

Class 7 (Pre-Foundation + CBSE Board)

Foundation Course Planner

PHYSICS

- 1. Measurement
- 2. Motion
- 3. Force and Pressure
- 4. Heat
- 5. Light
- 6. Electricity
- 7. Sound

CHEMISTRY

- 1. Classification of Matter
- 2. Fundamental Concepts of Chemistry
- 3. Acids, Bases and Salts
- 4. Air and its Components
- 5. Water and its Management
- 6. Atomic Structure
- 7. Chemistry in Everyday Life
- 8. Fibre to Fabric

BIOLOGY

- 1. Nutrition in Plants and Animals
- 2. Organization and Movement in Living Organisms
- 3. Respiration in Plants and Animals
- 4. Transportation and Excretion
- 5. Our Forests
- 6. Weather, Climate and Adaptations in Animals
- 7. Water: A Precious Resource
- 8. Waste Water Management
- 9. Soil
- 10. Reproduction in Plants

MATHS

- 1. Number Systems
- 2. Number Theory
- 3. Set Theory
- 4. Arithmetic
- 5. Algebra
- 6. Geometry
- 7. Mensuration
- 8. Statistics and Probability
- 9. Symmetry

MENTAL ABILITY

1. Number Series
2. Number Oddman
3. Number Analogies
4. Coding and Decoding

CBSE Board Course Planner

SCIENCE AND MATHS

PHYSICS

- 1. The Ever-Evolving World of Science
- 2. Electricity: Circuits and their Components
- 3. Heat Transfer in Nature
- 4. Measurement of Time and Motion
- 5. Light: Shadows and Reflections
- 6. Earth, Moon, and the Sun

CHEMISTRY

- 1. Exploring Substances: Acidic, Basic, and Neutral
- 2. The World of Metals and Non-metals
- 3. Changes Around Us: Physical and Chemical

BIOLOGY

- 1. Adolescence: A Stage of Growth and Change
- 2. Life Processes in Animals
- 3. Life Processes in Plants

MATHS

- 1. Large Numbers Around Us
- 2. Arithmetic Expressions
- 3. A Peek Beyond the Point
- 4. Expressions using Letter-Numbers
- 5. Parallel and Intersecting Lines
- 6. Number Play
- 7. A Tale of Three Intersecting Lines
- 8. Working with Fractions
- 9. Geometric Twins
- 10. Operations with Integers
- 11. Finding Common Ground
- 12. Another Peek Beyond the Point
- 13. Connecting the Dots...
- 14. Constructions and Tilings
- 15. Finding the Unknown

ENGLISH

POORVI

Unit 1 : Learning Together

- 1. The Day the River Spoke
- 2. Try Again
- 3. Three Days to See

Unit 2 : Wit and Humour

- 4. Animals, Birds, and Dr. Dolittle
- 5. A Funny Man
- 6. Say the Right Thing

Unit 3 : Dreams and Discoveries

- 7. My Brother's Great Invention
- 8. Paper Boats
- 9. North, South, East, West

Unit 4 : Travel and Adventure

- 10. The Tunnel
- 11. Travel
- 12. Conquering the Summit

Unit 5: Science and Curiosity

- 13. A Homage to Our Brave Soldiers
- 14. My Dear Soldiers
- 15. Rani Abbakka

READING

- 1. Unseen Passages

WRITING

- 1. Notice Writing
- 2. Message Writing
- 3. E-Mail Writing
- 4. Paragraph Writing
- 5. Diary Entry
- 6. Story Writing
- 7. Article Writing
- 8. Speech Writing
- 9. Letter Writing

GRAMMAR

- 1. The Sentence
- 2. Noun
- 3. Pronoun
- 4. Adjective
- 5. Verbs
- 6. Adverbs
- 7. Preposition
- 8. Conjunctions or Sentence Connectors
- 9. Tenses
- 10. Subject Verb-Agreement
- 11. Modals
- 12. Determiners
- 13. Voice
- 14. Narration
- 15. Word Power

SOCIAL SCIENCE

Theme A — India and the World: Land and the People

- 1. Geographical Diversity of India
- 2. Understanding the Weather
- 3. Climates of India
- 4. The Story of Indian Farming
- 5. India and Her Neighbours

Theme B — Tapestry of the Past

- 6. New Beginnings: Cities and States
- 7. The Rise of Empires
- 8. The Age of Reorganisation
- 9. The Gupta Era: An Age of Tireless Creativity
- 10. Empires and Kingdoms: 6th to 10th Centuries
- 11. Turning Tides: 11th and 12th Centuries

Theme C — Our Cultural Heritage and Knowledge Traditions

- 12. How the Land Becomes Sacred
- 13. India, a Home to Many

Theme D — Governance and Democracy

- 14. From the Rulers to the Ruled: Types of Governments
- 15. The Constitution of India — An Introduction
- 16. The State, the Government, and You

Theme E — Economic Life Around Us

- 17. From Barter to Money
- 18. Understanding Markets
- 19. Infrastructure: Engine of India's Development
- 20. Banks and the Magic of Finance