

SUBJECT – ENGLISH

Honey Comb (Text Book)

An Alien Hand (Supplementary Reader)

BBC Compacta

MONTH	SKILLS	TOPIC	ACTIVITY	LEARNING OUTCOMES
APRIL	Reader /Reading Writing Grammar Vocabulary	Ch - 1 Three questions Poem - The Squirrel Ch - 2 A Gift of Chappals Poem - The Rebel Notice(lost,found),Letter(formal) Principal Three forms of Verbs, Nouns, Tenses(Indefinite) Synonyms	*Make a beautiful card for your mother. *Group discussion on branded and non- branded products *Tense chart.	*Read and Comprehend *Understand the text *Understand how to recite and listen to the poem. *Value of Sympathy and Kindness.
MAY	Supplementary Writing Grammar Vocabulary	Ch - 1 The Tiny Teacher Ch-2 Bringing Up Kari (OBTA) Descriptive paragraph Tenses (Continuous), Punctuation, Sentence Reordering Homophones	*Speech -An Ideal Teacher *Identify the kinds of Nouns *Attempt the comprehension passage.	*Enhance their Speaking skills. * Students will use these Grammar concepts in their daily life.
JUNE	SUMMER VACATION			
JULY	Reader Writing Grammar Vocabulary	Ch - 3 Gopal and the Hilsa fish Peom - The Shed Ch - 4 The Ashes that made trees bloom Peom - Chivvy Ch - 5 Quality Peom - Trees Diary Entry, Article Adjectives, Tenses (Perfect) Prepositions One word substitution	* Article -Save Trees *Poster making on Deforestation *Chart on Adjectives	*Enhance their vocabulary. *Enhance the imaginative skills of the students. *Value of Dedication to work of high quality.

Syllabus (2022-23)
Std. – VII

AUGUST	Supplementary Writing Grammar	Ch-3The Desert(Activity) Ch - 4 The Cop and the Anthem Ch - 5 Golu grows a nose (Activity) Story, letter, (Informal) Gap filling, Editing (Errors), Reported speech, Tenses(Perfect Continuous)	*Collect information about the lifestyle of people in desert areas. *Make a list of Past and Past Participle	* Develop reading skills. *Students will be able to do practice exercises. *Value of Respect.
SEPTEMBER HALF YEARLY EXAMINATION				
OCTOBER	Reader Writing Grammar Vocabulary	Ch - 6 Expert Detectives Poem - Mystery of the talking fan Ch - 7 The Invention of vita – wonk Poem - Dad and the Cat and The Tree Ch – 8 Fire :Friend and Foe Speech ,Notice(Informational) Editing (Omission) Voice,Conjunctions Antonyms	*Reading comprehension passage *Chart on Active and passive Voice	*To attempt the comprehension skills. *Recognize the Poetic devices. *Understand the concepts of Grammar
NOVEMBER	Supplementary Writing Grammar Vocabulary	Ch -6 I Want Something in a Cage (Activity) Ch - 7 Chandini (OBTA) Ch - 8 The Bear Story(Reading) Article, Letter(informal) Determiners, Adverbs Spellings	*Grammar practice based on Conjunctions *Paste a Picture of bear and write any story.	*Read and Comprehend. *Students will develop the role/functions of Adverbs. *Value of Punctuality
DECEMBER EXAMINATION				
JANUARY / FEBRUARY	Reader Supplementary Writing Grammar	Ch - 9 A Bicycle in good Repair Ch - 10 The story of Cricket Peom - Meadow surprises, Garden snake Ch - 9 A Tiger in the house (OBTA) Ch - 10 An Alien hand(Activity) Notice, Descriptive Paragraph, Speech, Article, Story, Letter(informal) Determiners, Adverbs, Conjunctions, Voice, Gap filling, Editing(errors), Rearrange	*Collage on sports person *Integrated Grammar practice *Reading comprehension passage	*Understand the text. *Understand the theme of the poem. * Value of Honesty.
MARCH	EXAMINATION			

SUBJECT – MATHEMATICS

MONTH	CHAPTER	ACTIVITY	LEARNING OUTCOMES
APRIL	Ch – 1 Integers Ch – 2 Fractions and Decimals	<ul style="list-style-type: none"> ❖ Addition and subtraction of integers by playing a game with dice. ❖ Make a working model of Decimal Place Value. 	<p><u>After going through these chapters, the learner will be able to:</u></p> <ul style="list-style-type: none"> ❖ Identify an integer to represent a given Real-life situation accurately Add, Subtract, Multiply and Divide Fractions. ❖ Convert Decimal to Fractions and Vice- Versa.
MAY	Ch –14 Symmetry	<ul style="list-style-type: none"> ❖ Make a wind chime using concept of Rotational Symmetry. 	<ul style="list-style-type: none"> ❖ Identify lines of Symmetry on given shapes.
JULY	Ch- 3 Data Handling Ch- 4 Simple Equations	<ul style="list-style-type: none"> ❖ Draw a bar graph depicts the expenditure of your family in a month by using Thumb Pins and Rubber Band. ❖ Cross Word Puzzle 	<ul style="list-style-type: none"> ❖ Learn to construct Bar graph and Double bar graph for given data. ❖ Obtain Mean, Median and Mode of given data. ❖ Simplify expressions by using laws of exponents and apply it in daily life.
AUGUST	Ch-9 Rational Numbers Ch-7 Congruence of Triangles Ch-15 Visualising Solid Shapes	<ul style="list-style-type: none"> ❖ Fun wheel activity related to Rational Number. ❖ Verify the congruence criterion of triangles using cardboard and coloured paper (SSS, SAS, ASA, RHS). ❖ Draw the net of different solid shapes using Grid paper. 	<ul style="list-style-type: none"> ❖ Define rational numbers; find rational number between two rational numbers. Addition, subtraction, multiplication and division of rational numbers. ❖ Determine whether two triangles are congruent and give correct reason as to why the triangles are congruent. ❖ Identify 3D figures along with their numbers of faces, edges, vertices and nets for building 3D shapes.
OCTOBER	Ch-5 Lines and Angles Ch-12 Algebraic Expressions Ch – 13 Exponents and powers	<ul style="list-style-type: none"> ❖ To verify properties of parallel lines cut by transversal using ice cream sticks. ❖ To verify law of exponents experimentally. 	<ul style="list-style-type: none"> ❖ Understand concept of transversal, parallel lines and different angles made by transversal. ❖ Identify different types of algebraic expressions and simplify them. ❖ Simplify expressions by using law of exponent.
NOVEMBER	Ch-6 Triangles and its properties	<ul style="list-style-type: none"> ❖ Introduce angle sum property of triangle. ❖ Verify Pythagoras theorem. 	<ul style="list-style-type: none"> ❖ Identify Median and Altitude. Solve problems related to angle sum property, exterior angle property and Pythagoras property.
DECEMBER	EXAMS		

