



Weekly Plan for Grade-7

Week-XXX			Dated:12-10-25 to 17-10-2025		
S.no	Subject	Topic	Page no	Home Assignment	Activity
1.	English	Chapter no.17 Phrases and Clauses Chapter no 18 Sentence types	Page no:159-166) Page no : (167-170)	Home Assignment Exercise “Let’s Practice” on Page no 161	Activity Conversion of phrases into clauses by adding verbs.
2.	Math	Congruence of Triangles Exercise 14.1 Exercise 14.2 Exercise 14.3 Exercise 14.4 Exercise 14.5	(310–332)	Practice all the questions done in the classroom. Practice below given live worksheet to have better understanding of congruence of triangles https://www.liveworksheets.com/worksheet/en/geometry/1763082	Activity: Triangle String <u>Lab Activity</u> To verify the criteria of two triangles to be congruent
3.	Science	Biology Human Body Chapter 5: • Introduction • Nutrition in humans • Excretion in Humans • Mechanism of Urine Formation	(53-56)	Create a comic strip or illustrated story showing the journey of a drop of water through urinary system.	Activity: Excretion in Humans: <u>Nephron Puzzle</u> Arrange jumbled nephron parts in correct order of urine formation. Notebook Checking: Physics on 13/10/25

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4.	Social Studies	Civics Media and Democracy 4.1 Types of Mass Media 4.2 Role of Media in Democracy 4.3 Setting Agenda 4.4 Balanced Reporting 4.5 Free Media	Page no. (32-38)	Students will find one recent example (from newspaper, social media, or TV) where media helped bring a social or political issue to light.	Activity: Students will make a poster on one of the following themes: "The Role of Media in Democracy" "Freedom of the Press" "Responsible Media = Strong Democracy" Notebook Submission date for the chapter "Air" (Geography) on 13-10-2025 (Monday)
5.	اردو II Language	سبق نمبر: ۱۴ نمک کا داروغہ	صفحہ نمبر: ۱۰۵-۱۱۱	اپنے فرض کو سچائی اور ایمانداری سے نبھانا اچھی بات ہے۔ ایک پیرا گراف اپنے سادہ الفاظ میں تحریر کریں املائی الفاظ کی مشق	سچے اور ایماندار لوگوں کے قدردان ہر جگہ موجود ہے (تبصرہ)۔
6.	اردو III Language	سبق نمبر: ۷ جاگو سونے والو۔ نظم (جاری)	صفحہ نمبر: ۴۹-۵۱	نظم جاگو سونے والو کو ذہن نشین رکھ کر ایک مختصر خلاصہ اپنے الفاظ میں تحریر کریں۔	نظم کو زبانی سنایا جائے گا۔
7.	Hindi	सार लेखन विराम चिन्ह इस पाठ का परिचय दिया जाएगा।	(256 258) (213 219)	इस पाठ के प्रश्न उत्तर कॉपी पर लिखने को कहा जायेगा	Activity: बिना विराम चिन्ह वाले अनुच्छेद को सही विराम चिन्हों सहित पुनः लिखिए। शिक्षक द्वारा सुनाई गई एक छोटी कहानी का मौखिक सार बताइए।



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8.	Hindi III Language	सबपर रही ता इस पाठ का परचय दिया जाएगा	(82-90)	इस पाठ को पुनः पढ़ने को कहा जायेगा	Activity चर्चा आधारित गतिविधि विषय: स्वच्छता का महत्व शिक्षक छात्रों से प्रश्न पूछें — स्वच्छता क्यों आवश्यक है?
9.	Computer	<u>Chapter 8:-Images,Links and Frames in HTML</u> <ul style="list-style-type: none"> • Introduction • Image and Hyperlink Tag • External link and internal link 	(73-75)	Recapitulate the content taught in the classroom.	Project: Write an html program to use Html tags <a href>using text editor(Notepad).
10.	M.Sc	Chapter 22: Cheating Is Fun, Oh Really?	(55)	<u>Write a short paragraph on:</u> Do you think cheating is a moral crime?	<u>Group Discussion on:</u> Do you think cheating is a moral crime?
11	Skills	Cooking: Recipe: Imli chutney Material Required: Imli, black pepper, red chilli powder, sugar, black salt, saunf powder. Head cap, apron and disposable gloves are mandatory to carry for cooking classes	Art and Craft Paper flower bouquet Material Required: A4 craft paper, glue stick, fevicol, tape, pencil, ruler, sketch pens, green straws/ wooden sticks (for stems), ribbons or any decorative item	Stitching Woven Rose Materials Required: Hoop, white cloth, embroidery thread any colour(1)	Artificial Intelligence Poster Making Using Canva

Spelling for spell bee

metalloid	carbohydrates	polymer	antipyretic	analgesic
terrestrial	planetary	convection	barometer	equatorial
famous	anxious	cautious	disadvantageous	humorous

اُردو

زلزلہ	مخالفت	آتش	شاگرد
پیہ	افواہ	ایکشن	چائنا

वर्तनी के शब्द

संविधान	विनम्रता	सुविधा	आत्मनिर्भर	साहसिक
सहनशीलता	समर्पण	कर्तव्य	संघर्ष	समाजसेवा