

**YEARLY
PLANNER
CLASS-VII
2025-26**

JAIN BHARATI MRIGAVATI VIDYALAYA ACADEMIC

PLAN

Session 2025-2026 Subject: English

CLASS: VII

Term I

APRIL

Recapitulation of Basic Concepts: Bridging the gap- Regular handwriting, spelling exercise. Sentences, Nouns, Pronouns, Punctuation and Capital letters, regular reading and speaking exercises.

Reading Comprehension: Unseen Passage 1

Writing Skill: Application Writing, Descriptive Paragraph

Grammar: Determiners, Adjective

Literature: Chapter 1- The Eagle

Activity: Eagle Eye: A Creative Flight of Description- Students will describe an eagle using their own words and creative expressions.

Chapter 2- How Much Land Does a Man Need?

Activity: Students will create a poster illustrating the difference between human needs and greed, and include a slogan.

Speaking Skills Activity: Speech

MAY

Reading Comprehension: Unseen Passage 2

Writing Skills: Notice Writing,

Informal Letter

(Invitation and Reply)

Grammar: Verbs (Transitive and Intransitive,

Finite and Non-Finite)

Literature: Chapter 3- The Camel's Complaint

Activity: Humps and Help- Students will create two bubbles: one highlighting the discomforts faced by camels, and the other offering advice for camels..

Chapter 4- A Merry Christmas

Activity: Bingo- Students will search for words from the story in the word search puzzle.

Speaking Skills Activity: Extempore

JULY

Reading Comprehension: Unseen Passage 3-4

Writing Skills: Report Writing

Grammar: Adverbs, Conjunctions, Tenses

Literature: Chapter 5- Lines Composed in a Wood on a Windy

Day

Activity: Nature in Words- Students will create a word cloud by writing words that come to mind when they think about nature.

Speaking Skills Activity: Picture-based dialogue

AUGUST-SEPTEMBER

Reading Comprehension: Revision Worksheet-1

Writing Skills: Email Writing

Grammar: Simple, compound and complex

sentences, Active and Passive Voice

Literature: Chapter 6- The Ransom of Red Chief
Activity: Bend the End- Students will be asked to twist and change the ending to suit their own ideas.

Speaking Skills Activity: Role-play

Collaborative Learning

Project I: Make a Newspaper (Integrating Art with English Language)

TERM-II

OCTOBER

Reading Comprehension: Unseen Passage 5

Writing Skills: Story Writing

Grammar: Prepositions, Auxiliary Verbs

Literature: Chapter 7 Billy Rabbit to Mary-

Activity: Group Discussion: The poem gently

highlights the right to freedom for every living being. Sometimes though, we limit the freedom of some creature. For, example, we put birds in cages or we chain dogs for many hours. Do you think this is a good way to treat animals?

Chapter 8- The Postmaster

Activity: Students are tasked with writing a bio sketch of Rabindranath Tagore.

Speaking Skills Activity:

Picture-based story

NOVEMBER

Reading Comprehension:

Unseen Passage 6

Writing Skills:

Article Writing

Grammar:

Direct and Indirect Speech

Literature:

Chapter 9- Lochinvar

Activity: Dramatic Reading - Emotion Exploration- Student will be asked to read the poem dramatically, they need to embody the emotions portrayed. Followed by the discussion on how tone, pace, and expression contribute to the overall mood, enhancing their understanding of the poem. species, and the adventurous mud mask activity.

Chapter 10- It All Began with Drip-Drip

Activity: Cultural Exploration Presentation – Divide the class into groups and have each group research and present folk tales from different parts of the world, highlighting how these stories reflect the value of compassion.

Speaking Skills Activity:

Giving, accepting, and rejecting suggestions

DECEMBER

Reading Comprehension:

Unseen Passage 7-8

Writing Skills:

Letter to the Editor

Grammar:

Phrases and Clauses

Literature:

Chapter 11- The Seven Ages of Men

Activity: Shakespeare News Report

Activity: Students create a news segment reporting on

a key event from a play, using modern-day news style.

