



*Sir Padampat Singhania Education  
Centre  
Kamla Nagar, Kanpur*

*Lesson Plan  
Session 2026 - 2027  
Class: VII*

**Subject : Science**  
**Book : Journey through science**

**Subject Coordinator**  
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**Head of Department**  
**Name:** Agnita Naha



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Yearly Syllabus/Planning overview

Session: 2026 - 2027

**Subject : Science**

**Book : Journey through science, workbook**

**Class : VII**

**No. of active periods: 147**

Month	Assessed in	Lesson/s to be covered	Period Count
April	PT1	<ul style="list-style-type: none"><li>Exploring Substances: Acidic, Basic and Neutral</li></ul>	14
May	Half Yearly	<ul style="list-style-type: none"><li>Electricity: Circuits and their Components</li></ul>	12
July	Half Yearly	<ul style="list-style-type: none"><li>Adolescence: A stage of Growth and Change</li></ul>	10
July	Half Yearly	<ul style="list-style-type: none"><li>Heat Transfer in Nature</li></ul>	12
August	Half Yearly	<ul style="list-style-type: none"><li>The World of Metals and Non-metals</li></ul>	14
August	Half Yearly	<ul style="list-style-type: none"><li>Life Processes in Animals</li></ul>	14
September		<b>Revision/Half yearly exam</b>	
October	PT2/AE	<ul style="list-style-type: none"><li>Light: Shadows and Reflections</li></ul>	15
October	Annual Exam	<ul style="list-style-type: none"><li>Changes Around Us: Physical and chemical</li></ul>	08
November	Annual Exam	<ul style="list-style-type: none"><li>Changes Around us: Physical and Chemical continue</li><li>Life processes in plants</li></ul>	08 14
December	Annual Exam	<ul style="list-style-type: none"><li>Measurement of Time and Motion</li></ul>	13
December	Annual Exam	<ul style="list-style-type: none"><li>Earth ,Moon and the sun</li></ul>	06
January	Annual Exam	<ul style="list-style-type: none"><li>Earth, Moon and the Sun</li></ul>	07

February		Revision	
March		<b>Annual Examination</b>	



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview Session: 2026 - 2027

Subject: Science

Class : VII

Period	Topics to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK 1: 30/4/26 to 4/4/26</b>		<b>Period Count: 1</b>	
PD1	<b>Holiday</b>		
PD2	<b>Holiday</b>		
PD3	<b>Mahavir Jayanti</b>		
PD4	General Introduction of students		
PD5	<b>Good Friday</b>		
PD6	<b>Holiday</b>		
<b>Note:</b>			
<b>WEEK 2: 6/4/26 to 11/4/26</b>		<b>Period Count: 7</b>	
PD1	Introduction of the lesson (1) The ever evolving world of science		
PD2	Journey through science	Read the lesson	
PD3	The changing human body and life process		

PD4	Understanding time Light Shadows and universe	Learn new terms	
PD5	Practicing the back exercises		
PD6	General discussion on the topic		

**Note:**

**WEEK 3: 13/4/26 to 18 /4/26**

**Period Count: 6**

PD1	Introduction of the lesson- Exploring substances acidic basic and neutral		
PD 2	<b>Ambedkar Jayanti</b>		
PD3	Properties of acids	Revise the concepts	
PD4	Properties of bases		
PD5	Definition of indicators, litmus.		
PD6	Activity one and it's table of observations	Learn the definitions	

**Note:**

**WEEK 4: 20 April to 25April**

**Period Count: 6**

PD1	Scientific art, red cabbage indicator		
PD2	Synthetic indicators : phenolphthalein, methyl orange,table, activity 3	Read lesson	
PD3	Olfactory indicators ,Activity 4		
PD4	Uses of some common acids( the given table)		

PD5	Neutralization reaction ,Activity 5		
PD6	Types of salt :acidic and basic and neutral salt	Practice the chemical equations	
<b>Note:</b>			

<b>WEEK : 5</b>		<b>27/4/26 to 02/5/26</b>	<b>Period Count: 4</b>	
PD1	Naming salts and uses of salts, neutralization in daily life			
PD2	Question answers and back exercises	Que/Ans		
PD3	Workbook			
PD4	Model paper and revision for PT1 ( <b>Surprise test</b> )			
PD5	<b>Buddha Purnima</b>			
PD6	<b>Holiday</b>			
<b>Note:</b>				