Syllabus (2022-23)**Std. – VII**

JANUARY	Ch-11 Perimeter and Area Ch-8 Comparing Quantities Ch-10 Practical Geometry	<ul style="list-style-type: none">❖ To prove that area of a circle of radius r is πr^2 by paper cutting and pasting method.❖ Prepare a Conversion Scale to find relationship with different units of length.❖ Determine ratio of weight / height of students of your class.❖ Introduce the possibility of forming a triangle with three given sides.	<ul style="list-style-type: none">❖ Find out perimeter and area of simple and compound shapes.❖ Find out Percentage, Profit, Loss and Simple interest. ❖ Construct a triangle when length of its three sides, three angles, length of two sides and measure of included angle, measure of two angles and length of included angle is known.
FEBRUARY	REVISION		
MARCH	FINAL EXAMS		

SUBJECT –SCIENCE

MONTH	BOOK	CHAPTER	ACTIVITY	LEARNING OUTCOME
APRIL	Science (NCERT-7)	Ch – 1 Nutrition in Plants Ch – 2 Nutrition in Animals	<ul style="list-style-type: none"> To demonstrate that sunlight is essential for photosynthesis. To grow Bread mould on bread slice. To make the model of human digestive system using clay. To demonstrate the effect of saliva on starch. 	<ul style="list-style-type: none"> Enables the students to understand photosynthesis and factors affecting photosynthesis. Develops understanding of heterotrophic modes of nutrition and symbiotic relationship. Imparts knowledge about digestive system of human being. Makes the students understand about mode of nutrition in amoeba.
MAY	Science (NCERT-7)	Ch- 3 Fibre to Fabric	<ul style="list-style-type: none"> Project on various steps of processing of fibre into wool. To demonstrate the life history of silk moth through specimens. To study wool yielding animals by collecting and pasting their pictures. 	<ul style="list-style-type: none"> Gives information about rearing and breeding of sheep for wool production. Students will be able to understand various stages of life cycle of silk moth.
JUNE	SUMMER VACATION			
JULY	Science (NCERT-7)	Ch - 4 Heat Ch – 5 Acid, Bases and Salts Ch-17 Forest- Our Lifeline	<ul style="list-style-type: none"> To show the conduction of heat through solids. To study the structure of clinical thermometer. To test whether a substance is acidic, basic or neutral using red and blue litmus paper and turmeric paper. Demonstration of neutralization reaction of acid and base. To make a food chain operating in a forest by pasting or drawing pictures of animals. To study different types of trees in a forest by pasting their pictures. Open Book Test 	<ul style="list-style-type: none"> Imparts knowledge about different methods of heat transfer. Enable the students to differentiate between clinical and laboratory thermometer. Creates awareness about acidic, basic and neutral compounds. Develops understanding of the use of natural and synthetic indicators. Explains the inter relationship between plants, animals and decomposers in forests. Enables the students to understand the importance of forests.
AUGUST	Science (NCERT-7)	Ch-10 Respiration in living organisms	<ul style="list-style-type: none"> To make a working model of human respiratory system. 	<ul style="list-style-type: none"> Develops understanding about respiratory system of human beings and mechanism of respiration. Creates awareness about respiratory structures in

		Ch-8 Wind, Storm and Cyclone	<ul style="list-style-type: none"> To show effect of exhaled air on lime water. To show that air moves from high pressure to low pressure region. To show that air expands on heating. 	<p>aquatic and terrestrial organisms.</p> <ul style="list-style-type: none"> Gives information about properties of air. Makes the students understand about the events in the formation of cyclones and thunderstorms.
SEPTEMBER	HALF YEARLY EXAMS			
OCTOBER	Science (NCERT-7)	Ch-7 Weather, Climate and Adaptations Ch-9 Soil Ch-11 Transportation in Animals and Plants. Ch-13 Motion and Time	<ul style="list-style-type: none"> To study weather conditions from weather reports of a week. Collect and paste the pictures of animals living in polar region and tropical rain forests. To separate various components of soil sample in different layers. Project report on types of soil, their characteristics and uses. To make a model of stethoscope. To demonstrate that stem helps in conduction of water in plants. To draw distance - time graphs for different types of motion. To find the time period of simple pendulum. 	<ul style="list-style-type: none"> Enables the students to understand weather and its elements. Imparts knowledge about adaptations of various animals in polar region and tropical rain forests. Develops understanding about soil profile and components of soil. Enables the students to correlate the type of soil with vegetation grown in that area. Gives information about circulatory system and excretory system in human. Imparts knowledge about transport of water, minerals and food in plants. Develops understanding to plot distance – time graph. Imparts knowledge about different types of motion. Gives information about oscillatory motion and time period of pendulum.
NOVEMBER	Science (NCERT-7)	Ch-14 Electric Current and its Effects. Ch-6 Physical and Chemical changes	<ul style="list-style-type: none"> To make a simple electric circuit. To demonstrate the heating effect of current using nichrome wire or bulb. To show that burning of magnesium ribbon is a chemical change. To show that chemical change occurs on mixing of baking soda with vinegar. 	<ul style="list-style-type: none"> Develops understanding about working of an electric bell and electromagnet. Imparts knowledge about the function of electric fuse and MCB. Enables the students to classify various changes into physical and chemical changes. Makes the students understand about conditions for rusting of iron and Galvanization.
DECEMBER	EXAMINATION			

