run, middle distance run , huddle running . Field events (jumping) : Long jump ,triple jump, high jump	05 05 10	05 10
November	1. Warm-up and Mass P.T. Exercises Gymnastics. Yoga	Free hand exercise , standing exercise and sitting exercise. Gymnastics like forward roll , backward roll, side ward roll , balance on one leg ,cat and scissor jump , 180 turn on leg exercises for balancing. Define and important of yoga asana.	05 05 10	05 10
December-January	1. Warm-up and Mass P.T. Exercises. Injuries Games	Free hand exercise , standing exercise and sitting exercise. Define and type of injuries Football, Kabaddi, Kho-Kho,Volleyball	05 05 10	
February	1. Warm-up and Mass P.T. Exercises Balance Diet Games	Free hand exercise , standing exercise and sitting exercise Teach the students about balance diet like fat, vitamin, minerals, iron etc . Basketball, Badminton , Netball, Cricket	05 05 10	05 05

SYLLABUS FOR 2023-24

Class:-VII

CLASS	7	BOOK	JUNIOR ARTIST
SUBJECT	ART & CRAFT	PUBLISHER	LANGERS

TERM 1				
MONTHS	ART TOPICS	SUB TOPICS	CRAFT	PERIODS
April	1.Colour concepts 2.Calligraphy	Colour combination chart, Scenery, opaque painting, word art design.	3D Structures, mask making	8
May	1.Pattern making 2.Environmental drawings (Nature study)	Cross hatching, stippling and scrumbling drawings with objects.	Foil Painting, marble painting	8
July	1.Still life 2.Experiences drawing	Object drawing, facial features, animals and birds	Hand puppet	4
August	1.Thermatic drawing 2.Portrait	Graffiti art, male and female portraits.	Jute craft, scroll	8
September	1.Mosaic art 2.Cartoon	Illusion pattern, Face, human figure, different postures, human cartoon, human caricature	Pot painting, Bottle craft	8
TERM 2				
November	1.Monochrome painting 2.Silhouette painting	Scenery, sunset scene, village life, Abstract painting.	Pop candles	8
December	Traditional composition	Folk dance, Mandala art, Warli art, celebrating Christmas.	Traditional mask	8
January	1.Poster making 2.Reflection method	Castle, monument, Hill station, milking a cow, Portrait.	Doll making	8
February	Exhibition			

SYLLABUS FOR 2023-24

Class:-VII