<b>WEEK : 6</b>		<b>4 /5/26 to 9/5/26</b>	<b>Period Count: 6</b>	
PD1	Introduction of lesson :Electricity circuits and their components			
PD2	Electric circuit			
PD3	Electric lamp and LED lamp			
PD4	Making an electric lamp glow using an electric cell or a battery (activity 1)	Read the chapter		
PD5	Direction of electric current in a circuit			

PD6	Making a simple electric circuit using LED(activity2)		
<b>Note: periodic test1 4.5.26 to 11.5.26</b>			

<b>WEEK 07: 11/5/26 to 16/5/26</b>		<b>Period Count:02</b>
<b>PD1</b>	Electric switch activity 3	
<b>PD2</b>	Circuit diagrams	Draw the diagrams
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK 08: 18/5/26 to 23/5/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK 09: 25/5/26 to 30/5/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	

<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK 10: 1/6/26 to 6/6/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK 11: 8/6/26 to 13/6/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK 12: 15/6/26 to 20/6/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	

<b>PD6</b>	<b>Summer Break</b>	
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<b>WEEK 13: 22/6/26 to 27/6/26</b>		<b>Period Count: 00</b>
<b>PD1</b>	<b>Summer Break</b>	
<b>PD2</b>	<b>Summer Break</b>	
<b>PD3</b>	<b>Summer Break</b>	
<b>PD4</b>	<b>Summer Break</b>	
<b>PD5</b>	<b>Summer Break</b>	
<b>PD6</b>	<b>Summer Break</b>	

<b>WEEK :15 1/7/26 to 4/7/26</b>		<b>Period Count: 4</b>
PD1	Back exercises	
PD2	Back exercise	Complete the written work
PD3	Question answers	
PD4	Workbook	Practice the workbook
<b>Note:</b>		

<b>WEEK : 16 6 /7/26 to 11/7/26</b>		<b>Period Count: 7</b>
PD1	Introduction of lesson Adolescence : A stage of growth and change	
PD2	Changes at puberty	Read the lesson

PD3	Secondary Sexual Characteristics		
PD4	Changes that indicate reproductive capability	Revise the concepts	
PD5	Making adolescence of joyful experience		
PD6	Personal hygiene		
<b>Note:</b>			

<b>WEEK : 17</b>		<b>13/7/26 to 18/7/26</b>	<b>Period Count: 6</b>
PD1	Back exercises <b>(Surprise test)</b>		
PD2	Back exercises	Draw diagram	
PD3	Question answers	Complete the Que/Ans	
PD4	Question answers		
PD5	Workbook	Learn lesson	
PD6	Introduction of the lesson: Heat transfer in nature		
<b>Note:</b>			

<b>WEEK : 18</b>		<b>20/7/26 to 25/7/26</b>	<b>Period Count: 7</b>
PD1	Conduction (activity 1)		
PD2	Good and poor conductors of heat (activity 2)	Draw diagrams	
PD3	Uses of good and poor conductors of heat		

PD4	Convection activity 3	Revise the concepts	
PD5	Convection in gases Activity 4	Draw diagram	
PD6	Uses of convection currents land breeze Activity 5		
<b>Note:</b>			

<b>WEEK :19 27/7/26 to 1/8/26</b>		<b>Period Count: 7</b>	
PD1	Water cycle		
PD2	Activity 6 and groundwater ( <b>Surprise test</b> )		
PD3	Back exercises	Complete written work	
PD4	Back exercises		
PD5	Question and answers	Revise the concepts	
PD6	Questions and answers		
<b>Note:</b>			

<b>WEEK : 20 3 /8/26 to 8/8/26</b>		<b>Period Count: 6</b>	
PD1	Introduction of the lesson: The world of metals and nonmetals		
PD2	Physical properties of metals and nonmetals till malleability	Learn new terms	
PD3	Ductility, sonority and activity one		
PD4	Conduction of heat		

PD5	Activity 2 ( <b>Surprise test</b> )		
PD6	Effect of air and water on metals	Complete written work	
<b>Note:</b>			

<b>WEEK :21    10/8/25 to 15/8/25</b>		<b>Period Count: 5</b>	
PD1	Activity 3		
PD2	Reaction of metals with water and effect of air and water on Iron corrosion	Read lesson	
PD3	Activity 4		
PD4	Harmful effects of rusting of iron and its preventions		
PD5	Effect of air and water on non metals Activity 5	Revise the concepts	
PD6	<b>Independence day</b>		
<b>Note:</b>			

