



## Class 7 Science NCERT Timetable (May 1 – August 30, 2025)

**Schedule:** Monday, Wednesday, Friday | **Time:** 5:00 PM – 6:00 PM

Date	Day	Chapter Name	Topic	Subtopics	Description
01/05/25	Thursday	Nutrition in Plants	Mode of Nutrition in Plants	Autotrophic, Heterotrophic	Introduction to how plants obtain and prepare their food.
03/05/25	Saturday	Nutrition in Plants	Photosynthesis	Process, Importance, Conditions	Process of photosynthesis and its significance.
05/05/25	Monday	Nutrition in Plants	Other Modes in Plants	Parasites, Saprophytes, Insectivorous	Non-photosynthetic modes of nutrition.
07/05/25	Wednesday	Nutrition in Animals	Human Digestion System	Organs, Process	Introduction to human digestive organs and food digestion process.
09/05/25	Friday	Nutrition in Animals	Digestion in Ruminants	Grass-eating Animals, Cud Chewing	How digestion differs in animals like cows.
12/05/25	Monday	Nutrition in Animals	Amoeba Digestion	Feeding, Pseudopodia	How amoeba eats and digests food.
14/05/25	Wednesday	Fibre to Fabric	Animal Fibres	Wool, Silk	Sources of wool and silk and how they are obtained.
16/05/25	Friday	Fibre to Fabric	Processing of Wool	Shearing, Scouring, Sorting	Steps in wool processing.
19/05/25	Monday	Fibre to Fabric	Processing of Silk	Rearing of Silkworms, Cocoon	Life cycle of silkworm and silk extraction.
21/05/25	Wednesday	Heat	Hot and Cold	Thermometers, Heat Transfer	Concepts of hotness and measurement of temperature.
23/05/25	Friday	Heat	Modes of Transfer	Conduction, Convection, Radiation	How heat moves through solids, liquids, gases.

26/05/25	Monday	Acids, Bases and Salts	Indicators	Natural & Synthetic Indicators	How to identify acids and bases.
28/05/25	Wednesday	Acids, Bases and Salts	Neutralisation	Reaction, Applications	Neutralisation reactions in daily life.
30/05/25	Friday	Physical and Chemical Changes	Physical vs Chemical	Definitions, Examples	Comparison and examples of changes.
02/06/25	Monday	Physical and Chemical Changes	Rusting and Crystallization	Conditions, Prevention, Crystal Formation	Rusting and methods of forming crystals.
04/06/25	Wednesday	Weather, Climate & Adaptations	Weather & Climate	Factors, Instruments	Weather elements and climate comparison.
06/06/25	Friday	Weather, Climate & Adaptations	Animal Adaptations	Polar & Tropical Animals	How animals adapt to cold and hot regions.
09/06/25	Monday	Winds, Storms and Cyclones	Air Pressure & Wind	Air Exerts Pressure, Movement of Air	Understanding air movement and pressure.
11/06/25	Wednesday	Winds, Storms and Cyclones	Storms and Cyclones	Thunderstorms, Cyclone Formation, Safety	Formation and impact of storms, safety tips.
13/06/25	Friday	Soil	Soil Profile	Layers – Horizon A, B, C	Structure and types of soil layers.
16/06/25	Monday	Soil	Types and Properties	Percolation, Moisture	Types of soil and water holding capacity.
18/06/25	Wednesday	Respiration in Organisms	Breathing vs Respiration	Aerobic & Anaerobic	Concept and differences between breathing and respiration.
20/06/25	Friday	Respiration in Organisms	Human Respiratory System	Organs, Exchange of Gases	Path of air and gas exchange in humans.

