

EASY SCIENCE 7

SCHEME OF WORK

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Unit name and number	Days	Classwork	Page Number	Homework	Page Number
1 Plant Systems	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 Human Respiratory and Circulatory System	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 Immunity and diseases	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

سبق کا نام اور نمبر	دن	جماعت کا کام	صفحہ نمبر	گھر کا کام	صفحہ نمبر
سبق کا نام اور نمبر	1-6	Introduction کے بعد root سے osmosis تک system پڑھیے۔	1-4	Revision	1-4
		مشق شروع کیجیے	10-11	Revision	4-11
		transpiration سے comparison between photosynthesis and respiration تک پڑھیے	4-9		
		مشق مکمل کیجیے۔	10-11		
سبق کا نام اور نمبر	7-12	introduction, respiration and respiratory system پڑھیے۔	12-16	Revision	12-16
		مشق شروع کیجیے	22-23	Revision	16-23
		the circulatory system سے blood circulation تک پڑھیے	16-21		
		مشق مکمل کیجیے۔	22-23		
سبق کا نام اور نمبر	13-18	Introduction کے بعد patho- gens سے diseases تک پڑھیے۔	24-30	Revision	24-30
		مشق شروع کیجیے	36-37	Revision	31-37
		defence against the diseases, some immune system ways communities of people can help spread can help in avoiding spread of infectious diseases تک پڑھیے۔	31-35		
		مشق مکمل کیجیے۔	36-37		

4 Structure of an atom	19-24	Read introduction, atomic number till the arrangement of electrons.	1-4	Revision	38-40
		Start exercise	10-11	Revision	41-43
		Read the periodic table till period.	4-9		
		Complete exercise.	10-11		
5 Physical and Chemical Changes	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		
6 Chemical Bonds	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	Introduction کے بعد atomic number سے the arrangement of electrons تک پڑھیے۔	19-24	۴ ایٹم کی ساخت
41-43	Revision	10-11	مشق شروع کیجیے۔		
		4-9	the periodic table سے period تک پڑھیے۔		
		10-11	مشق مکمل کیجیے۔		
46-47	Revision	46-47	Introduction کے بعد physical change سے differences between a physical and chemical change تک پڑھیے۔	25-30	۵ طبعی اور کیمیائی تبدیلیاں
47-53	Revision To discuss at home measures to keep metals from tarnishing	52-53	مشق شروع کیجیے۔		
		47-51	oxidation سے effects of combustion on the environment تک پڑھیے۔		
		52-53	مشق مکمل کیجیے۔		
54-57	Revision	54 – 57	Introduction کے بعد molecules and chemical formulas سے chemical bonds ionic and covalent تک پڑھیے۔	31-36	۶ کیمیکل بانڈ
57-61	Revision	60-61	مشق شروع کیجیے۔		
		57-59	covalent bond types and examples of covalent bond types تک پڑھیے۔		
		60-61	مشق مکمل کیجیے۔		

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

62-65	Revision	62 – 63	Introduction کے بعد concentrated and dilute solutions تک پڑھیے۔	37- 42	۷ سلوشنز
65-69	Revision	68-69	مشق شروع کیجیے۔		
		63 – 67	factors affecting ways to ے solubility accelerate the process of dissolving materials تک پڑھیے۔		
		68-69	مشق مکمل کیجیے۔		
65-69	Revision	70 – 71	Introduction کے بعد spring سے contact forces force تک پڑھیے۔	43-48	۸ قوت اور حرکت
72-81	Revision	80-81	مشق شروع کیجیے۔		
		72-79	non-comtact forces سے conclusion تک پڑھیے۔		
		80-81	مشق مکمل کیجیے۔		
82-86	Revision	82 – 86	Introduction کے بعد waves, water waves, ے mechanical waves difference between longitudinal and transverse waves تک پڑھیے۔	49-54	۹ توانائی (انرجی) اور ویوز
86-91	Revision	90 – 91	مشق شروع کیجیے۔		
		86 – 89	the سے sound waves speed of sound and light تک پڑھیے۔		
		90-91	مشق مکمل کیجیے۔		

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

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