

Annual & Weekly Syllabus Split-Up - 2026-27

Grade 7

Subject: Physics

S.No	Month	No. of Working Days	No. of Days	Topic	Sub Topic	Teaching Aids/Resources	Classroom teaching Video Link	Activities	Art Integrated project	Pedagogy Process/Teaching Strategy	Chapterwise Notes link	Assessment		
1	APRIL	25	Week 1	4	C-3, Heat	Heat & temperature, Modes of heat transfer	Pinnacle science book ,ppt and notes	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets	To study the conduction process with the help of pins, wax & burner		Explain convection and radiation Identify real-life applications of both modes Understand how heat transfer affects daily life	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	Diagram labelling, MCQ, Fill in the blanks, Worksheets, Class test	
			Week 2	6	C-3, Heat	conduction, conductor and insulator,	Smart Board, Universal Science ,Ncert ,PPT							
			Week 3	5	C-3, Heat	Convection, Applications of convection	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert					Convection in Liquids Materials: Beaker of water, Potassium permanganate crystals / food color, Heat source		
			Week 4	6	C-3, Heat	Radiation,	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert			To observe the hot cup of tea kept open radiates heat		Radiation (No Medium Needed) Materials: Candle or lamp, Hand	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	
			Week 5	4	C-3, Heat	Absorption of radiant energy	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert							
2	JUNE	20	Week 1	0										
			Week 2	6	Revision	Revision	Pinnacle science book ,ppt and notes							
			Week 3	6	C-3, Heat	Applications of Radiation, Exercise Question - Answers	Pinnacle science book ,ppt and notes							
			Week 4	6	C-3, Heat	Exercise Question - Answers	Pinnacle science book ,ppt and notes							
			Week 5	2	C-3, Heat	Exercise Question - Answers	Pinnacle science book ,ppt and notes							
3	JULY	27	Week 1	4	C-11 Motion	Distance and displacement	Pinnacle science book ,ppt and notes	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets			Explain speed and velocity Understand acceleration Interpret and draw distance-time graphs Apply concepts to real-life motion	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	Diagram labelling, MCQ, Fill in the blanks, Worksheets, Class test	
			Week 2	6	C-11 Motion	Speed ,average speed	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert		Observe the effects of friction on moving objects					
			Week 3	6	REVISION	distance, velocity of an object, average velocity,	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert				Velocity Direction Activity Walk, First east, Then west Observation: Distance \neq 0, Displacement = 0			
			Week 4	6	C-11 Motion	average speed, Acceleration of an object,	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert			Activity (Math Integration) Example Problem: A car travels 120 km in 2 hours. Find its average speed. Real-Life Applications Transportation Planning: Average speed helps calculate travel time between cities or towns Maps can show distances and expected time of arrival				
			Week 5	5	C-11 Motion	distance time graphs	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert		Plot Distance -time graph on graph paper Observation: Straight line \rightarrow uniform motion		Gradient of distance -time graphs			
			Week 1	1	C-11 Motion	Exercise,	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert							
			Week 2	6	C-11 Motion	Motion Exercise	Pinnacle science book ,ppt and notes							

