

St. Vincent Pallotti School

Subject: SCIENCE (2026-27)

Texts: NCERT

Std. – VII

Month	Days	Chapters	Practical	Activities	Exam
April	22	1. The Ever-Evolving World of Science. 2. Exploring substances: Acidic, Basic & Neutral	Science Journal Manual Expt.No.1 & 2	1. Group discussion ‘How Science Makes Our Life Easy’. 2. Timeline chart of discoveries. 1. PH scale creative poster. 2. Home survey project – List acidic, basic substance from kitchen.	
June	09	3. Electricity: Circuits & their Components	Science Journal Manual Expt. No. 3	1. Circuit symbols chart preparation. 2. Debate, Is renewable energy is future?	
July	24	Revision 6. Adolescence: A Stage of Growth and Change		1.Group discussion ‘How to handle emotional changes?’ 2. Reflection writing ‘My goals for Healthy living’.	Periodic Test – I Ch-1,2&3
August	20	4. The World of Metals and Nonmetals	Science Journal Manual Expt. No.4	1. Metal detection activity ‘Observe the objects in classroom’. 2. Group discussion on ‘Metals and Non-Metals’	
September	21	Revision 8. Measurement of Time and Motion	Science Journal Manual Expt. No. 7	1. Preparation of Simple Pendulum model. 2. Story writing ‘If time stop for one day’.	Half yearly exam Ch- 1, 2, 3, 4, 6 & 8
October	23	5. Changes around us: Physical and Chemical	Science Journal Manual Expt. No. 5.1, 5.2	1. Changes occur around us all the time. Look at these changes and classify them as Physical and Chemical changes. 2. Flow chart creation ‘Types of changes’.	

November	15	9. Life processes in Animals	Science Journal Manual Expt. No. 8.1	1. Organ parliament (Heart as Prime Minister). 2. Discussion 'Importance of Exercise'.	
December	18	7. Heat transfer in Nature 10. Life processes in Plants	Science Journal Manual Expt. No. 6.1, 6.2 & 6.3 Science Journal Manual Expt. No. 9.1 & 9.2	1. Poster making on 'Save Energy'. 2. Discussion on 'Global Warming and Our Responsibility'. 1. Photosynthesis concept mapping. 2. Create diagram showing 'Different Modes of Nutrition in Plant'.	
January	22	Revision 11. Light: Shadows and Reflection	Science Journal Manual Expt. No. 10.1 & 10.2	1. Mirror writing – Write at least 4 lines by observing in mirror. 2. Shadow art.	Periodic Test- II Ch.-5, 7 & 9
February	20	12. Earth, Moon and The Sun	Science Journal Manual Expt. No. 11.1 & 11.2	1. Solar system chart 2. Phases of moon model	
March	12	Revision for Final Examination			Final Exam Ch.- 5, 7, 9, 10, 11 & 12