Chapter 12- The Child's Letter

Activity: Letter Writing- Students will write a letter to someone they admire.

Speaking Skills Activity:

Ask for and give directions

JANUARY-FEBRUARY

REVISION OF ANNUAL EXAMINATION SYLLABUS

Collaborative Learning

Project II: Compose Poems

All Grammar and writing skills topics of Mid-term exam will be included in Annual Examination also.

Books:

1. Amber Literature Reader published by Indiannica Learning Private Limited.
2. The Grammarite published by Indiannica Learning Private Limited.

Prepared by

H. o. D

Academic Supervisor

Principal

जैन भारती मृगावती विद्यालय
पाठ्यक्रम योजना (सत्र - 2025-2026)
कक्षा सप्तमी विषय - हिंदी
(प्रथमावधि)

अप्रैल

विद्यालय का नाम , नमोकर महामंत्र एवं राष्ट्रगान
(वसंत भाग -2)

पाठ -1 - हम पंछी उन्मुक्त गगन के

- पठन कौशल का अभ्यास

लेखन कौशल - अशुद्धिशोधन, वाक्य निर्माण, चित्र-वर्णन

मई

पाठ - 2 - हिमालय की बेटियाँ (गतिविधि आधारित)

पाठ - 4 - मिठाईवाला

व्याकरण - संज्ञा, सर्वनाम

लेखन कौशल - अनुच्छेद लेखन

बाल महाभारत कथा - पाठ 1 से 5 तक

जुलाई

वसंत भाग - 2

पाठ - 3 - कठपुतली

पाठ - 5 - पापा खो गए (गतिविधि आधारित)

पाठ - 6 - शाम एक किसान

व्याकरण - पद परिचय - संज्ञा

शब्द भंडार - पर्यायवाची शब्द, विलोम शब्द

लेखन कौशल - पत्र लेखन (अनौपचारिक)

बाल महाभारत कथा - 6 से 10 तक

अगस्त - सितंबर

वसंत भाग - 2

पाठ - 7 - अपूर्व अनुभव

पाठ - 8 - रहीम के दोहे

व्याकरण - पद परिचय (सर्वनाम)

शब्द भंडार - वाक्यांश के लिए एक शब्द

लेखन कौशल - संवाद लेखन , अनुच्छेद लेखन

बाल महाभारत कथा - पाठ 11 से 20 तक

द्वितीयावधि

अक्टूबर

वसंत भाग - 2

पाठ - 9 - एक तिनका

पाठ - 10 - खानपान की बदलती तस्वीर (गतिविधि आधारित)

व्याकरण - विशेषण

शब्द भंडार - श्रुतिसमभिन्नार्थक शब्द

बाल महाभारत कथा - पाठ 21 से 25 तक

नवम्बर

पाठ - 11- नीलकंठ

पाठ - 12 - भोर और बरखा

व्याकरण- क्रिया, काल

लेखन कौशल - अनुभव वर्णन , संवाद लेखन

बाल महाभारत कथा - पाठ 26 से 30 तक

दिसंबर

वसंत भाग 2

पाठ - 13 - वीर कुंवर सिंह

पाठ - 14 - संघर्ष के कारण मैं तुनुकमिजाज हो गया

पाठ - 15 - आश्रम का अनुमानित व्यय (गतिविधि आधारित)

व्याकरण - संधि-दीर्घ, प्रत्यय

शब्द भंडार - समास (द्वंद्व)

लेखन कौशल - औपचारिक पत्र , अनुच्छेद

बाल महाभारत कथा - पाठ 31 से 40 तक

जनवरी - फरवरी

सम्पूर्ण पाठ्यक्रम की पुनरावृत्ति

*पुस्तक का नाम - वसंत भाग - 2

*प्रकाशक - एन .सी .ई.आर .टी .

*पूरक पुस्तक - बाल महाभारत कथा

*प्रकाशक - एन .सी .ई.आर .टी .