JANUARY	Science (NCERT-7)	Ch-12 Reproduction in Plants Ch-15 Light Ch-16 Water - A Precious Resource Ch-18 Waste water story	<ul style="list-style-type: none"> • To observe vegetative propagation in potato. • To dissect a flower to study the reproductive parts of flowers. • To show the nature of image formed by mirrors and lenses. • To show dispersion of white light by prism. • Project report on water management and depletion of water table. • Prepare a model on Rain water harvesting. • Crossword puzzle 	<ul style="list-style-type: none"> • Develops understanding about different modes of asexual reproduction. • Imparts knowledge about pollination and fertilization in plants. • Develops understanding about images formed by spherical mirrors and lenses. • Gives information about uses of concave and convex lenses. • Creates awareness about water management and depletion of water resources. • Creates awareness about various methods to conserve water. • Develops understanding about the concept of sewage and its management. • Imparts knowledge about various processes involved in treatment of sewage.
FEBRUARY	REVISION			
MARCH	FINAL EXAMS			

SUBJECT – SOCIAL SCIENCE

Books (NCERT) 1. Our Environment
2. Social and political life-II
3. Our Pasts II

MONTH	TOPIC	Content	ACTIVITY/MAP WORK	LEARNING OUTCOMES
APRIL	Ch-1 (G) Environment	Activity	* Map work on states of India and their capitals * Slogan on Save environment	Students will learn to live and use their environment in a sustainable and harmonious way.
	Ch-2 (G) Inside Our Earth	Written Notes And Activity	* Diagram on layers of the earth * Spread awareness to save earth among people through audio visual clip	This chapter informs about the layers of earth's interior, different types of rocks and minerals.
	Ch-1(H) Tracing Changes Through A Thousand Years	Activity	* Make a list of the major changes you have seen in your life-style in the last 3 years	Understanding of examples of sources used to study various periods in history.
	Ch-2(H) New Kings And Kingdoms	Activity	* Map work- Kingdoms of Deccan and South India	Analyses administrative measures and strategies for military control adopted by different kingdoms e.g. the Khaljis and Tughluqs, Mughals, etc.
	Ch-3(H) The Delhi Sultans	Written Notes And Activity	* Map work on Delhi sultanate	Imparting knowledge about policies of different rulers.
MAY	Ch-2 (C) Role Of Government In Health	Written Notes And Activity	* Pros and cons of government health services	To make aware about the functioning of rural and urban local government bodies in sectors like health.
	Ch-3 (C) How The State Government Works	Written Notes		Differentiating between local government and state government.
EXAMS				
JUNE SUMMER VACATION				
JULY	Ch-3 (G) Our Changing Earth	Activity	* OTBA and overview the chapter thoroughly	Our earth changes constantly, not only on the outside/surface, but also from the inside.
	Ch-4 (G) Air	Written Notes		Understanding of composition and structure of the atmosphere.
	Ch-5 (G) Water	Written Notes And Activity	* Map work on regions receiving highest and lowest rainfall * Make your own terrarium	This chapter inculcates in the students the spirit of conservation of water.

	Ch-4(H) The Mughal Empire	Written Notes And Activity	* Map work on Mughal empire * Story of the Mughals	Study of this chapter enables students to explain the foundation of the Mughal Empire, qualities that made Babur and Akbar the Great successful and the fall of the Mughal Empire.
	Ch-5(H) Rulers And Buildings	Activity	* Map work on historical monuments of India * Read the passage and answer the following questions.	This chapter describes distinctive developments in style and technology used for construction of temples, tombs and mosques.
AUGUST	Ch-4 (C) Growing up as Boys and Girls	Activity	* Make a drawing of a street or a park in your neighbourhood. Show the different kinds of activities young boys and girls may be engaged in.	Through various examples, this chapter tells us different ways of upbringing boys and girls in different places.
	Ch-8 (C) A Shirt in the Market	Activity	* Make a PPT on Journey of a Shirt (Maximum 15 slides)	Gives awareness about cotton farmer, cloth market and weaver's life.
	Ch-6 (C) Understanding Media	Written Notes		This chapter explains the functioning of media with appropriate examples
SEPTEMBER	EXAMS			
OCTOBER	Ch-6 (G) Natural Vegetation And Wildlife	Written Notes And Activity	* Map work on National Parks and Wildlife Sanctuaries * Model/Collage on different types of forests.	Students will learn about factors leading to diversity in flora and fauna due to various factors e.g. climate, landforms, etc.
	Ch-7(G) Human Environment, Settlement, Transport And Communication	Written Notes		Students will learn about the new developments making today's world a global society.
	Ch-7(H) Tribes, Nomads And Settled Communities	Activity	* Map work on tribes	Students will learn about the relationship between livelihood patterns and the geographical condition of the area inhabited e.g. tribes, nomadic pastoralists and banjaras.
NOVEMBER	Ch-5(C) Women Change The World	Written Notes And Activity	* Make a portrait/video clip of any women personality of your choice (eg. Mother or grandmother)	Gender is not an obstacle in achieving goals.
DECEMBER	Ch-8 (H) Devotional Paths To The	Written Notes		Students will be able to analyse