23/06/25	Monday	Respiration in Organisms	Respiration in Other Animals	Insects, Earthworm, Fish	How different animals respire.
25/06/25	Wednesday	Transportation in Animals & Plants	Circulatory System	Blood, Heart, Blood Vessels	Transport system in animals.
27/06/25	Friday	Transportation in Animals & Plants	Excretion in Animals	Organs, Human Urinary System	How waste is removed in animals.
30/06/25	Monday	Transportation in Animals & Plants	Transport in Plants	Water, Minerals, Transpiration	Movement of materials in plants.
02/07/25	Wednesday	Reproduction in Plants	Modes of Reproduction	Asexual, Sexual	Introduction to how plants reproduce.
04/07/25	Friday	Reproduction in Plants	Asexual Reproduction	Budding, Fragmentation, Spore Formation	Various types of asexual reproduction in plants.
07/07/25	Monday	Reproduction in Plants	Sexual Reproduction	Flower Structure, Pollination, Fertilization	Detailed explanation of reproduction through flowers.
09/07/25	Wednesday	Motion and Time	Measuring Motion	Distance, Time, Speed	Introduction to motion and measuring speed.
11/07/25	Friday	Motion and Time	Types of Motion	Rectilinear, Circular, Periodic	Understanding various types of motion.
14/07/25	Monday	Motion and Time	Time Measurement	Simple Pendulum, Time Period	How time is measured using pendulums.
16/07/25	Wednesday	Electric Current and Its Effects	Basics of Electricity	Circuit, Components, Symbols	Introduction to electric circuits and symbols.
18/07/25	Friday	Electric Current and Its Effects	Effects of Electric Current	Heating, Magnetic Effect	Understanding effects of electricity.

21/07/25	Monday	Electric Current and Its Effects	Electric Bell	Working Mechanism	Explanation of how an electric bell works.
23/07/25	Wednesday	Light	Reflection of Light	Laws, Mirrors, Image Formation	Understanding how light reflects.
25/07/25	Friday	Light	Types of Mirrors and Lenses	Concave, Convex, Uses	Types of mirrors and lenses and their daily applications.
28/07/25	Monday	Light	Dispersion and Eyes	Spectrum, Human Eye	How white light splits and basics of human vision.
30/07/25	Wednesday	Forests: Our Lifeline	Structure and Layers	Canopy, Understory, Forest Floor	Forest ecosystem and layers.
01/08/25	Friday	Forests: Our Lifeline	Importance of Forests	Role in Environment, Conservation	Forests' benefits and how to protect them.
04/08/25	Monday	Wastewater Story	Sewage and Wastewater	Composition, Sources	Introduction to sewage and its components.
06/08/25	Wednesday	Wastewater Story	Treatment and Disposal	Treatment Plants, Sanitation	How wastewater is cleaned and managed.
08/08/25	Friday	Wastewater Story	Sanitation and Hygiene	Toilets, Hygiene Practices	Importance of cleanliness and proper sanitation.
11/08/25	Monday	Revision – Nutrition in Plants	Full Chapter	Summary & MCQs	Quick recap and revision questions.
13/08/25	Wednesday	Revision – Nutrition in Animals	Full Chapter	Summary & MCQs	Full revision of chapter with practice.
15/08/25	Friday	Independence Day (Holiday)	–	–	–
18/08/25	Monday	Revision – Fibre to Fabric & Heat	Combined Revision	Key Concepts, Practice	Revisiting concepts and solving questions.

20/08/25	Wednesday	Revision – Weather & Winds	Combined Revision	MCQs, Short Answer Practice	Practice on weather, climate, cyclones.
22/08/25	Friday	Revision – Respiration & Transportation	Combined Revision	Diagrams, Q&A Practice	Covering human body processes thoroughly.
25/08/25	Monday	Full Syllabus Test – Part 1	Chapters 1–8	Objective + Descriptive	First part of full syllabus assessment.
27/08/25	Wednesday	Full Syllabus Test – Part 2	Chapters 9–18	Objective + Descriptive	Second part of complete assessment.
29/08/25	Friday	Final Review + Doubt Session	Mixed Chapters	Student Questions, Clarifications	Open session for doubt clearance and final tips.
30/08/25	Saturday	Backup/Project Day (Optional)	Activity or Recap	Science Model / Chart / Oral Test	Optional class for backup or projects.