



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019



## Session Plan/ Syllabus Coverage for the Academic Year 2026-2027

Subject: Physics Term: FIRST Name of the Subject Co-ordinator: Ms. Maloshree Niyogi Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 61 No. of Periods Available: 24 Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
APR 2026	06	Ch1- PHYSICAL QUANTITIES AND MEASUREMENT (P7 pg 01 to 07)	<ul style="list-style-type: none"> <li>Volume</li> <li>Area (P7 pg 01 to 07)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 01 to 07)	Activity to find the area of an irregular solid using graph paper.
MAY 2026	04	Ch1- PHYSICAL QUANTITIES AND MEASUREMENT (P7 Pg 07 to 18)	<ul style="list-style-type: none"> <li>Density</li> <li>Speed (P7 pg 07 to 18)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 07 to 18) Ex A to D- P7 pg 16 to 18	Activity to study that the density of an irregular body.
JUNE 2026	06	Ch2- MOTION (P7 Pg 19 to 34)	<ul style="list-style-type: none"> <li>Rest, Motion, different types of motion</li> <li>Speed</li> <li>Mass and weight (P7 pg 19 to 34)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 19 to 34) Ex A to D - P7 pg 32 to 34	Activity to demonstrate vibratory using a metallic strip.
JULY 2026	08	Ch3 - ENERGY (P7 pg 35 to 49) <b>Unit test 1 begins from 13<sup>th</sup> July 2026</b>	<ul style="list-style-type: none"> <li>Energy, different forms of energy</li> <li>Conversion of one form of energy into another form</li> <li>Conservation of energy</li> <li>Production hydro electricity (P7 pg 35 to 49)</li> </ul> <p><b>Syllabus for UT1: Ch1 Physical quantities and measurement (P7 pg 01 to 18)</b></p>	Important points and notes related to topic will be given. (P7 pg 35 to 46) Ex A to C - P7 pg 47 to 49	Activity to study different transformations of energy.

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.  
Kindly mention the chapters included for Terminal Examinations.

Signature of the Teacher: 1. *Maloshree Niyogi*

Submitted on: *20.04.2026*

Academic Co-ordinator: *Chaitali Roy*

PRINCIPAL *[Signature]*

VICE PRINCIPAL

*[Signature]*



# ST. LAWRENCE HIGH SCHOOL

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Session Plan/ Syllabus Coverage for the Academic Year 2026-2027

Subject: Physics Term: First + Second Name of the Subject Co-ordinator: Ms. Maloshree Niyogi Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 61, 36(1<sup>st</sup> term) + 42(2<sup>nd</sup> term)

No. of Periods Available: 9(1<sup>st</sup> term) +16(2<sup>nd</sup> term)

Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
AUG 2026	08	Ch4 – LIGHT ENERGY (P7 Pg 50 to 64)	<ul style="list-style-type: none"> <li>Light, Reflection of light, plane mirror</li> <li>Some terms related to reflection of light</li> <li>Laws of reflection, Formation and characteristics of image by a plane mirror, Real and virtual images</li> <li>Regular and irregular reflection</li> <li>Lateral inversion, Uses of a pane mirror</li> <li>Speed of light, Primary and Secondary colours, subtraction of colours, colour of an opaque object (P7 pg 50 to 60)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 50 to 60) Ex A to C - P7 pg 62 to 64	Experiment to verify laws of reflection.
SEP 2026	01	REVISION (P7 pg 01 to 64) 1 <sup>st</sup> term exam begins from 07 <sup>th</sup> Sep 2026	<b>Syllabus of first term exam:</b> <b>Ch1- Physical quantities and measurement ; Ch2- Motion; Ch3- Energy; Ch4- Light energy</b> (P7 pg 01 to 64)	Revision. (P7 pg 01 to 64)	
	03	2 <sup>nd</sup> term begins from 21 <sup>st</sup> Sep 2026 Ch5 - HEAT (P7 pg 65 to 68)	<ul style="list-style-type: none"> <li>Heat</li> <li>Temperature, measurement of temperature (P6 pg 65 to 68)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 65 to 68)	Activity to measure the temperature of a body using a thermometer.
OCT 2026	06	Ch5 - HEAT (P7 pg 68 to 74)	<ul style="list-style-type: none"> <li>Scales of temperature</li> <li>Effects of Heat</li> <li>Thermal expansion (P7 pg 68 to 74)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 68 to 74)	Activity to study the different scales of temperature.
NOV 2026	07	Ch5 - HEAT (P7 Pg 75 to 89) Unit test 2 begins from 16 <sup>th</sup> Nov 2026	<ul style="list-style-type: none"> <li>Conduction, conductors insulators and their application</li> <li>Convection and its applications</li> <li>Radiation and its applications</li> <li>Thermos flask (P7 pg 75 to 83)</li> </ul> <b>Syllabus for UT2: Ch5- Heat</b> (P7 pg 65 to 89)	Important points and notes related to topic will be given. (P7 pg 75 to 83) Ex A to D – P7 pg 86 to 89	Activity to show that steel is a good conductor of heat.