<b>WEEK : 22    17 /8/26 to 22/8/26</b>		<b>Period Count:6</b>	
PD1	Reaction of non metals with water and uses of metals and nonmetals		
PD2	Back exercises		
PD3	Questions and answer	Complete question answer	
PD4	Workbook	Practice the work book	
PD5	Introduction of the lesson life processes in animals ( <b>Surprise test</b> )		

PD6	Digestion in human beings still activity 1		
<b>Note:</b>			

<b>WEEK : 23    24/8/26 to 29/8/26</b>			<b>Period Count: 5</b>
PD1	Oesophagus, small intestine	Read the lesson	
PD2	Large intestine digestion in grass eating animals		
PD3	Digestion in birds, Respiration in animals :external and types of respiration		
PD4	Human respiratory system		
PD5	Mechanism of breathing activity2	Draw the diagrams	
PD6	<b>Raksha Bandhan</b>		
<b>Note:</b>			

<b>WEEK :24    31/8/26 to 5/9/25</b>			<b>Period Count: 4</b>
PD1	Activity 3 and respiration in other animals		
PD2	Back exercises	Complete the written work	
PD3	Question answers		
PD4	Workbook	Practice the workbook	
PD5	<b>Janmashtami</b>		
PD6	<b>Teachers Day</b>		

**Note:**

**WEEK :25 7/9//26 to 12/9/26**

**Period Count: 3**

PD1	<b>Model paper</b>		
PD2	<b>Revision</b>	Revision	
PD3	<b>Revision</b>		
PD4	<b>Half yearly examination</b>		
PD5	<b>Half yearly examination</b>		
PD6	<b>Half yearly examination</b>		

**Note:**

**WEEK : 26 14/9/26 to 19/9/26**

**Period Count: 0**

PD1	<b>Half yearly examination</b>		
PD2	<b>Half yearly examination</b>		
PD3	<b>Half yearly examination</b>		
PD4	<b>Half yearly examination</b>		
PD5	<b>Half yearly examination</b>		
PD6	<b>Half yearly examination</b>		

**Note:**

<b>WEEK :27 21/9/26 to 26/9/26</b>		<b>Period Count:0</b>	
PD1	<b>Half yearly examination</b>		
PD2	<b>Half yearly examination</b>		
PD3	<b>Half yearly examination</b>		
PD4	<b>Half yearly examination</b>		
PD5	<b>Half yearly examination</b>		
PD6	<b>Half yearly examination</b>		
<b>Note:</b>			

<b>WEEK : 28 28/9/26 to 3/10/26</b>		<b>Period Count: 5</b>	
PD1	<b>Paper showing</b>		
PD2	<b>Paper showing</b>		
PD3	<b>Paper showing</b>		
PD4	<b>Paper showing</b>		
PD5	<b>Gandhi Jayanti</b>		
PD6	<b>Paper showing</b>		
<b>Note:</b>			

<b>WEEK :29 5/10/26 to 10/10/26</b>		<b>Period Count: 5</b>	
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PD1	Introduction of the lesson Light Shadows and reflections		
PD2	Sources of light Luminous and non luminous objects		
PD3	Activity1,2	Read the lesson	
PD4	Transparent translucent and opaque materials activity 3		
PD5	Shadow formation Activity 4	Revise the concepts	
PD6	<b>Second Saturday</b>		
<b>Note:</b>			

<b>WEEK : 30 12/10/26 to 17/10/26</b>		<b>Period Count: 6</b>	
PD1	Characteristics of shadow ( <b>Surprise test</b> )		
PD2	Reflection of light	Draw the diagrams	
PD3	Activity 5		
PD4	Characteristics of image formed by plane mirror activity 6		
PD5	Pinhole camera activity 7	Revise the concepts	
PD6	Pinhole camera		
<b>Note:</b>			

<b>WEEK :31 19/10/26 to 24/10/26</b>		<b>Period Count: 4</b>	
PD1	<b>Dussehra Holiday</b>		

PD2	<b>Dussehra Holiday</b>	Read lesson	
PD3	Periscope		
PD4	Kaleidoscope and activity 8		
PD5	Back exercises		
PD6	Back exercises		
<b>Note:</b>			