*व्याकरण - वाटिका

*प्रकाशक - जे .पी .एच .

पाठ्यक्रम निर्धारक

विभागाध्यक्ष

शैक्षिक प्रभारी

प्रधानाचार्या

JAIN BHARATI MRIGAVATI VIDYALAYA
SYLLABUS PLANNING FOR THE SESSION 2025 - 26
AS PER NEW CURRICULUM
SUBJECT – MATHEMATICS
CLASS VII

MONTH	CHAPTERS	REASONING	ACTIVITIES
<u>APRIL</u>	CHAPTER 1 INTEGERS CHAPTER 2 FRACTIONS AND DECIMALS	1. SERIES 2. ANALOGY	<u>Product of decimals on a square sheet:</u> To represent the product of decimals like 0.7×0.3 on a squared sheets.
<u>MAY</u>	CHAPTER 3 DATA HANDLING CHAPTER 4 SIMPLE EQUATIONS	3. CLASSIFICATION 4. CODING – DECODING	<u>Classroom survey:</u> Conduct a class survey on a topic of interest such as favorite sport, hobbies etc. Have students analyze the data to find mean, median and mode. <u>Equation Bingo:</u> Create Bingo Cards with simple equations instead of numbers. Call out equations, and students solve them to mark off the corresponding square on the bingo card. This game helps reinforce equation – solving skills in a fun way.
<u>JULY</u>	CHAPTER 5 LINES AND ANGLES CHAPTER 6 THE TRIANGLE AND ITS PROPERTIES	5. ALPHABET TEST 6. RANKING	<u>Angle Relationship Matching Game:</u> To verify that if two parallel lines are intersected by a transversal then angles in (i) each pair of corresponding angles are equal (ii) angles in each pair of alternate angles are equal.
<u>AUGUST – SEPTEMBER</u>	CHAPTER 6 THE TRIANGLE AND ITS PROPERTIES(CONTD.) CHAPTER 7 COMPARING QUANTITIES	7. BLOOD RELATIONS 8. MISSING NUMBERS	<u>Finding centroid and orthocenter:</u> To find the centroid and orthocenter of different triangles by paper folding.
<u>OCTOBER</u>	CHAPTER 8 RATIONAL NUMBERS	9. MATHEMATICAL OPERATIONS 10. DIRECTION AND DISTANCE	<u>Card picking games:</u> Divide the students into two groups. One team has to give a rational numbers and the other team has to find its equivalent rational

			number within the limited time duration.
<u>NOVEMBER</u>	CHAPTER 9 PERIMETER AND AREA CHAPTER 10 ALGEBRAIC EXPRESSIONS	11.ALPHANUMERIC SEQUENCES 12. VENN DIAGRAM	<u>String Circumference</u> <u>Activity:</u> Have students measure the circumference of various circular objects using a string. They can compare and discuss their findings. They can also verify it by using the formula. <u>Expression Puzzle:</u> Prepare puzzles where students match algebraic expressions to their simplified values. This activity reinforce the concept of simplifying expressions.
<u>DECEMBER</u>	CHAPTER 11 EXPONENTS AND POWERS CHAPTER 12 SYMMETRY CHAPTER 13 VISUALISING SOLID SHAPES	13. FIGURE BASED INTELLIGENCE	<u>Exponents story problems:</u> Present story problems that involve larger numbers and ask students to convert all the large numbers in stand form given in the problem. <u>Symmetry in alphabets:</u> Explore symmetry within letters of alphabets. Ask students to identify letters with horizontal, vertical and rotational symmetry.
<u>JANUARY - FEBRUARY</u>	REVISION		

NAME OF THE BOOKS & PUBLISHERS: 1. GANITA PRAKASH TEXTBOOK OF MATHEMATICS FOR GRADE VI (NCERT)
 2. REASONING & APTITUDE (FOCUS LEARNING/FULL MARKS)

(AS PER THE NEW CURRICULUM)

SYLLABUS PLANNING FOR THE SESSION (2025-26)