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.

Kindly mention the chapters included for Terminal Examinations.

Signature of the Teacher: 1. *Maloshree Niyogi*

Submitted on: 20.04.2026

Academic Co-ordinator: *Chaitali Roy*

*[Signature]*

PRINCIPAL

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## Session Plan/ Syllabus Coverage for the Academic Year 2026-2027

Subject: Physics Term: Second Name of the Subject Co-ordinator: Ms. Maloshree Niyogi Name of the Book: Concise Physics for Class 7 (P7)

No. of Working Days: 42, 58 No. of Periods Available: 17 Class: 7 Sections: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
DEC 2026	06	Ch6 - SOUND (P7 Pg 90 to 107)	<ul style="list-style-type: none"> <li>Sound, sources of sound</li> <li>Sound needs a medium for propagation</li> <li>Longitudinal waves, some terms related to wave, Audible, ultrasonic and infrasonic sound</li> <li>Characteristics of sound</li> <li>Speed, reflection and absorption of sound (P7 pg 90 to 103)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 90 to 103) Ex A to D - P7 pg 105 to 107	Activity to demonstrate that sound is produced due to vibration.
JAN 2027	08	Ch7 - ELECTRICITY AND MAGNETISM (P7 pg 108 to 129)	<ul style="list-style-type: none"> <li>Properties of a magnet, Law of Magnetism,</li> <li>Magnetic field, electromagnet, making an electromagnet</li> <li>Uses of electromagnet, electric bell</li> <li>Earth's magnetic declination</li> <li>Uses of electricity and its sources</li> <li>Uses of dry cells in a torch</li> <li>Flow of electricity in a circuit, conductor and insulators, Flow of charges</li> <li>Symbols and functions of various components of an electric circuit</li> <li>Series and parallel circuits, precautions (P7 pg 108 to 125)</li> </ul>	Important points and notes related to topic will be given. (P7 pg 108 to 125) Ex A to C - P7 pg 127 to 129	Activity to demonstrate properties of a magnet using 2 bar magnets. Experiment to show the difference between series and parallel circuits.
FEB 2027	03	REVISION (P7 pg 35 to 49, pg 65 to 129) 2 <sup>nd</sup> term exam begins from 15 <sup>th</sup> Feb 2027	<b>Syllabus of 2<sup>nd</sup> term exam:</b> <b>Ch3- Energy ; Ch5- Heat ; Ch6- Sound ; Ch7- Electricity and Magnetism</b> (P7 pg 35 to 49, pg 65 to 129)	Revision. (P7 pg 35 to 49, pg 65 to 129)	
MAR 2027	00		<b>Correction work continued</b>		

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Signature of the Teacher: 1. *Maloshree Niyogi*

Submitted on: *20.09.2026*

Academic Co-ordinator: *Chaitali Roy*

*[Signature]*  
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VICE PRINCIPAL

*[Signature]*