Syllabus (2022-23)
Std. – VII

	Divine			factors which led to the emergence of new religious ideas and movements (bhakti and sufi)
	Ch-9 (H) The Making Of Regional Cultures	Activity	* OTBA and overview the chapter thoroughly	Students will get an overview of the development of regional cultural forms of dance and music.
	Ch-7 (C) Markets Around Us	Written Notes	* Purchase any five products from your neighborhood shop. Notice MRP and expiry date of each product.	Differentiating between different kinds of markets and imparting knowledge about how goods travel through various market places.
	EXAMS			
JANUARY	Ch-8 (G) Human Environment Interactions The Tropical and the Subtropical Region	Written Notes	* Group Discussion on Amazon basin and Ganga Brahmaputra basin	Understand the complex inter-relationship of humans and the natural environment.
	Ch-9 (G) Life In The Deserts	Written Notes And Activity	* Map work on deserts * Bring any Rajasthani dish in your lunch box.	Students will get an idea how their lives are easy as compared to people living in desert region.
	Ch-6(H) Towns, Traders And Craftspersons	Written Notes And Activity	* Make a slide show on Seventeenth century Towns, Traders and Craftspersons	Demonstrate the difference between founded towns and those that grow as a result of trade.
	Ch-10 (H) Eighteenth Century Political Formation	Activity	* Map work on british territories in the mid eighteenth century	Students will know about the developments related to the Sikhs, Rajputs, Marathas, later Mughals, Nawabs of Awadh and Bengal, and the Nizam of Hyderabad.
	Ch-1(C) On Equality	Written Notes	Poem on "Equality"	This chapter explains the significance of equality in democracy.
	Ch-9(C) Struggle For Equality	Activity	* Make a doodle on a chart to cover the chapter	Students will learn how movements can help to abolish inequality.
FEBRUARY	REVISION			
MARCH	EXAMS			