CLASS-VII

SUBJECT- SCIENCE

	TERM-I	
MONTHS	CHAPTERS	ACTIVITIES
APRIL	<u>CHAPTER 1</u> NUTRITION IN PLANTS <u>CHAPTER 2</u> NUTRITION IN ANIMALS	<u>1. COVER LEAF EXPERIMENT</u> (To demonstrate that Sunlight is necessary for photosynthesis) <u>2. REAL ME</u> : Lichen, Root nodules, Cuscuta, mushroom, bread moulds. <u>1. CHEW & BITE</u> : To understand the arrangement of teeth through model. <u>2.</u> To demonstrate the effect of saliva on starch
MAY	<u>CHAPTER 3</u> HEAT <u>CHAPTER 4</u> ACID, BASES & SALTS	It's amazing that ice is not melting on heating. <u>1.</u> Let's make greeting card for our loved ones (using Turmeric indicators.) <u>2.</u> Make your own natural indicators (China-rose Indicator & Red cabbage) <u>3.</u> To test Acid, Base & Neutral solution (using Red & Blue Litmus paper / solution)
JULY	<u>CHAPTER 5</u> PHYSICAL AND CHEMICAL CHANGES <u>CHAPTER 11</u> LIGHT	<u>LET'S MAKE BEAUTIFUL CRYSTAL</u> (Copper sulphate & Sugar) <u>VISIT TO MUSEUM OF ILLUSION</u> (Fun to Learn Reflection of light)
AUGUST - SEPTEMBER	<u>CHAPTER 10</u> ELECTRIC CURRENT AND ITS EFFECTS	<u>TWIN POWER</u> (Making an electromagnet.)
	TERM II	
OCTOBER	<u>CHAPTER 6</u> RESPIRATION IN ORGANISMS	<u>DIY:</u> (Making model showing mechanism of breathing)

	<u>CHAPTER 7</u> TRANSPORTATION IN ANIMALS AND PLANTS	<u>LET'S MAKE WHITE COLOURFUL</u> (To show transportation of minerals & water in plants)
NOVEMBER	<u>CHAPTER 8</u> REPRODUCTION IN PLANTS <u>CHAPTER 9</u> MOTION & TIME	<u>YEAST BALLOON :</u> (To understand budding in yeast) <u>DIY :</u> (To make your own Sundial)
DECEMBER	<u>CHAPTER 12</u> FOREST: OUR LIFELINE <u>CHAPTER 13</u> WASTE WATER STORY	<u>ROLE PLAY</u> Let's make food chain & food web. 1. <u>DIY</u> (To make Model of Waste Water Treatment Plant (WWTP) 2. Be a Cleanliness Warrior (Cleanliness Campaign)
JANUARY	REVISION	
FEBRUARY	REVISION	

CHAPTER 11 (LIGHT)

CHAPTER 2 (NUTRITION IN ANIMALS) WILL BE INCLUDED IN ANNUAL EXAMS.

❖ **BOOK :- SCIENCE TEXT BOOK OF CLASS VII**

❖ **PUBLISHER :- NCERT**

PREPARED BY

ACADEMIC SUPERVISOR

H.O.D.

PRINCIPAL

(AS PER THE NEW CURRICULUM)

SYLLABUS PLANNING

SESSION: 2025-26 FOR CLASSES VI TO VIII

CLASS VII

SOCIAL SCIENCE

MONTH	CHAPTER/TOPIC	ACTIVITY
APRIL	<p><u>HISTORY</u></p> <p>CH-1 Introduction: Tracing Changes through a Thousand Years</p> <p><u>GEOGRAPHY</u></p> <p>CH-1 Environment</p> <p><u>CIVICS</u></p> <p>CH-1 On Equality</p>	<p><u>Tree Plantation Drive-</u> Collaborate with school authorities to organize a tree plantation drive. This activity not only connects students with nature but also emphasizes the role of trees in maintaining a healthy environment.</p> <p><u>Equality Collage-</u> Have students create a collage representing diverse aspects of equality. They can use images, quotes, and symbols to convey the importance of equality in various areas such as gender,</p>