<b>WEEK :32</b>		<b>26/10/26 to 31/10/26</b>	<b>Period Count: 6</b>	
PD1	Question answers	Complete the written work		
PD2	Workbook	Practice the workbook		
PD3	Introduction of the lesson changes around us physical and chemical ( <b>Surprise test</b> )			
PD4	Activity 1			
PD5	Physical changes activity 2			
PD6	Chemical changes	Read the lesson		
<b>Note:</b>				

<b>WEEK : 33</b>		<b>2/11/26 to 7/11/26</b>	<b>Period Count: 6</b>	
PD1	Reaction between lime water and carbon dioxide activity 3			
PD2	Reaction between baking soda and vinegar (Activity 4)	Read lesson		

PD3	Reaction between iron and copper sulphate solution (Activity 5)		
PD4	Some other processes involving chemical reactions till activity 6	Learn the concepts	
PD5	Attainment of ignition temperature activity 7		
PD6	Browning of fruits and vegetables till differences between physical and chemical changes		
<b>Note:</b>			

<b>WEEK : 34    9 /11/26 to 14/11/26</b>		<b>Period Count: 3</b>	
PD1	<b>Diwali holiday</b>		
PD2	<b>Diwali holiday</b>		
PD3	<b>Diwali holiday</b>		
PD4	Can physical and chemical changes occur in the same process?	Learn the definitions	
PD5	Reversible and Irreversible changes and desirable and undesirable changes ( <b>Surprise test</b> )		
PD6	Some slow natural changes (weathering)		
<b>Note:</b>			

<b>WEEK :35    16/11/26 to 21/ 11//26</b>		<b>Period Count: 6</b>	
PD1	Back exercises	Complete the question answers	
PD2	Back exercises		

PD3	Questions answers		
PD4	Question answer	Complete written work	
PD5	Workbook	Practice the workbook	
PD6	Activities related to the chapter		
<b>Note:</b>			

<b>WEEK :36</b>		<b>23/11/26 to 28/11/26</b>	<b>Period Count: 5</b>
PD1	Introduction of the lesson life processes in plants		
PD2	<b>Guru Nanak Jayanti</b>		
PD3	Nutrition in plants activity 2	Read lesson	
PD4	Conditions necessary for photosynthesis activity 3 <b>(Surprise test)</b>		
PD5	Activity 4,5		
PD6	Photosynthesis in other plant parts activity 6	Learn the new concepts	
<b>Note:</b>			

<b>WEEK : 37</b>		<b>30 /11/26 to 5/12/26</b>	<b>Period Count: 6</b>
PD1	Transport in plants		
PD2	Respiration in plants activity 7	Revise the concepts	
PD3	Back exercises		

PD4	Back exercises		
PD5	Question answers	Complete the written work	
PD6	Workbook	Practice the workbook	
<b>Note:</b>			

<b>WEEK : 38    7/12/26 to 12/12/26</b>		<b>Period Count: 5</b>	
PD1	Introduction of the chapter measurement of time and motion		
PD2	Candle clock, modern basis of measuring time periodic motion	Read the lesson	
PD3	Activity 2 and units of time		
PD4	Motion	Revise the new concepts	
PD5	Speed		
PD6	<b>Second Saturday</b>		
<b>Note:</b>			

<b>WEEK : 39    14/12/26 to 19/12/26</b>		<b>Period Count: 6</b>	
PD1	Speedometer and odometer ,uniform and nonuniform linear motion		
PD2	Back exercises	Complete the question answers	
PD3	Back exercises		
PD4	Question answers		

PD5	Workbook	Practice the workbook	
PD6	Activities related to the chapter		
<b>Note: Periodic test 2 15.12.26 to 22.12 26</b>			

<b>WEEK ;40 21/12/26 to 26/12/26</b>		<b>Period Count: 5</b>	
PD1	Revision ( <b>Surprise test</b> )	Revise the concepts	
PD2	Revision		
PD3	Revision		
PD4	Revision		
PD5	<b>Christmas</b>		
PD6	Doubts solving		
<b>Note:</b>			

<b>WEEK : 41 28/12/26 to 2/1/27</b>		<b>Period Count: 2</b>	
<b>Note: winter break 30/12 26 to 7/1/27</b>			
PD1	Introduction of the lesson Earth moon and the sun		
PD2	Rotation of the Earth	Read the lesson	
PD3	<b>Winter break</b>		
PD4	<b>Winter break</b>		
PD5	<b>Winter break</b>		