SUBJECT – PUNJABI

ਪੁਸਤਕ:- ਪਾਠ-ਪੁਸਤਕ-7(ਦੂਜੀ ਭਾਸ਼ਾ)

ਵਿਆਕਰਨ:- ਪੰਜਾਬੀ ਵਿਆਕਰਨ ਅਤੇ ਲੇਖ ਰਚਨਾ

MONTH	CHAPTER	METHOD	ACTIVITIES	LEARNING OUTCOMES
APRIL	ਪਾਠ-1 ਇਹ ਮੇਰਾ ਪੰਜਾਬ ਪਾਠ-2 ਜੰਗਲਾਂ ਦੇ ਲਾਭ ਪਾਠ -3 ਰਾਣੀ ਸਾਹਿਬ ਕੋਰ (ਪੜ੍ਹਣ ਕੋਸ਼ਲ) ਪਾਠ -4 ਲਾਇਬ੍ਰੇਰੀ ਪਾਠ -5 ਕਾਬਲੀਵਾਲਾ	ਵਿਆਖਿਆਮਕ ਵਿਧੀ + ਪੀ ਪੀ ਟੀ ਪ੍ਰਸ਼ਨਾਤਮਿਕ ਪੜਨ ਕੋਸ਼ਲ ਵਿਆਖਿਆਮਕ ਵਿਧੀ ਵਿਚਾਰ-ਵਟਾਂਦਰਾ	<ul style="list-style-type: none"> ਵਿਦਿਆਰਥੀਆਂ ਦੁਆਰਾ ਵਾਤਾਵਰਣ ਨੂੰ ਬਚਾਉਣ ਲਈ ਇਕ ਪੌਦਾ ਲਗਾਇਆ ਜਾਵੇਗਾ। ਪੈਰਾ ਰਚਨਾ ਦੁਆਰਾ ਲਿਖਿਤ ਕਲਾ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾਵੇਗਾ। 	<ul style="list-style-type: none"> ਪੰਜਾਬ ਦੇ ਇਤਿਹਾਸ ਤੇ ਭੂਗੋਲ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ। ਵਾਤਾਵਰਣ ਨੂੰ ਬਚਾਉਣ ਲਈ ਵੱਧ ਤੋਂ ਵੱਧ ਰੁੱਖ ਲਗਾਉਣ ਲਈ ਪ੍ਰੇਰਿਤ ਹੋਣਗੇ। ਮਹਾਨ ਇਸਤਰੀਆਂ ਦੇ ਸਮਾਜ ਵਿੱਚ ਪਾਏ ਗਏ ਯੋਗਦਾਨ ਬਾਰੇ ਜਾਣੂ ਹੋਣਗੇ। ਕਿਤਾਬਾਂ ਦੀ ਮਹੱਤਤਾ ਸਮਝਦੇ ਹੋਏ ਕਿਤਾਬ ਪੜ੍ਹਨ ਦੀ ਰੁਚੀ ਵਿੱਚ ਵਾਧਾ ਕਰਨਗੇ। ਸਮਾਜਿਕ ਰਿਸ਼ਤਿਆਂ ਦੇ ਮਹੱਤਵ ਨੂੰ ਸਮਝਣਗੇ।
MAY	ਵਿਆਕਰਨ :- * ਮੁਹਾਵਰੇ (31-40), ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਸ਼ੁੱਧ ਕਰੋ, ਵਿਰੋਧੀ ਸ਼ਬਦ, ਕਿਰਿਆ। * ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ (21-30) * ਲਿਖਿਤ ਕਲਾ * ਲੇਖ ਰਚਨਾ * ਪੱਤਰ ਰਚਨਾ (ਨਿੱਜੀ)	* ਵਿਆਖਿਆਤਮਕ ਵਿਧੀ * ਅਭਿਆਸ	* ਪੱਤਰ ਅਤੇ ਪੈਰਾ ਰਚਨਾ ਦਾ ਲਿਖਿਤ ਅਭਿਆਸ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।	* ਨਿੱਜੀ ਜੀਵਨ ਵਿੱਚ ਪੱਤਰ ਲਿਖ ਸਕਣਗੇ। * ਲਿਖਿਤ ਕਲਾ ਵਿੱਚ ਮੁਹਾਰਤ ਹਾਸਿਲ ਕਰਨਗੇ।
JULY	ਪਾਠ -6 ਯਾਤਰਾ ਹੇਮਕੁੰਟ ਸਾਹਿਬ (ਪੜ੍ਹਨ ਕੋਸ਼ਲ) ਪਾਠ-7 ਅਣਖੀਲਾ ਯੋਧਾ ਪਾਠ-8 ਹੇਲੀ ਦਾ ਗੀਤ ਸਮਾਨਾਰਥਕ ਸ਼ਬਦ (31-45), ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਸ਼ੁੱਧ ਕਰੋ, ਵਿਰੋਧੀ ਸ਼ਬਦ	ਵਿਆਖਿਆਤਮਕ ਵਿਧੀ ਪੜਨ ਕੋਸ਼ਲ	ਆਪਣੀ ਮਨਪਸੰਦ ਰੁੱਤ ਬਾਰੇ ਜਮਾਤ ਵਿੱਚ ਦੱਸੋ (ਮੌਖਿਕ ਕਲਾ)।	ਰੁੱਤਾਂ ਅਤੇ ਤਿਉਹਾਰਾਂ ਦੇ ਮਹੱਤਵ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਉਸ ਬਾਰੇ ਦੂਜਿਆਂ ਨੂੰ ਦੱਸ ਸਕਣਗੇ।
AUGUST	ਪਾਠ-9 ਰੁੱਤ-ਰੁੱਤ ਦੇ ਰੰਗ (ਪੜ੍ਹਨ ਕੋਸ਼ਲ) ਪਾਠ-10 ਕੀ ਤੁਸੀਂ ਪੜ੍ਹੇ ਲਿਖੇ ਹੋ? ਪਾਠ-11 ਭਾਰਤੀ ਫੁੱਟਬਾਲ ਦਾ ਸਿਤਾਰਾ ਓਲੰਪੀਅਨ	ਵਿਚਾਰ-ਵਟਾਂਦਰਾ	ਜਮਾਤ ਵਿੱਚ ਵੱਖ- ਵੱਖ ਖੇਡਾਂ ਬਾਰੇ ਵਿਚਾਰ-ਚਰਚਾ।	ਖੇਡਾਂ ਦਾ ਮਹੱਤਵ ਸਮਝਦੇ ਹੋਏ ਆਪ ਵੀ ਖੇਡਾਂ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਹੋਣਗੇ।