4	AUGUST	24	Week 3	5	REVISION ,C-11 Motion	Motion Exercise	Pinnacle science book ,ppt and notes	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets						
			Week 4	6	REVISION	C-10 , Heat	Pinnacle science book ,ppt and notes							
			Week 5	5+1	REVISION	C-10 , Heat								
			Week 1	5										
5	SEPTEMBER	23	Week 2	6										
			Week 3	5	C-12 Electricity & circuits	Sources of electricity,,cells & batteries	Smart Board,Universal Science ,Ncert ,PPT	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets	Identify Sources of Electricity Materials: Pictures/real items: Dry cell,Battery Solar panel Generator (picture)			https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	Diagram labelling,MCQ,Fill in the blanks,Worksheets, Class test	
			Week 4	5	C-12 Electricity & circuits	primary cell & Secondary cell ,dry & wet cells,electric bulb	Smart Board,Universal Science ,Ncert ,PPT				Distinguish dry cells and wet cells Explain the working of an electric bulb Identify real-life applications of cells and bulbs			
			Week 5	3	C-12 Electricity & circuits	structure of primary cell,electric bulb	Smart Board,Universal Science ,Ncert ,PPT							
			Week 1	2	C-12 Electricity & circuits	,electric circuits,potential difference ,electric switch,	Smart Board ,Universal Science ,Ncert ,PPT			to study the function of switch in an circuit.				
6	OCTOBER	25	Week 2	6	C-12 Electricity & circuits	structure of electric torch	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert				Explain the working of a torch Draw simple circuit diagrams			
			Week 3	6	C-12 Electricity & circuits	conductors & insulators	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert			Build a Tester Circuit Materials: Cell (battery),Bulb,Wires Tape				
			Week 4	5	C-12 Electricity & circuits	Exercise	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert							
			Week 5	5	C-12 Electricity & circuits	Exercise	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert							
			Week 1	0										
7	NOVEMBER	12	Week 2	0										
			Week 3	0										
			Week 4	6	PERIODIC TEST -2,C-12 Electricity & circuits	structure of primary cell,electric bulb,electric circuits,potential difference	Smart Board,Universal Science ,Ncert ,PPT							
			Week 5	5+1	C-12 Electricity & circuits	Exercise questions	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert							
8	DECEMBER	21	Week 1	5	C-13 LIGHT,Shadow,& Reflection	Luminous & non luminous objects,Rectilinear propagation of light,Pin hole camera & its working ,	Smart Board,Pinnacle Science ,Ncert ,PPT ,video - https://www.youtube.com/watch?v=v5SuSB_93FM	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets	Light or No Light?" Materials:Torch,Mirror Book,Candle Moon picture		Describe working of a pinhole camera Identify types and features of shadows Apply concepts to real-life situations	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	Diagram labelling,MCQ,Fill in the blanks,Worksheets, Class test	
			Week 2	6	C-13 LIGHT,Shadow,& Reflection	Image formed by pin hole camera,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert			Straight Line Light" Materials: 3 cardboard sheets with holes,Candle/torch				
			Week 3	6	C-13 LIGHT,Shadow,& Reflection	Transparent,translucent & opaque material,	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert							
			Week 4	4	C-13 LIGHT,Shadow,& Reflection	Formation of shadow & its types	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert			Shadow Guess" Switch off lights, use a torch Show a shadow of an object		Shadow Formation Materials:,Torch Object,Screen		
			Week 5	3	C-13 LIGHT,Shadow,& Reflection	properties of shadow & its types	Pinnacle science book ,ppt and notes,Smart Board,Universal Science ,Ncert	https://teacher.pinnaclelearning.in/book?bookid=127&userRole=teacher&isbn=9789358936841&activeTab=assets	Formation of Shadow Materials: Torch Object (toy/book) Wall/screen					

9	JANUARY	22	Week 1	0									
			Week 2	6	POST MT	Luminous & non luminous objects, Rectilinear propagation of light,							
			Week 3	5	POST M T Revision , C-13 LIGHT, Shadow, & Reflection	Pinhole camera and its working	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert						
			Week 4	6	C-13 LIGHT, Shadow, & Reflection	Factors affecting shadow , Reflection of light	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert						
			Week 5	5	C-13 LIGHT, Shadow, & Reflection	Exercise Questions	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert						
10	FEBRUARY	23	Week 1	6	C-11 Motion Revision	Speed , average speed, displacement,	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert	https://teacher.pinnaclelearning.in/book?bookId=127&userRole=teacher&isbn=9789358936841&activeTab=assets		Explain speed and velocity Understand acceleration Interpret and draw distance–time graphs Apply concepts to real-life motion	https://teacher.pinnaclelearning.in/book?bookId=127&userRole=teacher&isbn=9789358936841&activeTab=openBook		
			Week 2	6	C-12 Electricity & circuits	Sources of electricity, cells & batteries	Smart Board, Universal Science ,Ncert ,PPT		Identify Sources of Electricity Materials: Pictures/real items: Dry cell, Battery Solar panel Generator (picture)				
			Week 3	5	C-12 Electricity & circuits	conductors & insulators	Pinnacle science book ,ppt and notes, Smart Board, Universal Science ,Ncert	https://teacher.pinnaclelearning.in/book?bookId=127&userRole=teacher&isbn=9789358936841&activeTab=assets	Build a Tester Circuit Materials: Cell (battery), Bulb, Wires Tape		Distinguish dry cells and wet cells Explain the working of an electric bulb Identify real-life applications of cells and bulbs		
			Week 4	6	C-13 LIGHT, Shadow, & Reflection	Luminous & non luminous objects, Rectilinear propagation of light,	Smart Board, Pinnacle Science ,Ncert ,PPT ,video				Describe working of a pinhole camera Identify types and features of shadows Apply concepts to real-life situations	https://teacher.pinnaclelearning.in/book?bookId=127&userRole=teacher&isbn=9789358936841&activeTab=openBook	Diagram labelling, MCQ, Fill in the blanks, Worksheets, Class test
			Week 5	NA									
11	MARCH	17	Week 1	5	Annual Examination								
			Week 2	6									
			Week 3	6									
			Week 4	5									
			Week 5	3									