

# **EASY SCIENCE 7**

## **SCHEME OF WORK**

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Unit name and number	Days	Classwork	Page Number	Homework	Page Number
1 <b>Plant Systems</b>	1-6	Read introduction, root system till osmosis.	1-4	Revision	1-4
		Start exercise.	10-11	Revision	4-11
		Read transpiration till comparison between photosynthesis and respiration.	4-9		
		Complete exercise.	10-11		
2 <b>Human Respiratory and Circulatory System</b>	7-12	Read introduction, respiration and respiratory system.	12-16	Revision	12-16
		Start exercise	22-23	Revision	16-23
		Read the circulatory system till blood circulation.	16-21		
		Complete exercise	22-23		
3 <b>Immunity and diseases</b>	13-18	Read Introduction, pathogens till pathogens and diseases	24-30	Revision	24-30
		Start exercise	36-37	Revision	31-37
		Read defence against diseases, the immune system till some ways communities of people can help spread can help in avoiding spread of infectious diseases.	31-35		
		Complete exercise.	36-37		

# منصوبہ سبق

صفحہ نمبر	گھر کا کام	صفحہ نمبر	جماعت کا کام	دن	سبق کا نام اور نمبر
1-4	Revision	1-4	root کے بعد Introduction of osmosis and system	1-6	۱ پودوں کا نظام
4-11	Revision	10-11	مشق شروع کیجیے		
		4-9	transpiration comparison between photosynthesis and respiration		
		10-11	مشق مکمل کیجیے		
12-16	Revision	12-16	introduction, respiration and respiratory system	7-12	۲ انسانی تنفس اور خون کی گردش کا نظام
16-23	Revision	22-23	مشق شروع کیجیے		
		16-21	the circulatory system		
		22-23	blood circulation		
24-30	Revision	24-30	patho- Introduction of pathogens and gens	13-18	۳ باب قوت مدافعت اور بیماریاں
31-37	Revision	36-37	defence against the diseases, some immune system		
		31-35	ways communities of people can help spread can help in avoiding spread of infectious		
		36-37	diseases		
			مشق مکمل کیجیے		

<b>4</b> <b>Structure of an atom</b>	19-24	Read introduction, atomic number till the arrangement of electrons.	1-4	Revision	38-40
		Start exercise	10-11		
		Read the periodic table till period.	4-9	Revision	41-43
		Complete exercise.	10-11		
<b>5</b> <b>Physical and Chemical Changes</b>	25-30	Read introduction, physical change till differences between a physical and chemical change.	46-47	Revision	46-47
		Start exercise.	52-53	Revision To discuss at home measures to keep metals from tarnishing	47-53
		Read oxidation till effects of combustion on the environment.	47-51		
		Complete exercise.	52-53		
<b>6</b> <b>Chemical Bonds</b>	31-36	Read introduction, molecules and chemical formulas till chemical bonds ionic and covalent.	54 – 57	Revision	54-57
		Start exercise.	60-61	Revision	57-61
		Read covalent bond types and examples of covalent bond types.	57-59		
		Complete exercise.	60-61		

38-40	Revision	1-4	کے بعد Introduction atomic number the arrangement of electrons تک پڑھیے۔	19-24	۲ ایٹم کی ساخت
41-43	Revision	10-11	مشق شروع کیجیے۔		
		4-9	the periodic table کے بعد period تک پڑھیے۔		
		10-11	مشق مکمل کیجیے۔		
46-47	Revision	46-47	کے بعد Introduction physical change differences between a physical and chemical change تک پڑھیے۔		
47-53	Revision To discuss at home measures to keep metals from tarnishing	52-53	مشق شروع کیجیے۔	25-30	۵ طبیعی اور کیمیائی تبدیلیاں
		47-51	effects of oxidation of combustion on the environment تک پڑھیے۔		
		52-53	مشق مکمل کیجیے۔		
54-57	Revision	54 – 57	کے بعد Introduction molecules and chemical formulas chemical bonds ionic and covalent تک پڑھیے۔		
57-61	Revision	60-61	مشق شروع کیجیے۔	31-36	۶ کیمیکل بانڈ
		57-59	covalent bond types and examples of covalent bond types تک پڑھیے۔		
		60-61	مشق مکمل کیجیے۔		

