



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019



## Session Plan/ Syllabus Coverage for the Academic Year 2025-2026

Subject: Physics

Term: FIRST

Name of the Subject Co-ordinator: Ms. Maloshree Niyogi

Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 103

No. of Periods Available: 19 Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
APR 2025	05	Ch1- PHYSICAL QUANTITIES AND MEASUREMENT (P7 pg 01 to 07)	<ul style="list-style-type: none"> <li>Volume</li> <li>Area (P7 pg 01 to 07)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 01 to 07)	Activity to find the area of an irregular solid using graph paper.
MAY 2025	03	Ch1- PHYSICAL QUANTITIES AND MEASUREMENT (P7 Pg 07 to 18)	<ul style="list-style-type: none"> <li>Density</li> <li>Speed (P7 pg 07 to 18)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 07 to 18) Ex A to D- P7 pg 16 to 18	Activity to study that the density of an irregular body.
JUNE 2025	03	Ch2- MOTION (P7 Pg 19 to 34) <b>Unit test 1 begins from 23<sup>rd</sup> June 2025</b>	<ul style="list-style-type: none"> <li>Rest, Motion, different types of motion</li> <li>Speed</li> <li>Mass and weight (P7 pg 19 to 34)</li> </ul> <b>Syllabus for UT1: Ch1 Physical quantities and measurement (P6 pg 01 to 18)</b>	Important points and notes related to topic will be given. (P7 pg 19 to 34) Ex A to D - P7 pg 32 to 34	Activity to demonstrate vibratory using a metallic strip.
JULY 2025	08	Ch3 - ENERGY (P7 pg 35 to 49)	<ul style="list-style-type: none"> <li>Energy, different forms of energy</li> <li>Conversion of one form of energy into another form</li> <li>Conservation of energy</li> <li>Production hydro electricity (P7 pg 35 to 49)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 35 to 46) Ex A to C - P7 pg 47 to 49	Activity to study different transformations of energy.

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

Signature of the Teacher: 1. *maloshree niyogi*

Submitted on: *21-04-2025*

Academic Co-ordinator: *R. Banerjee*

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VICE PRINCIPAL





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## Session Plan/ Syllabus Coverage for the Academic Year 2025-2026

Subject: Physics Term: First + Second Name of the Subject Co-ordinator: Ms. Maloshree Niyogi Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 103(1<sup>st</sup> term) + 92(2<sup>nd</sup> term)

No. of Periods Available: 10(1<sup>st</sup> term) + 14(2<sup>nd</sup> term) Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
AUG 2025	06	Ch4 – LIGHT ENERGY (P7 Pg 50 to 64)	<ul style="list-style-type: none"> <li>Light, Reflection of light, plane mirror</li> <li>Some terms related to reflection of light</li> <li>Laws of reflection</li> <li>Formation and characteristics of image by a plane mirror, Real and virtual images</li> <li>Regular and irregular reflection</li> <li>Lateral inversion, Uses of a pane mirror , Speed of light, Primary and Secondary colours, subtraction of colours, colour of an opaque object, (P7 pg 50 to 60)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 50 to 60) Ex A to C - P7 pg 62 to 64	Experiment to verify laws of reflection.
SEP 2025	04	REVISION (P7 pg 01 to 64) <b>1<sup>st</sup> term exam begins from 15<sup>th</sup> Sep 2025</b>	Revision as per requirements of students. <b>Syllabus of first term exam:</b> <b>Ch1- Physical quantities and measurement ; Ch2- Motion; Ch3- Energy; Ch4- Light energy</b> (P7 pg 01 to 64)	Revision. (P7 pg 01 to 64)	Activity demonstrating different types of motion.
OCT 2025	06	<b>2<sup>nd</sup> term begins from 07<sup>th</sup> Oct 2025</b> Ch5 - HEAT (P7 pg 65 to 74)	<ul style="list-style-type: none"> <li>Heat, Temperature, Scales of temperature</li> <li>Effects of Heat</li> <li>Thermal expansion (P7 pg 65 to 74)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 65 to 74)	Activity to study the different scales of temperature.
NOV 2025	08	Ch5 - HEAT (P7 Pg 75 to 89) <b>Unit test 2 begins from 17<sup>th</sup> Nov 2025</b>	<ul style="list-style-type: none"> <li>Conduction, conductors insulators and their application, Convection and its applications</li> <li>Radiation and its applications, Thermos flask (P7 pg 75 to 83) ,</li> </ul> <b>Syllabus for UT2: Ch5- Heat</b> (P7 pg 65 to 89)	Important points and notes related to topic will be given. (P7 pg 75 to 83) Ex A to D – P7 pg 86 to 89	Activity to show that steel is a good conductor of heat.

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Signature of the Teacher: 1. *Maloshree Niyogi*

Submitted on: *21.04.2025*

Academic Co-ordinator: *K. Banerjee*

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VICE PRINCIPAL *R. H. S.*





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## Session Plan/ Syllabus Coverage for the Academic Year 2025-2026

Subject: Physics

Term: Second

Name of the Subject Co-ordinator: Ms. Maloshree Niyogi

Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 92

No. of Periods Available: 17

Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
DEC 2025	06	Ch6 - SOUND (P7 Pg 90 to 107)	<ul style="list-style-type: none"> <li>Sound, sources of sound</li> <li>Sound needs a medium for propagation</li> <li>Longitudinal waves, some terms related to wave, Audible, ultrasonic and infrasonic sound, Characteristics of sound, Speed, reflection and absorption of sound (P7 pg 90 to 103)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 90 to 103) Ex A to D - P7 pg 105 to 107	Activity to demonstrate that sound is produced due to vibration.
JAN 2026	07	Ch7 – ELECTRICITY AND MAGNETISM (P7 pg 108 to 129)	<ul style="list-style-type: none"> <li>Properties of a magnet, Law of Magnetism, Magnetic field, electromagnet, making an electromagnet</li> <li>Uses of electromagnet, electric bell, Earth's magnetic declination, Uses of electricity and its sources</li> <li>Uses of dry cells in a torch, Flow of electricity in a circuit, conductor and insulators, Flow of charges</li> <li>Symbols and functions of various components of an electric circuit, Series and parallel circuits, precautions (P7 pg 108 to 125)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 108 to 125) Ex A to C - P7 pg 127 to 129	Activity to demonstrate properties of a magnet using 2 bar magnets. Experiment to show the difference between series and parallel circuits.
FEB 2026	04	REVISION (P7 pg 35 to 49, pg 65 to 129) <b>2<sup>nd</sup> term exam begins from 16<sup>th</sup> Feb 2026</b>	Revision as per requirements of students. <b>Syllabus of 2<sup>nd</sup> term exam:</b> <b>Ch3- Energy ; Ch5- Heat ; Ch6- Sound ; Ch7- Electricity and Magnetism</b> (P7 pg 35 to 49, pg 65 to 129)	Revision. (P7 pg 35 to 49, pg 65 to 129)	Activity demonstrating different forms of heat transfer.
MAR 2026	00		<b><u>Correction work continued</u></b>		

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Signature of the Teacher: 1. Maloshree Niyogi

Submitted on: 21.04.2025

Academic Co-ordinator: K. Banerjee

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