		race, and socio-economic status.
MAY	<p><u>HISTORY</u></p> <p>CH-2 Kings and kingdoms</p> <p><u>CIVICS</u></p> <p>CH.- 2 Role of the Government in health</p>	<p><u>Create Kingdom Currency-</u> Have students design currency for the kingdoms studied in the chapter. They can include symbols, images of rulers, and elements representing the economic prosperity of each kingdom.</p> <p><u>Create a Health Infographic</u> Ask students to work individually or in small groups to create infographics summarizing key aspects of government involvement in health. This visual representation enhances their understanding and communication skills.</p>
JULY	<p><u>HISTORY</u></p> <p>CH-3 Delhi:12th to 15th century</p> <p><u>GEOGRAPHY</u></p>	<p><u>Delhi Sultanate Interactive Map Activity-</u> Provide students with maps and ask them to mark key locations, capitals, and significant landmarks related to the Delhi Sultanate. This hands-on mapping activity reinforces geographical understanding.</p>

	<p>CH-2 Inside Our Earth</p> <p>CH-3 Our Changing Earth</p> <p><u>CIVICS</u></p> <p>CH-3 How the State Government Works</p>	<p><u>State Government Quiz Bowl-</u> Organize a quiz bowl competition with questions related to the state government. This competitive activity encourages students to review and reinforce their understanding of key concepts</p>
AUGUST-SEPTEMBER	<p><u>CIVICS</u></p> <p>CH-4 Growing up as boys and girls</p> <p>CH-5 Women Change the World</p> <p><u>GEOGRAPHY</u></p> <p>CH-4 Air</p> <p><u>HISTORY</u></p> <p>CH-4. Mughal Empire</p>	<p><u>Role-Playing Women Leaders-</u> Have students research and embody the roles of famous women leaders in history. Organize a role-playing session where they present key aspects of these leaders' lives, achievements, and challenges</p> <p><u>Mughal Architecture Showcase-</u> Have students research and present on famous Mughal architectural marvels like the Taj Mahal or Red Fort, emphasizing design elements and cultural influences.</p>

	TERM-II	
OCTOBER	<p><u>HISTORY</u></p> <p>CH-5 Tribes, Nomads and Settled Communities</p> <p><u>GEOGRAPHY</u></p> <p>CH-5 Water</p> <p><u>CIVICS</u></p> <p>CH-6 Understanding Media</p>	<p><u>Water Conservation Pledge-</u> Have students create personal pledges outlining specific actions they commit to taking for water conservation. Display these pledges in the classroom as a visible commitment.</p> <p><u>Media Bias Role-Play-</u> Assign student roles as journalists reporting on the same event but from different media outlets. The exercise highlights how media bias can shape the narrative.</p>
NOVEMBER	<p><u>HISTORY</u></p> <p>CH-6 Devotional Paths to the divine</p>	<p><u>Prayer and Meditation Session-</u> Facilitate a guided prayer or meditation session inspired by different devotional practices. This provides students with a firsthand experience of the contemplative aspects of various paths.</p>

	<p><u>GEOGRAPHY-</u></p> <p>Ch-6 Human Environment Interactions</p>	<p><u>Create a Green Action Plan-</u></p> <p>In groups, have students develop action plans for making their school or community more environmentally friendly. Presentations can include practical steps and awareness campaigns.</p>
DECEMBER	<p><u>HISTORY</u></p> <p>CH-7 The Making of Regional Cultures.</p> <p>CH-8 Eighteenth-Century Political Formations</p> <p><u>GEOGRAPHY</u></p> <p>CH-7 Life in the Desert</p> <p><u>CIVICS</u></p> <p>CH-7 Markets around Us</p> <p>CH-8 A shirt in the market</p>	<p><u>Monarchy vs. Republic Debate-</u> Organize a debate where students take sides on the debate between monarchy and republicanism, discussing the merits and drawbacks of each political system prevalent in the 18th century.</p> <p><u>Marketplace Role-Play-</u> Transform the classroom into a marketplace. Assign students roles as buyers, sellers, and vendors. They can negotiate prices, handle transactions, and experience the dynamics of a market setting.</p>
JANUARY-FEBRUARY	<u>REVISION</u>	