	ਜਰਨੈਲ ਸਿੰਘ (ਪੜ੍ਹਨ ਕੈਸ਼ਲ) ਵਿਆਕਰਨ: ਮੁਹਾਵਰੇ (41-50), ਲੇਖ ਰਚਨਾ , ਪੱਤਰ ਰਚਨਾ (ਨਿੱਜੀ ਤੇ ਦਫਤਰੀ)			
ਅਕਤੂਬਰ	ਪਾਠ -12 ਸਮਾਂ ਨਾ ਗੁਆ ਬੋਲੀਆ ਪਾਠ-13 ਦਲੇਰੀ ਦੀ ਮਿਸਾਲ ਮਾਈ ਭਾਰੋ (ਪੜ੍ਹਨ ਕੈਸ਼ਲ) ਪਾਠ -14 ਮਹਾਨ ਧੀਆਂ	ਵਿਆਖਿਆਤਮਕ ਵਿਧੀ ਪੜ੍ਹਨ ਕੈਸ਼ਲ	ਇੱਕ ਕੁੜੀ ਦੇ ਆਪਣੇ ਪਰਿਵਾਰ ਨਾਲ ਸੰਬੰਧਿਤ ਰਿਸ਼ਤਿਆਂ ਨੂੰ ਦਰਸਾਉਂਦਾ ਇੱਕ ਚਾਰਟ ਤਿਆਰ ਕਰੋ ।	ਸਮੇਂ ਦੀ ਪਾਲਣਾ ਕਰਨਗੇ ਅਤੇ ਸਮੇਂ ਦੀ ਯੋਗ ਵਰਤੋਂ ਕਰਨਗੇ।
ਨਵੰਬਰ	ਪਾਠ -15 ਫੈਸਲਾ ਪਾਠ -16 ਦੁਨੀਆ ਦੁੱਖਾਂ ਦੀ ਨਗਰੀ ਨਹੀਂ ਪਾਠ-17 ਰੁੱਖ ਵਿਆਕਰਨ: ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸਮਾਨਾਰਥਕ (46-60), ਮੁਹਾਵਰੇ (51-60), ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਸੁੱਧ ਕਰੋ ਵਿਰੋਧੀ ਸ਼ਬਦ। ਪੱਤਰ: ਨਿੱਜੀ ਪੱਤਰ ਤੇ ਦਫਤਰੀ ਪੱਤਰ । ਲੇਖ	ਵਿਚਾਰ-ਵਟਾਂਦਰਾ	ਤੁਸੀਂ ਵਾਤਾਵਰਨ ਨੂੰ ਕਿਵੇਂ ਸਾਫ ਸੁਥਰਾ ਰੱਖ ਸਕਦੇ ਹੋ ਆਪਣੇ ਵਿਚਾਰ ਪੇਸ਼ ਕਰੋ ।	ਸਮਾਜ ਵਿੱਚ ਔਰਤਾਂ ਅਤੇ ਕੁੜੀਆਂ ਦੇ ਯੋਗਦਾਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਕੇ ਉਹਨਾਂ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਉਚਿਤ ਸਥਾਨ ਦੇਣ ਲਈ ਪ੍ਰੇਰਿਤ ਹੋਣਗੇ।
ਦਸੰਬਰ	ਪਾਠ-18ਜਦੋਂ ਦੰਦ ਬੋਲ ਪਿਆ ਪਾਠ-19ਸ਼ਹੀਦ ਬਾਬਾ ਦੀਪ ਸਿੰਘ ਜੀ (ਪੜ੍ਹਨ ਕੈਸ਼ਲ) ਇਮਤਿਹਾਨ	ਵਿਆਖਿਆਤਮਕ ਵਿਧੀ	ਦੰਦਾ ਦੀ ਸਾਭ ਸੰਭਾਲ ਬਾਰੇ ਲਿਖੋ ।	ਸਰੀਰ ਦੇ ਅੰਗਾਂ ਅਤੇ ਉਹਨਾਂ ਦੇ ਕੰਮਾਂ ਦੀ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਦੇ ਹੋਏ ਉਹਨਾਂ ਦੀ ਸੰਭਾਲ ਲਈ ਵਿਸ਼ੇਸ਼ ਧਿਆਨ ਦੇਣਗੇ।
ਜਨਵਰੀ	ਪਾਠ-20 ਕੈਣ ਕਦੇ ਰੁਕਿਆ ਹੈ ਪਾਠ-21 ਨਿੱਕੀਆਂ ਜਿੰਦਾ ਵੱਡਾ ਸਾਕਾ ਪਾਠ-22 ਗਰੀਬਨਵਾਜ਼(ਪੜ੍ਹਨ ਕੈਸ਼ਲ) ਵਿਆਕਰਨ: ਬਹੁਅਰਥਕ ਸ਼ਬਦ(11-25), ਬਹੁਤੇ ਸ਼ਬਦਾਂ ਦੀ ਥਾਂ ਇੱਕ ਸ਼ਬਦ (31-45), ਵਿਸਰਾਮ ਚਿੰਨ੍ਹ	ਪੜ੍ਹਨ ਕੈਸ਼ਲ ਵਿਚਾਰ-ਵਟਾਂਦਰਾ	ਛੋਟੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਅਤੇ ਵੱਡੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਸ਼ਹੀਦੀ ਤੇ ਨੋਟ ਲਿਖੋ। ਪੁਰਾਣੇ ਅਤੇ ਨਵੇਂ ਸਭਿਆਚਾਰ ਵਿੱਚ ਆਏ ਖਾਣ-ਪੀਣ ਸਬੰਧੀ ਬਦਲਾਵ ਬਾਰੇ ਲਿਖੋ।	ਸਿੱਖ ਧਰਮ ਵਿੱਚ ਗੁਰੂਆਂ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਪਰਿਵਾਰਾਂ ਦੇ ਯੋਗਦਾਨ ਬਾਰੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨਗੇ ।

