

SESSION: 2022-23

GRADE: 7

MONTHLY ACTIVITY PLANNER

MONTH- NOVEMBER

S.NO.	SUBJECT	WEEK	ACTIVITY NAME/EXP.	LEARNING OUTCOME	MATERIAL REQUIRED	CLASS/LAB
1	SCIENCE (CBSE)	WEEK 1	To Calculate the Pulse rate	Students will be able to understand that pulse rate increases whenever we do any physical activity like cycling or running.	Stopwatch or Wrist watch	Class
		WEEK 2	To show that the pulse rate is same as the heart rate with the help of a stethoscope	Students will understand that the pulse rate is the same as the rate of heartbeat	A funnel, a 50 cm long rubber tube, a rubber sheet, a rubber band, and adhesive tape and watch	Class
2	SCIENCE (CIE)	WEEK 1	Poster on a Balanced diet.	Students will be able to understand the importance and components of a balanced diet.	A3 or A4 Sheet, colours, content	Class
		WEEK 2	Laboratory tests for Food components	Students will be able to plan an investigation and perform experiment for testing of food components.	Beaker, test tube, food items, testing reagents	Chemistry or biology Lab
		WEEK 3	Case Study on Why do people Smoke?	Students will be able to understand the effects of smoking.	Data and case study given in the coursebook	Class
3	SOCIAL SCIENCE (CBSE)	WEEK 1&2	Activity 1:Research work on any 1 saint of students' choice and write a biography including their teachings and work in the notebook.Singing any bhajan or Doha of your choice	Student will be able to analyse the simple life,philosophy of bhakti from different point of view and different saints and the oneness of the ideas. Students will be able to identify the need and purpose of songs , their meaning and significance in simplifying the process to devote oneself to god	A3 or A4 Sheet, colours, content,pictures	home/class
		WEEK 3&4	Activity 2:Write about any present day tribe of India and paste their pictures in the notebook –It should include the following: Occupation of the tribal groups. Areas in which they live. Animals they rear.Culture they observe.	Students can relate ,equate or differentiate the lives of the tribes in the past and their present day status	A3 or A4 Sheet, colours, content,pictures	home/class
4	GLOBAL PERSPECTIVES	WEEK 2 WEEK 4	Activity 1: On the political map of India mark the following: • The city founded by Sawai Raja Jai Singh • The capital city of Raja Ranjit Singh's kingdom • The city ransacked by nadir shah • The region of which Sadat khan was made the governor • The capital city of the Jats Activity 2: Have a debate in the class on what would have happened had the Marathas won the Third Battle of Panipat. Would they have been able to fill the vacuum created by the decline of the Mughals empire?	Students will be able to: 1. Delineate developments related to the Sikhs, Rajputs, Marathas, later Mughals, Nawabs of Awadh and Bengal, and Nizam of Hyderabad. 2. Understand how the Marathas expanded their area of control.	MAP INTERNET	CLASS HOME/CLASS
5	MATHS (CIE)	WEEK 1	Golden ratio project	Students will understand golden ratio & it's application in different feilds	online/offline	At home
		WEEK 2	Area of parallelogram by paper cutting	Students will be able to verify the formula	Coloured sheet, scissor, glue, notebook, coloured pens	Class
		WEEK 3	Function Machines Interactive Notebook Activity	Students will be able to understand a multistep function	Coloured sheet, scissor, glue, notebook, coloured pens	At home
6	MATHS (CBSE)	Week 1	1. Formation of Equations on Real lifesituations & finding their solutions 2. Representation on Linear Graphs	Students will understand the application of Linear equations.	Notebook, pencil	Class

7	हिंदी (सी बी एस ई / कैम्ब्रिज)	पहला सप्ताह दूसरा सप्ताह तीसरा सप्ताह चौथा सप्ताह	अपने पालतू पशु -पक्षियों के अनुभव साझा करना , पत्र लेखन	अपने पालतू पशु-पक्षियों के अनुभव साझा करना , सहानुभूति , पशु-पक्षी प्रेम एवं संरक्षण , शब्दावली वृद्धि हेतु नए शब्दों का संकलन कर निजी शब्दकोश बनाना , अपनी संस्कृति में पशु -पक्षियों की महता का ज्ञान, पत्र लेखन आदि।	इंटरनेट , रंगीन पेंसिलें , छोटी डायरी , रंगीन कागज़	संबंधित कक्षा		
8	ENGLISH (CBSE/CIE)	WEEK 1	DARE TO SCARE !	HALLOW'S EVE OR HALLOWEEN to be celebrated by students. Storytelling and Roleplay to be conducted with relevance to the theme.	Costumes, props, stories, real life incidents	CLASSROOM		
		WEEK 2	Hunting the papers	<input type="checkbox"/> Assign students the task to locate/ hunt a list of items in the newspaper. <input type="checkbox"/> This can be a common word that is a part of the headline or a comic strip or even the name of the city/ town. name of the city/ town and write a brief summary of this.	Newspapers, Coloured Sheets, PPT	HOME ASSIGNMENT		
		WEEK 3-4	Inspirations from our Leaders	<input type="checkbox"/> Assign students to search for a book or an essay on Mahatma Gandhi. <input type="checkbox"/> As a follow up activity, ask students to do an act of kindness and make a note of this. <input type="checkbox"/> Encourage the students to share this in the classroom.	Book/essay/ poem on Mahatma Gandhi. Videos and photographs of the act of kindness. Reflection on the act of kindness.	Home and Classroom		