HISTORY----OUR PASTS-2 [HISTORY]

GEOGRAPHY---OUR ENVIRONMENT

CIVICS----OUR SOCIAL AND POLITICAL LIFE- II

NAME OF THE PUBLISHER: NCERT

Topics from the above chapters will also be evaluated through group discussion and project activity.

PROJECT: The making of regional culture.

EXTRA TOPICS FOR DISCUSSION: -

Constitution and Democracy

PREPARED BY

ACADEMIC SUPERVISOR

H.O.D.

PRINCIPAL

पाठ्यक्रमयोजना (2025-2026)

विषय: संस्कृतम्

कक्षा- सप्तमी

प्रथमावधि:

अप्रैल

* विद्यालय का नाम , नमोकर महामंत्र एवं राष्ट्रगान हिंदी

प्रथमः पाठः - सुभाषितानि

1-20 गणना

धातुरूपाणि - खेल, लिख, पा, नम्, (लट् लकारः)

शब्दरूपाणि - बालक, बालिका

मई

द्वितीयः पाठः - दुर्बुद्धिः विनश्यति

चतुर्थः पाठः - पण्डिता रमाबाई (केवलं पठनार्थं)

21-40 गणना

धातुरूपाणि - खेल, लिख, पा, नम् (लृट् लकारः)

शब्दरूपाणि - फल, किम् (पुंल्लिंग)

जुलाई

तृतीयः पाठः - स्वावलम्बनम्

पञ्चमः पाठः - सदाचारः (केवलं पठनार्थं)

धातुरूपाणि - खेल्, लिख्, पा, नम् (लोट् लकारः)

शब्दरूपम् - किम् (नपुंसकलिङ्ग)

अगस्त -सितम्बर

षष्ठःपाठः - सङ्कल्पः सिद्धिदायकः (केवलं पठनार्थ)

सप्तमः पाठः - त्रिवर्णः ध्वजः

समयः

शब्दरूपम् - किम् (स्त्रीलिङ्ग)

सम्पूर्णपाठ्यक्रमस्य पुनरावृत्तिः

द्वितीयावधिः

अक्तूबर

अष्टमःपाठः - अहमपि विद्यालयं गमिष्यामि (केवलं पठनार्थ)

नवमः पाठः - विश्वबन्धुत्वम्

1-50 गणना

धातुरूपाणि - खेल्, लिख्, पा, नम्, धाव्, दृश्, गै (लङ् लकार)

शब्दरूपम् - तत् (पुंल्लिङ्ग)

नवम्बर

दशमः पाठः - समवायो हि दुर्जयः

द्वादशः पाठः - अमृतं संस्कृतम्

धातुरूपाणि - धाव्, दृश्, गै (लट् - लृट् लकारयोः)

शब्दरूपम् - तत् (नपुंसकलिङ्ग)

दिसम्बर

त्रयोदशः पाठः - लालनगीतम्

एकादशः पाठः - विद्याधनम् (केवलं पठनार्थ)

धातुरूपाणि - धाव्, दृश्, गै (लोट् - लङ् लकारयोः)

शब्दरूपम् - तत् (स्त्रीलिङ्ग)

जनवरी-फरवरी

सम्पूर्णपाठ्यक्रमस्य पुनरावृत्तिः

प्रकाशकः- केंद्रीय माध्यमिक शिक्षा बोर्ड(CBSE),भारतम्

पाठ्यक्रम निर्धारक

विभागाध्यक्ष

शैक्षिक प्रभारी

प्रधानाचार्या

SYLLABUS PLANNING FOR THE SESSION (2025-26)

