

Physics Annual & Weekly Syllabus Split-Up - 2025-26
Grade VII

S.No	Month	No. of Working Days		No. of Days	Topic	Sub Topic	Resources	Activity	Mid April Test	Periodic Test 1	Pre Mid Term	Mid Term	Periodic Test 2	Post Midterm	Annual
2	APRIL	23	Week 1	5	C- 3 , Heat	Heat &temperature,Modes of heat transfer	Pinnacle science book ,ppt and notes	To study the conduction process with the help of pins, wax & burner							
			Week 2	5	C- 3 , Heat	coduction,condctor and insulator,	Smart Board,Universal Science ,Ncert ,PPT								
			Week 3	4	C- 3 , Heat	Convection,Applications of convection	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	6	C- 3 , Heat	Radiation,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 5	3	C- 3 , Heat	Absorption of radiant energy,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert	To observe the hot cup of tea kept open radiates heat							
3	JUNE	19	Week 1	0											
			Week 2	6	C- 3 , Heat	Applications of Radiation	Pinnacle science book ,ppt and notes								
			Week 3	6	C- 3 , Heat	Exercise Question - Answers	Pinnacle science book ,ppt and notes								
			Week 4	6	C- 3 , Heat	Exercise Question - Answers	Pinnacle science book ,ppt and notes								
			Week 5	1	C- 3 , Heat Revision	Heat &temperature,Modes of heat transfer,coduction	Pinnacle science book ,ppt and notes								
4	JULY	27	Week 1	5	C- 3 , Heat Revision	Absorption of radiant energy,Applications of Radiation	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert			√					
			Week 2	6	C-11 Motion	Speed ,average speed,displacement,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert	Observe the effects of friction on moving objects							
			Week 3	6	C-11 Motion	distance,,velocity of an object,average velocity,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								

			Week 4	6	C-11 Motion	average speed,Acceleration of an object,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 5	4	C-11 Motion	distance time graphs	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
5	AUGUST	23	Week 1	2	Pre Mid Term Exam,C-11 Motion	Speed ,average speed,displacement,distance,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert				√				
			Week 2	5	C-11 Motion	speed time graphs	Pinnacle science book ,ppt and notes								
			Week 3	5	C-11 Motion	Exercise Question - Answers	Pinnacle science book ,ppt and notes								
			Week 4	6	C-11 Motion	Exercise Question - Answers	Pinnacle science book ,ppt and notes								
			Week 5	5	Mid Term Revision	C-10 , Heat ,C-11 Motion	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
6	SEPTEMBER	25	Week 1	5	Term 1	C-10 , Heat ,C-11 Motion					√				
			Week 2	6	Term 1	C-10 , Heat ,C-11 Motion					√				
			Week 3	6	C-12 Electricity & circuits	Sources of electricity,,cells & batteries	Smart Board,Universal Science ,Ncert ,PPT								√
			Week 4	6	C-12 Electricity & circuits	structure of primary cell,electric bulb	Smart Board,Universal Science ,Ncert ,PPT								
			Week 5	2	C-12 Electricity & circuits	,electric circuits,potential difference	Smart Board ,Universal Science ,Ncert ,PPT								
			Week 1	3	C-12 Electricity & circuits	electric switch,	Smart Board ,Universal Science ,Ncert ,PPT	to study the function of switch in an circuit.							
			Week 2	6	C-12 Electricity & circuits	structure of electric torch	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								

7	OCTOBER	13	Week 3	4	C-12 Electricity & circuits	conductors & insulators	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	0											
			Week 5	0											
8	NOVEMBER	23	Week 1	0											
			Week 2	5	PERIODIC TEST -2,C-12 Electricity & circuits	structure of primary cell,electric bulb,electric circuits,potential difference	Smart Board,Universal Science ,Ncert ,PPT						√		
			Week 3	6	C-12 Electricity & circuits	safety measures Exercise questions	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	6	C-12 Electricity & circuits	Exercise questions	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 5	6	C-13 LIGHT,Shadow,& Reflection	Luminous & non luminous objects,Rectilinear propagation of light,	Smart Board, Pinnacle Science ,Ncert ,PPT ,video								√
9	DECEMBER	20	Week 1	6	C-13 LIGHT,Shadow,& Reflection	Pin hole camera & its working ,	Smart Board,Pinnacle Science ,Ncert ,PPT ,video - https://www.youtube.com/watch?v=v5SuSB_93FM								
			Week 2	6	C-13 LIGHT,Shadow,& Reflection	Image formed by pin hole camera,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 3	6	C-13 LIGHT,Shadow,& Reflection	Transparent,translucent & opaque material,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	2	C-13 LIGHT,Shadow,& Reflection	Formation of shadow & its types	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 5	0											
10	JANUARY	22	Week 1	0											
			Week 2	6	Revision , C-13 LIGHT,Shadow,& Reflection	Luminous & non luminous objects,Rectilinear propagation of light,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert							√	
			Week 3	5	C-13 LIGHT,Shadow,& Reflection	Factors affecting shadow ,Reflection of light	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	6	C-13 LIGHT,Shadow,& Reflection	Exercise Questions	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								

			Week 5	5	C-13 LIGHT,Shadow,& Reflection	Exercise Questions	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
11	FEBRUARY	23	Week 1	6	C-11 Motion Revision	Speed ,average speed,displacement,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								√
			Week 2	6	C-12 Electricity & circuits	Sources of electricity,,cells & batteries	Smart Board,Universal Science ,Ncert ,PPT								
			Week 3	5	C-12 Electricity & circuits	conductors & insulators	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert								
			Week 4	6	C-13 LIGHT,Shadow,& Reflection	Luminous & non luminous objects,Rectilinear propagation of light,	Smart Board, Pinnacle Science ,Ncert ,PPT ,video								
			Week 5	0											
12	MARCH	22	Week 1	5	C-13 LIGHT,Shadow,& Reflection	Pin hole camera & its working ,	Smart Board,Pinnacle Science ,Ncert ,PPT ,video - https://www.youtube.com/watch?v=v5SuSB_93FM								
			Week 2	6	Annual Exam										
			Week 3	5											
			Week 4	5											
			Week 5	1											

Subject Teacher

HOD

Dean Academics

Principal