PD6	<b>Winter break</b>		
<b>Note:</b>			

<b>WEEK : 42</b>		<b>4 /1/27 to 9/1/27</b>	<b>Period Count: 1</b>
PD1	<b>Winter break</b>		
PD2	<b>Winter break</b>		
PD3	<b>Winter break</b>		
PD4	<b>Winter break</b>		
PD5	Revision	Revise the concepts	
PD6	<b>Second Saturday</b>		
<b>Note:</b>			

<b>WEEK :43</b>		<b>11 /1/27 to 16/1/27</b>	<b>Period Count: 5</b>
PD1	Revolution of the earth		
PD2	Seasons of the earth	Draw the diagrams	
PD3	Eclipses		
PD4	Transit of Venus and mercury	Learn the definitions	
PD5	<b>Makar Sankranti</b>		
PD6	Question answers		

**Note:**

**WEEK :44** 18 /1/27 to 23/1/27

**Period Count: 6**

PD1	Question answers	Complete the question answers	
PD2	Back exercises	Read the lesson	
PD3	Workbook	Practice the workbook	
PD4	Activities related to the chapter ( <b>Surprise test</b> )		
PD5	Doubts solving		
PD6	Doubts solving		

**Note:**

**WEEK : 45** 25/1/27 to 30/1/27

**Period Count: 5**

PD1	<b>Revision</b>		
PD2	<b>Republic Day</b>		
PD3	<b>Model paper</b>	Solve the model paper	
PD4	<b>Revision</b>		
PD5	<b>Revision</b>	revise the concepts	
PD6	<b>Revision</b>		

**Note:**

<b>WEEK : 46</b>		<b>8/2/27 to 13/2/27</b>	<b>Period Count: 4</b>	
PD1	<b>Revision</b>			
PD2	<b>Revision</b>	Revise the model paper		
PD3	<b>Revision</b>			
PD4	<b>Vasant Panchami</b>			
PD5	<b>Revision</b>			
PD6	<b>Second Saturday</b>			
<b>Note:</b>				

<b>WEEK : 47</b>		<b>15 /2/26 to 18/2/26</b>	<b>Period Count: 4</b>	
PD1	<b>Revision</b>			
PD2	<b>Revision</b>			
PD3	<b>Revision</b>			
PD4	<b>Revision</b>			
PD5	<b>Annual Examination</b>			
PD6	<b>Annual Examination</b>			
<b>Note:</b>				

<b>WEEK : 48</b>		<b>22 /2/27 to 27/2/27</b>	<b>Period Count: 0</b>	
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PD1	<b>Annual Examination</b>		
PD2	<b>Annual Examination</b>		
PD3	<b>Annual Examination</b>		
PD4	<b>Annual Examination</b>		
PD5	<b>Annual Examination</b>		
PD6	<b>Annual Examination</b>		
<b>Note:</b>			

<b>WEEK : 49</b>		<b>1/3/27 to 6/3/27</b>	<b>Period Count: 0</b>
PD1	<b>Annual Examination</b>		
PD2	<b>Annual Examination</b>		
PD3	<b>Annual Examination</b>		
PD4	<b>Annual Examination</b>		
PD5	<b>Annual Examination</b>		
PD6	<b>Mahashivratri</b>		
<b>Note:</b>			

<b>WEEK :50</b>		<b>8 /3/27 to 13/3/27</b>	<b>Period Count: 0</b>
PD1	<b>Annual Examination</b>		

PD2	<b>Closed for Students</b>		
PD3	<b>Closed for Students</b>		
PD4	<b>Eid Ul Fitr</b>		
PD5	<b>Closed for Students</b>		
PD6	<b>Closed for Students</b>		
<b>Note:</b>			

<b>WEEK : 51</b>		<b>15 /3/26 to 20/3/26</b>	<b>Period Count: 0</b>
PD1	<b>Closed for Students</b>		
PD2	<b>Closed for Students</b>		
PD3	<b>Closed for Students</b>		
PD4	<b>Closed for Students</b>		
PD5	<b>Closed for Students</b>		
PD6	<b>Closed for Students</b>		
<b>Note:</b>			

<b>WEEK : 52</b>		<b>22/7/26 to 27/3/26</b>	<b>Period Count: 0</b>
PD1	<b>Holi</b>		
PD2	<b>Closed for Students</b>		

PD3	<b>Closed for Students</b>		
PD4	<b>Closed for Students</b>		
PD5	<b>Closed for Students</b>		
PD6	<b>Closed for Students</b>		

**Note:**