CLASS-VII

SUBJECT- GENERAL AWARENESS

MONTHS	TERM-I
APRIL	1. MY VIDYALAYA 2. MY SMARAK 3. AANGAN-E-DILLI: THE COURTYARDS OF DELHI'S HISTORY CURRENT AFFAIRS
MAY	4. BASIC KNOWLEDGE OF INDIA 5. FIRST IN INDIA 6. CONSTITUTIONAL QUEST: EXPLORE THE HEART OF INDIA'S GOVERNANCE CURRENT AFFAIRS
JULY	7. SILSILA-E-BHARAT: A CHRONICLE OF INDIA'S HISTORICAL PLACES 8. FROM STATION TO STATION: A QUIZ ON INDIAN RAILWAYS 9. LET'S GO FOR GOLD: THE THRILLING QUIZ OF COMMON WEALTH GAMES CURRENT AFFAIRS
AUGUST	10. FROM THEORY TO DISCOVERY: FAMOUS SCIENTISTS CHALLENGE REVISION
	TERM II
OCTOBER	11. NOBEL PRIZE WINNERS OF INDIA 12. INNOVATION UNVEILED: THE LATEST IN SCIENCE AND TECH 13. FRIENDS OF THE EARTH CURRENT AFFAIRS
NOVEMBER	14. RANG-E-VIRASAT: KALA, SANSKRIT AUR PARAMPARA 15. DIVINE CHRONICLE: A MYTHOLOGY QUIZ CHALLENGE 16. WONDERS OF THE WILD: NATIONAL PARKS AND SANCTUARIES 17. THE GREAT GREEN AND WILD QUIZ: FLORA AND FAUNA EDITION CURRENT AFFAIRS
DECEMBER	18. INTERNATIONAL ORGANISATIONS 19. TEST YOUR WORLD IQ! 20. THE WORLD OF WORDS: TEST YOUR AUTHOR KNOWLEDGE 21. FROM THE EIFFEL TOWER TO THE GREAT WALL: FAMOUS PLACES AND THEIR SOBRIQUETS CURRENT AFFAIRS
JANUARY	REVISION
FEBRUARY	REVISION

PREPARED BY ACADEMIC SUPERVISOR H.O.D. PRINCIPAL

JAIN BHARATI MRIGAVATI VIDYALAYA
SYLLABUS PLANNING FOR SESSION – 2025-2026
HEALTH AND PHYSICAL EDUCATION
CLASS – VII
TERM-1 (APRIL TO SEPTEMBER)
(THEORY & PRACTICAL)
APRIL

EXERCISES

- Agreement for Safety on ground/safety Rules
- Surya Namaskar
- General fitness exercises (swinging, bending, twisting and stretching)

MAY

MEDITATION AND ASANA

- Agreement for Safety on ground/safety Rules
- Recreational Games
- Meditation and Asana

JULY

DEVELOPMENT OF MOTOR SKILLS

- Fun Games & Commands
- Throwing ball and Caching Activity.

AUGUST AND SEPTEMBER

BASKETBALL

- Dimension and Terminology of Basket Ball
- Skills of Basket Ball (Dribbling, Passing, Catching, Throwing, Shutting)
- Recreational games Related to develop skills of Basketball.

TERM-II (OCTOBER TO FEBRUARY)
(THEORY & PRACTICAL)

OCTOBER

FUNDAMENTAL SKILLS OF THROW BALL

- Advance fundamental skills Throw Ball. (Throwing, Catching, Blocking etc.)
- Terminology used while playing Throw Ball.
- Recreational Games Related to develop the skills of Throw Ball.

NOVEMBER

RECREATIONAL GAMES

- Recreational Games
- Indigenes Games

DECEMBER

SPORTS WEEK

- Agreement for Safety on ground/safety Rules.
- Intramural.
- Track and field events.

JANUARY AND FEBRUARY

ATHLETICS

- Running Events, Ball Throw, Standing Broad Jump

PREPARED BY

HOD SPORTS

PRINCIPAL