

|               |                                                                  |                 |                |
|---------------|------------------------------------------------------------------|-----------------|----------------|
| <b>CLASS:</b> | <b>7</b>                                                         | <b>SUBJECT:</b> | <b>PHYSICS</b> |
| <b>BOOK:</b>  | <b>ICSE PHYSICS – CLASS 7 NOOTAN PHYSICS (NAGEEN PRAKASHANI)</b> |                 |                |

| <b>FIRST TERM</b>     |                                                                                               |                 |                |
|-----------------------|-----------------------------------------------------------------------------------------------|-----------------|----------------|
| <b>Month</b>          | <b>Topic</b>                                                                                  | <b>Chapters</b> | <b>Periods</b> |
| <b>APRIL (6)</b>      | <b>PHYSICAL QUANTITIES AND MEASUREMENT</b>                                                    | <b>1</b>        | <b>4</b>       |
|                       | <b>FORCE AND PRESSURE: MOTION</b>                                                             | <b>2</b>        | <b>2</b>       |
| <b>MAY (4)</b>        | <b>FORCE AND PRESSURE: MOTION (CONTINUED)</b>                                                 | <b>2</b>        | <b>2</b>       |
|                       | <b>REVISION FOR UNIT TEST</b>                                                                 |                 | <b>2</b>       |
| <b>JUNE (4)</b>       | <b>ENERGY</b>                                                                                 | <b>3</b>        | <b>4</b>       |
| <b>JULY (8)</b>       | <b>ENERGY</b>                                                                                 | <b>3</b>        | <b>2</b>       |
|                       | <b>LIGHT ENERGY</b>                                                                           | <b>4</b>        | <b>6</b>       |
| <b>AUG (7)</b>        | <b>HEAT</b>                                                                                   | <b>5</b>        | <b>7</b>       |
| <b>SEPTEMBER (2)</b>  | <b>REVISION</b>                                                                               |                 | <b>2</b>       |
| <b>Project (May)</b>  | 1. Measurement of volume of physics book<br>2. Comparison of densities of different materials |                 |                |
| <b>Revision Days</b>  |                                                                                               |                 | <b>2</b>       |
| <b>No. of classes</b> |                                                                                               |                 | <b>29</b>      |

| <b>UNIT TEST - 1<sup>st</sup> Term</b> |                                            |                 |
|----------------------------------------|--------------------------------------------|-----------------|
| <b>Month</b>                           | <b>Topic</b>                               | <b>Chapters</b> |
| <b>June<br/>15.06.2025</b>             | <b>PHYSICAL QUANTITIES AND MEASUREMENT</b> | <b>1</b>        |
|                                        | <b>FORCE AND PRESSURE: MOTION</b>          | <b>2</b>        |

| <b>EXAMINATION - 1<sup>st</sup> Term</b> |                                            |                 |
|------------------------------------------|--------------------------------------------|-----------------|
| <b>Month</b>                             | <b>Topic</b>                               | <b>Chapters</b> |
| <b>September</b>                         | <b>PHYSICAL QUANTITIES AND MEASUREMENT</b> | <b>1</b>        |
|                                          | <b>FORCE AND PRESSURE: MOTION</b>          | <b>2</b>        |
|                                          | <b>ENERGY</b>                              | <b>3</b>        |
|                                          | <b>LIGHT ENERGY</b>                        | <b>4</b>        |
|                                          | <b>HEAT</b>                                | <b>5</b>        |

| <b>ACTIVITIES</b> |                                                                                                                                                                                                                                                                                                                         |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                   | <ol style="list-style-type: none"> <li>1. Experiment on conversion of energy from one form to another.</li> <li>2. Experiment on rectilinear propagation of light.</li> <li>3. Experiment on measurement of temperature of normal water by using thermometer.</li> <li>4. Experiment on reflection of light.</li> </ol> |

| <b>SECOND TERM</b>  |                                              |                 |                |
|---------------------|----------------------------------------------|-----------------|----------------|
| <b>Month</b>        | <b>Topic</b>                                 | <b>Chapters</b> | <b>Periods</b> |
| <b>OCTOBER (5)</b>  | <b>SOUND</b>                                 | <b>6</b>        | <b>5</b>       |
| <b>NOVEMBER (7)</b> | <b>SOUND (CONTINUED)</b>                     | <b>6</b>        | <b>1</b>       |
|                     | <b>ELECTRICITY AND MAGNETISM</b>             | <b>7</b>        | <b>6</b>       |
| <b>DECEMBER (5)</b> | <b>ELECTRICITY AND MAGNETISM (CONTINUED)</b> | <b>7</b>        | <b>5</b>       |

|                       |                                                                                   |                     |    |
|-----------------------|-----------------------------------------------------------------------------------|---------------------|----|
| JANUARY (7)           | ELECTRICITY AND MAGNETISM(CONTINUED)                                              | 7                   | 2  |
|                       | DENSITY AND RELATIVE DENSITY ALONG WITH ASSOCIATED NUMERICALS (FROM CLASS 8 BOOK) | 2<br>(CLASS 8 BOOK) | 5  |
| FEBRUARY (5)          | REVISION                                                                          |                     | 5  |
| Project<br>(December) | Prove that object distance(u) = image distance(v) in case of a plane mirror       |                     |    |
| Revision Days         |                                                                                   |                     | 5  |
| No. of classes        |                                                                                   |                     | 24 |

UNIT TEST – 2<sup>nd</sup> Term

| Month      | Topic | Chapters |
|------------|-------|----------|
| November   | HEAT  | 5        |
| 12.11.2026 | SOUND | 6        |

EXAMINATION – 2<sup>nd</sup> Term

| Month    | Topic                                                                                                                                                 | Chapters |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| February | FULL BOOK OF CLASS 7 AND PHYSICAL QUANTITIES AND MEASUREMENT (ONLY THE CONCEPT OF DENSITY, RELATIVE DENSITY AND RELATED NUMERICALS FROM CLASS 8 BOOK) | 1-7      |

## ACTIVITIES

|  |                                                                                                                                                                                                       |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ol style="list-style-type: none"> <li>Experiment to verify that sound needs a medium for propagation.</li> <li>Experiment to show that frequency depends on the length of the air column.</li> </ol> |
|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|