

General Science

Recommended Time Table

Class-7

Chapter Names	Concepts
PHYSICS	
1. Measurement (4 hours)	<ul style="list-style-type: none"> • Physical quantity • Measurement of length • Mass (1 hour) • Measurement of Area • Volume • Time (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
2. Rest, Motion and Speed (5 hours)	<ul style="list-style-type: none"> • Rest • Motion • Kinds of motion • Distance • Displacement (1 hour) • Speed • Kinds of speed • Velocity (1 hour) • Kinds of Velocity • Acceleration • Its kinds (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
3. Reflection of Light (5 hours)	<ul style="list-style-type: none"> • Sources of light • Terms related to light (1 hour) • Reflection • Types and Laws of reflection (1 hour) • Plane mirror • Applications • Number of images (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
4. Heat (4 hours)	<ul style="list-style-type: none"> • Sources and Effects of heat • Thermometry (1 hour) • Thermal expansion • Transmission of heat (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
5. Sound (4 hours)	<ul style="list-style-type: none"> • Production of sound • Terms related • Speed of sound (1 hour) • Reflection of sound • Characteristics of sound (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
6. Static Electricity (4 hours)	<ul style="list-style-type: none"> • Electric Charge • Electrification • Law of electric forces (1 hour) • Coulomb's law • electroscopes (1 hour) • Problems and exercises (1 hour) • Doubts Clarification (1 hour)
CHEMISTRY	
7. Elements, Compounds & Mixtures (5 hours)	<ul style="list-style-type: none"> • Classification of matter based on physical state and chemical composition (1 hour) • Elements • Compounds and Mixtures (1 hour) • Symbols • Formulae and Equations (1 hour) • Exercises (1 hour) • Doubts Clarification (1 hour)
8. Physical & Chemical Changes (5 hours)	<ul style="list-style-type: none"> • Physical changes (1 hour) • Chemical changes • Conditions necessary (1 hour) • Types of physical and chemical changes (1 hour) • Exercises (1 hour) • Doubts Clarification (1 hour)
9. Air and its Constituents (4 hours)	<ul style="list-style-type: none"> • Atmosphere • Layers • Composition of Air (1 hour) • Carbondioxide • Occurrence • Physical and Chemical properties (1 hour) • Exercises (1 hour) • Doubts Clarification (1 hour)

Chapter Names	Concepts
10. Acids, Bases & Salts (4 hours)	<ul style="list-style-type: none"> • Properties of Acids and bases (1 hour) • Salts and indicators (1 hour) • Exercises (1 hour) • Doubts Clarification (1 hour)
11. Water (4 hours)	<ul style="list-style-type: none"> • Sources and Types of Water • Electrolysis • Properties (1 hour) • Hardness • Conservation of water (1 hour) • Exercises (1 hour) • Doubts Clarification (1 hour)
12. Chemistry in Your Life (2 hours)	<ul style="list-style-type: none"> • Properties of Metals • Non-metals and alloys (1 hour) • Exercises and Doubts Clarification (1 hour)

Term - 1 (MCQ's: 50)

Physics: Chapters. 1, 2, 3
 Chemistry: Chapters. 7, 8, 9

Term - 2 (MCQ's: 50)

Physics: Chapters. 1 to 5
 Chemistry: Chapters. 7 to 10

Term - 3 (MCQ's: 50)

Physics: Chapters. 1 to 6
 Chemistry: Chapters. 7 to 12

Chapter Names	Concept	Problems	Total No.of hours
1. Measurement	2	3	4
2. Rest, Motion and Speed	2	3	5
3. Reflection of Light	2	3	5
4. Heat	3	3	4
5. Sound	2	3	4
6. Static Electricity	2	2	4
7. Elements, Compounds & Mixtures	3	2	5
8. Physical & Chemical Changes	3	3	5
9. Air and its Constituents	2	3	4
10. Acids, Bases & Salts	2	3	4
11. Water	3	3	4
12. Chemistry in Your Life	3	3	2