	ਪੱਤਰ: ਨਿੱਜੀ ਪੱਤਰ ਤੇ ਦਫ਼ਤਰੀ ਪੱਤਰ । ਲੇਖ, ਲਿੰਗ ਬਦਲੇ, ਵਚਨ ਬਦਲੇ, ਸੁੱਧ ਕਰੇ ਵਿਰੋਧੀ ਸ਼ਬਦ।			
ਫਰਵਰੀ	ਦੁਹਰਾਈ	ਅਭਿਆਸ ਵਿਧੀ	ਲਿਖਤੀ ਅਤੇ ਮੌਖਿਕ ਟੈਸਟ	ਵਿਦਿਆਰਥੀ ਸਾਲਾਨਾ ਇਮਤਿਹਾਨ ਦੇਣ ਲਈ ਤਿਆਰ ਹੋ ਜਾਣਗੇ।
ਮਾਰਚ	ਸਾਲਾਨਾ ਇਮਤਿਹਾਨ			

SUBJECT – HINDI**पुस्तक – वसंत भाग 2****व्याकरण-सुगम हिंदी व्याकरण (कारडोवा पब्लिकेशज)**

MONTH	TOPIC	ACTIVITY	LEARNING OUTCOMES
अप्रैल	पाठ – 1 हम पंछी उन्मुक्त गगन के पाठ – 2 दादी माँ पाठ – 3 हिमालय की बेटियाँ व्याकरण- संज्ञा	* पंछी को पिंजरे में कैद करना उचित है या नहीं चार्ट पर चित्रों के माध्यम से दर्शाए। * हिमालय से निकलने वाली नदियों को भारत के मानचित्र पर दर्शाए।	* प्रकृति के प्रति प्रेम और संरक्षण की भावना जागृत होगी। * बड़े बुजुर्गों का सम्मान करना सीखेंगे। * भारत की भौगोलिक स्थिति के बारे में जानकारी प्राप्त करेंगे।
मई	पाठ-4 कठपुतली व्याकरण- सर्वनाम, वर्ण- विचार पत्र अनौपचारिक - पत्र	* कठपुतली बनाइए। * स्वर मात्राएँ लिखकर उससे संबंधित शब्दों को चार्ट पर लिखिए।	* छात्र हस्त कला में पारंगत बनेंगे। * छात्रों को व्याकरण की जानकारी होगी।
जून	ग्रीष्मावकाश		
जुलाई	पाठ – 5 मिठाईवाला पाठ – 6 रक्त और हमारा शरीर पाठ-पापा खो गए 7 व्याकरण- विशेषण, कारक	* फेरीवाले के जीवन में क्याक्या- कठिनाइयाँ आती हैं? एक सूची तैयार कीजिए। * अपनी मनपसंद की कोई एक मिठाई बनाइए। (Homemade Sweet) * मानव संरचना (ढाँचा) को (A-4 Sheet) पर बनाइए	* फेरीवाले के जीवन की कठिनाइयों से अवगत होंगे। * रक्त के कार्यों की जानकारी होगी।
अगस्त	पाठ – 8 शाम- एक किसान पाठ – 9 चिड़िया की बच्ची पाठ – 10 अपूर्व अनुभव व्याकरण- उपसर्ग, प्रत्यय, क्रिया संवाद लेखन अनुच्छेद- शिक्षा, पक्षियों की समस्याएँ	* चिड़िया का घोंसला बनाइए। * A-4 Sheet पर कोई 10 अनाज चिपकाएँ। * मां पर अपने शब्दों में अनुच्छेद लिखिए। * अपने प्रिय मित्र का साक्षात्कार (Interview) लीजिए।	* प्राकृतिक सौंदर्य को अनुभव करेंगे। * पशु- पक्षियों के संरक्षण के लिए प्रेरित होंगे। * आधुनिक समय में मित्रता की अहमियत समझेंगे।
सितंबर		दोहराई। - Term	
अक्टूबर	पाठ – 11 रहीम के दोहे पाठ – 12 कंचा पाठ – 13 एक तिनका व्याकरण- शब्द विचार (उत्पत्ति के आधार + रचना के आधार) मुहावरे	* प्रसिद्ध भक्त कवियों के दोहों का कक्षा में वाचन। * बालक की मनोदशा पर कक्षा में परिचर्चा। * शब्द भेद पर चार्ट बनाइए।	* कम शब्दों में अपनी बात रखने की सीखेंगे। * अपनी कोमल भावनाओं का चित्रण करना सीखेंगे। * छोटी वस्तुओं की उपयोगिता समझेंगे।
नवंबर	पाठ – 14 खान पान की बदलती तस्वीर पाठ – 15 नीलकंठ पाठ – 16 भोर और बरखा व्याकरण- क्रिया	* संतुलित भोजन सेवन को चार्ट के माध्यम से दर्शाए। * भारत के कोई पाँच राज्यों के प्रसिद्ध भोजन की सूची तैयार कीजिए।	* विभिन्न प्रांतों के भोजन की जानकारी हासिल करेंगे। * पशु पक्षियों के संरक्षण के लिए प्रेरित होंगे * श्री कृष्ण की लीलाओं की जानकारी होगी।

Syllabus (2022-23)**Std. – VII**

	विशेषण, काल पत्र- अनौपचारिक पत्र	* कोई चार महिला कवयित्रियों के चित्र को A-4 Sheet पर चिपका कर उनके विषय में लिखिए।	* छात्रों में पत्र लेखन कला का विकास होगा
दिसंबर		दोहराई + परीक्षा	
जनवरी	पाठ – 17 वीर कुँवर सिंह पाठ – 18 संघर्ष के कारण मैं तुनुकमिजाज हो गया - धनराज पाठ – 19 आश्रम का अनुमानित व्यय व्याकरण-लोकोक्तियाँ	* स्वतंत्रता सेनानियों के चित्र को चार्ट पर चिपका कर उनके विषय में कुछ पंक्तियाँ लिखिए। * कोई पाँच भारतीय हॉकी टीम के कप्तानों की सूची तैयार कीजिए । * महात्मा गांधी के विषय में कक्षा में परिचर्चा।	* स्वतंत्रता सेनानियों के जीवन संघर्ष से अवगत होंगे। * हॉकी सितारा धनराज पिल्लै के जीवन संघर्ष से अवगत होंगे। * धन का उचित उपयोग करना सीखेंगे।
फरवरी	पाठ – 20 विप्लव गायन व्याकरण- अलंकार, वाच्य परिवर्तन, समास, अनुच्छेद- विद्यार्थी के दायित्व, कोशिश करने वालों की हार नहीं होती विज्ञापन लेखन	* नव निर्माण पर कक्षा में परिचर्चा। * Assignment on अलंकार	* समय के साथ परिवर्तन को स्वीकारने की सीख हासिल करेंगे। * छात्रों में लेखन कला का विकास होगा
मार्च		दोहराई + Term-II	

SUBJECT – PHYSICAL EDUCATION

MONTH	TOPIC
APRIL	Fitness Training Program (Improve Speed And Strength)
MAY	Fitness Training Program (Improve Endurance And Flexibility)
JULY	Basketball, Kho-Kho, Softball, Badminton
AUGUST	Inter House Competition, Handball, Volleyball, Baseball, Cricket
SEPTEMBER	Athletics Event (Field And Track Events)
OCTOBER	Participation In Sahodhya Games
NOVEMBER	Athletics Sahodhya And Punjab Board Participation
DECEMBER	Football, Basketball, Kho-Kho, Baseball
JANUARY	Chess, Table Tennis, Cricket, Volleyball
FEBRUARY	Physical Fitness Test
MARCH	FINAL EXAM