<b>7</b> <b>Solutions</b>	37-42	Read introduction, concentrated and dilute solutions.	62-63	Revision	62-65
		Start exercise.	68-69		
		Read factors affecting solubility till ways to accelerate the process of dissolving materials.	63-67	Revision	65-69
		Complete exercise.	68-69		
<b>8</b> <b>Force and Motion</b>	43-48	Read introduction, contact forces till spring force.	70-71	Revision	65-69
		Start exercise.	80-81		
		Read non-contact forces till conclusion.	72-79	Revision	72-81
		Complete exercise.	80-81		
<b>9</b> <b>Waves and Energy</b>	49-54	Read introduction, waves, water waves, mechanical waves till difference between longitudinal and transverse waves.	82-86	Revision	82-86
		Start exercise.	90-91		
		Read sound waves till the speed of sound and light.	86-89	Revision	86-91
		Complete exercise.	90-91		

62-65	Revision	62 – 63	Introduction concentrated and dilute solutions تک پڑھیے۔		
65-69	Revision	68-69	مشق شروع کیجیے۔	37- 42	7 سلوشنز
		63 – 67	factors affecting ways to $\leftarrow$ solubility accelerate the process of dissolving materials تک پڑھیے۔		
		68-69	مشق مکمل کیجیے۔		
65-69	Revision	70 – 71	Introduction spring $\leftarrow$ contact forces تک پڑھیے۔		
72-81	Revision	80-81	مشق شروع کیجیے۔	43-48	8 قوت اور حرکت
		72-79	$\leftarrow$ non-contact forces تک پڑھیے۔ conclusion		
		80-81	مشق مکمل کیجیے۔		
82-86	Revision	82 – 86	Introduction waves, water waves, $\leftarrow$ mechanical waves difference between longitudinal and transverse waves تک پڑھیے۔		
86-91	Revision	90 – 91	مشق شروع کیجیے۔	49-54	9 توانائی (انرجی) اور دیویز
		86 – 89	the $\leftarrow$ sound waves speed of sound and light تک پڑھیے۔		
		90-91	مشق مکمل کیجیے۔		

<b>10</b> <b>Heat and Temperature</b>	55-60	Read introduction, heat and temperature till mass is conserved.	92-95	Revision	92-94
		Start exercise.	102-103		
		Read transfer of heat till double glazing.	95-101		94-103
		Complete exercise.	102-103		
<b>11</b> <b>The Universe</b>	61-67	Read introduction, mass and weight till tides.	104-108	Revision	104-108
		Start exercise.	112-113		108-113
		Read day and night changes till constellations.	108-111		
		Complete exercise.	112-113		
<b>12</b> <b>Technology In Everyday Life</b>	68-till completion of activities	Read introduction, a simple irrigation system till making of jam.	114-118	Revision To share learnings with family and to plan the same activities for home	114-118
		Start exercise.	120		118-120
		Read technology in health till making a sanitizer.	118-119		
		Complete exercise.	120		

92-94	Revision	92-95	Heat کے بعد Introduction سے and temperature تک mass is conserved پڑھیے۔	55-60	۱۰ گرمی اور درجہ حرارت
94-103	Revision	102-103	مشق شروع کیجیے۔		
		95-101	transfer of heat تک پڑھیے۔		
		102-103	مشق کامل کیجیے۔		
104-108	Revision	104-108	mass کے بعد Introduction تک tides سے and weight پڑھیے۔		
108-113	Revision	112-113	مشق شروع کیجیے۔	61-67	۱۱ زمین اور خلاء
		108-111	day and night changes تک constellations سے پڑھیے۔		
		112-113	مشق کامل کیجیے۔		
114-118	Revision To share learnings with family and to plan the same activities for home	114-118	a بعد Introduction simple irrigation system تک making of jam سے پڑھیے۔	68-till completion of activities	۱۲ روزمرہ کی زندگی اور ٹیکنالوژی
118-120	Revision To share learnings with family and to plan the same activities for home	120	مشق شروع کیجیے۔		
		118-119	technology in health تک making a sanitizer پڑھیے۔		
		120	مشق کامل کیجیے۔		