SUBJECT – COMPUTER

Name of the Book – Trackpad

Publisher – Orange

MONTH	CHAPTER NAME	ACTIVITY
April	Ch-1 Number System	<ul style="list-style-type: none"> Note down any five active plate numbers and convert them into binary number system.
	Ch-2 Advanced Features of Excel	<ul style="list-style-type: none"> Create a list of the stationery items in Excel. Perform the following actions: <ol style="list-style-type: none"> Sort the list by price. Calculate total amount by using SUM function.
May	Ch-3 More on Adobe Animate CC	<ul style="list-style-type: none"> Draw a scene in Adobe Animate available on Page no. 41 and then make the car drive down the path. Draw any shape in Adobe Animate and convert it into another shape.
June	Summer Vacation	
July	Ch-4 Lists and Tables in HTML5	<ul style="list-style-type: none"> Create the following lists in HTML5 using appropriate tags. <ol style="list-style-type: none"> A nested list of all your friends and the different sports that they play. A list of your favourite dishes in a particular order. Create the table in HTML available on page no. 60.
August	Ch-5 Images, Links and Forms in HTML5	<ul style="list-style-type: none"> Create a web page on different types of animals available in the world. Design a complete website for a local bookstore of your city. Create a homepage which displays the different types of books available along with their pictures.
September	Exams	
October	Ch-6 Introduction to Mobile Apps	<ul style="list-style-type: none"> Create an article on 'Types of Mobile Apps' in Word 2010. Create a presentation in PowerPoint on topic 'Categories of Apps' with pictures.
November	Ch-7 Developing Mobile Apps	<ul style="list-style-type: none"> Create the blocks available on Page no 104 and test the app on your android phone.
	Ch-9 Cyber Security	<ul style="list-style-type: none"> Create a PowerPoint presentation on topic 'Cyber Security'.
December	Exams	
January	Ch-8 Google Apps	<ul style="list-style-type: none"> Use Google Translation to translate works in any other languages.
	Ch-11 Future of Artificial Intelligence	<ul style="list-style-type: none"> Make a list of different devices or services around you that use AI technology. Also type what improvements you would like to see in the future for AI technology.
February	Ch-10 Tokens and Data Types in Python	<ul style="list-style-type: none"> Write a program to enter two numbers and print their difference. Write a program to calculate the area and perimeter of a triangle.
March	Exams	

SUBJECT – GENERAL KNOWLEDGE

Book Name	Month	Chapter Name	Page No.
Know For Sure (Publisher: Indiannica Learning)	April	The Natural World How animals Adapt Antarctic adventures Forest Quest Threats to wildlife Kingdom of the Ocean	2 4-5 17 27 56-57
	May	Sports Counting on Courage Cricket Twenty 20 Martial Arts Sporting Stars Things Around Me Environmental Threats Deadly Disasters	31 42 44-45 73 26 72
	May	Examination	
Know For Sure (Publisher: Indiannica Learning)	July	Art and culture Screen Names Legends of Indian Cinema Celebrities Who Care Amazing Artists Entertainment Awards Numbers and Logical Skills Logical Reasoning 1 Logical Reasoning 2 Maths Magic Prickly Puzzles	10 59 65 70-71 80-81 3 30 50-51 64
	August	Language and Literature Mythical Creatures Riddles Book Land Newspapers	8-9 16 63 87
	September Examination		

	<p>October</p> <p>November</p>	<p>The World Around us</p> <p>Most Populous Cities of the World Ships Ahoy Tribes of India Famous Trains The united Nations Parliaments of the World Famous People Human –made wonders of the World Business Giants Governing Systems Castles And Palaces Talking 21st Century Lost Cities Famous Explorers Around the World Guess the Brand Nobel Women Tradition Tours Knowing Eastern India</p>	<p>1 11 18-19 22-23 28-29 33 36-37 40-41 47 52 54-55 60-61 66-67 74-75 82 84 86 88 89</p>
	December Examination		
	January-February	<p>Science and Technology</p> <p>Unique Universe Science Quiz On the Move Branches of Science Space Quiz Indian Scientists and Inventors The Chemistry of it IT Queries 20th Century Inventions</p>	<p>14-15 21 32 39 43 48 53 62 76-77</p>
	Non-Evaluative Chapters	<p>Geo Wonders How Plants Adapt Eco Crossword Playing Hockey Game For pool Brain Teasers Story Time Language Word Search Answering History</p>	<p>12-13 20 6-7 34-35 68 25 46 69 85</p>

		Tackling Garbage Making a recycled paper Guess the word Conserving Water	38 58 78-79 83
	Current Affairs and Moral values assignment will be given by subject- Teacher		
	Final Examination		

SUBJECT – MUSIC

MONTH	TOPIC
APRIL	Prayers:- ईश्वर जो भी करता है....., सदा समाए रहना....., सुबह सवेरे लेकर तेरा नाम प्रभु.....
MAY	यज्ञ प्रार्थना,वैदिक प्रार्थना, अलंकार, ऐसा वरदान दे दो हमें माँ.....
JULY	Prayers:- ईश्वर जो भी करता है....., सदा समाए रहना....., सुबह सवेरे लेकर तेरा नाम प्रभु.....
AUGUST	यज्ञ प्रार्थना,वैदिक प्रार्थना, अलंकार, ऐसा वरदान दे दो हमें माँ..... वन्दे मातरम
OCTOBER	Bhajan:- रघुपति राघव राजा राम..... अलंकार .हनुमान चालीसा
NOVEMBER	Shabad:- मिटी युंघ जग चान्द रोआ..... ਜੇ ਮਾਗਹਿ ਠਾਕੁਰ ਅਪੁਨੈ ਤੇ..... ਦੇਹ ਸਿਵਾ ਬਰ ਮੇਹਿ ਇਹੈ.....
DECEMBER	Christmas Song
JANUARY	Song:- ਸੁੰਦਰ ਮੁੰਦਰੀਏ..... ਧਰਤੀ ਸੁਨਹਰੀ ਅੰਬਰ ਨੀਲਾ.....
FEBRUARY	सरस्वती वंदना
MARCH	EXAMS

SUBJECT – ART & CRAFT

MONTH	TOPIC	ACTIVITY
APRIL	* Page :- 7 upto 15	Page - 15, Tree with clay modelling
MAY		EXAMS
JUNE		VACATION
JULY	• Page :- 16 upto 23	Page - 19, Weaved Fish with paper strip
AUGUST	• Page 24 upto 29	Page - 24, Paper lantern making
SEPTEMBER		EXAMS
OCTOBER	* Page :- 30 upto 39	Page - 30,31 Easter Basket with paper strips
NOVEMBER	• Page :- 40 upto 48	Page - 41, Photo frame with twigs
DECEMBER		EXAMS
JANUARY	• Page 49 upto 54	Page - 49, Landscape on sand paper
FEBRUARY	• Page 54 upto 64	Page - Splendid flowers with kirigami method
MARCH		EXAMS