

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
NANI NAROLI
SPLIT-UP SYLLABUS - 2026-2027

Std : VII Tapi & Narmada

SUB:ENGLISH

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic Tests	Activities
1	April 2026	Poorvi 7 - Unit 1: Learning Together L1. The Day the River Spoke P1. Try Again L2. Three Days to See Grammar: L. 1, 2, 3 & 4	7 3 7 7	24		Pair Learning: Crosswords Listening Skill: Pg. 24 Writing Skill: Letter Writing Holiday Homework (Art Integrated: Make a Spider web)
2	June 2026	Writing Skill: Poster Making Grammar: L. 5, 6 & 7 Poorvi 7 - Unit 2: Wit and Humour L3. Animals, Birds, and Dr. Dolittle Revision for PT 1	3 7 7 5	22		Writing Skill: Poster Making – Public Awareness - Beti Bachao Beti Padhao
3	July 2026	Writing Skill: Revision of Class6 + E-mail Poorvi 7 - Unit 2: Wit and Humour P2. A Funny Man L4. Say the Right Thing Grammar: L. 8, 9, 10 & 11	7 3 7 10	27	PT – I Unit 1: Learning Together Grammar: L. 1 to L6 Writing Skill: Poster Making	Writing a Poem (Limerick – a funny verse consisting of five lines)
4	August 2026	Poorvi 7 - Unit 3: Dreams and Discoveries L5. My Brother's Great Invention P3. Paper Boats Writing Skill: Article Writing ASL – Assessment in pairs (Term I) Revision for Term-I Exam.	7 3 3 7 3	23		Story Writing – What Next ... Art Integrated Activity: Paper Boat(Origami) Eco-Friendly Craft
5	September 2026	Revision for Term-I Exam Term I Exam. Poorvi 7 - Unit 3: Dreams and Discoveries L6. North, South, East, West	5 15 4	24	TERM-I Unit 1, 2 & Unit 3 (L5 & P3) Grammar: L 1 to L 10	Public Interview: (People from various states) What do you know about – Incredible India ?

Name & Sign of Subject Teacher.:

Mr. Vaibhav Agarwal
(Principal)

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Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic assessment	Activities
6	October 2026	Grammar: L. 12, 13, & 14 Poorvi 7 - Unit 4: Travel and Adventure L7. The Tunnel P4. Travel Grammar: L. 15, 16 & 17	7 7 3 6	23		Picture Album: History of Indian Railways Aatal Tunnel – PPT
7	November 2026	Revision for PT-2	6	6		
8	December 2026	Poorvi 7 - Unit 4: Travel and Adventure L8. Conquering the Summit Poorvi 7 - Unit 5: Bravehearts L9. A Homage to Our Brave Soldiers Grammar: L. 18 & 19 Writing Skill – Dialogue Writing	7 7 10 2	26	PT-II Unit 3: L.6 Unit 4: L7 & P4 Grammar: L. 11 to 15	Biography Writing: Bachendri Pal, Arunima, Lance Naik Albert Ekka, Major Padmapani Acharya, Captain Anuj Nayyar
9	January 2027	Poorvi 7 - Unit 5: Bravehearts P5. My Dear Soldiers L10. Rani Abbakka Grammar: L. 20, 21 & 23 Writing Skill: Story Writing(Visual Input)	3 7 10 2	22		Brave Women of India: Presentation – PPT
10	February 2027	ASL – Assessment in pairs (Term II) Revision for Term II Term II Exam	9 10 5	24	TERM – II	
11	March 2027	Term II Exam Result Preparation Session Break	9 7 7	23	Unit 3: L6, Unit 4 & Unit 5 Grammar : L11 to 21 & 23	

Name & Sign of Subject Teacher. :

Mr. Vaibhav Agarwal
(Principal)

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY

NANI NAROLI

SPLIT – UP SYLLABUS – 2026-2027

STD: VII

SUB:HINDI

Sr. No.	Month	No. & Name of chapter & short form of book (if applicable)	Days required	Working days	Portion for Term exam & Periodic assessment	Activities
1	APRIL	१.माँ , कह एक कहानी २. तीन बुद्धिमान ५.शब्द भंडार (स.व्या.) अनुच्छेद लेखन , Revision	24	24		किसी उपवन का चित्र बनाना बुद्धिमानी की एक और कहानी कक्षा में सुनाना
2	MAY	Revision, SUMMER VACATION	00	00		
3	JUNE	३.फुल और काँटा ६.उपसर्ग-प्रत्यय(स.व्या.) पत्रलेखन Revision PT - 1	22	22		प्रकृति के संरक्षण में स्लोगन लेखन
4	JULY	४.पानी रे पानी ५. नहीं होना बीमार ९.संज्ञा के विकारक तत्व-कारक १२.क्रिया चित्र वर्णन	27	27	PT - 1 पाठ: १, २ ५.शब्द भंडार (स.व्या.) ६.उपसर्ग-प्रत्यय(स.व्या.) अनुच्छेद लेखन, पत्रलेखन	जलचक्र का चित्र बनाना स्वस्थ जीवन शैली अपनाने पर विचार प्रस्तुति स्वच्छता तथा स्वास्थ्य पर स्लोगन लेखन
5	AUGUST	६. गिरिधर कविराय की कुण्डलियाँ संवादलेखन Revision- Term- 1	23	23		Cybercrime.gov.com से जानकारी प्राप्त करना की इंटरनेट के फायदे तथा नुकसान
6	SEPTEMBER	ई-मेल Revision & Term Assessment – 1	24	24	Term Assessment – 1 पाठ: १ से ५ व्या:पाठ :५,६,९,१२,१८ अनुच्छेद लेखन, पत्रलेखन, संवादलेखन,चित्र वर्णन	

Name & sign of Subject Teacher: Ms. Jyotsana

Mr. Vaibhav Agarwal
Principal

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STD: VII

Sr. No.	Month	No. & Name of chapter & short form of book (if applicable)	Days required	Working days	Portion for Term exam & Periodic assessment	Completed, if not or continue, kindly mention reason
7	October	७. वर्षा बहार ८. बिरजू महाराज के साक्षात्कार १३. काल (स.व्या.) १९. संवादलेखन	23	23		भारतीय ऋतुओं का चार्ट बनाना भारत के मानचित्र में राज्यानुसार शास्त्रीय एवं लोकनृत्य दर्शाना
8	November	Revision- PT - 2	06	06		
9	December	९. चिड़िया १५. अविकारी शब्द (स.व्या.) १७. विरामचिह्न (स.व्या.)	26	26	PT - 2 पाठ: ६, ७ १३. काल (स.व्या.) १५. अविकारी शब्द (स.व्या.) संवादलेखन, अनुच्छेद लेखन	इन्टरनेट के माध्यम से प्रवासी पक्षियों के बारे में जानकारी एकत्रित करना
10	January	१०. मीरा के पद २८. नारा लेखन ३१. सन्देश लेखन	22	22		इन्टरनेट की सहायता से सावन में गाए जाने वाले गीतों को ढूँढना
11	February	१८. मुहावरे (स.व्या.) Revision- Term – 2	24	24		
12	March	Term Assessment – 2	23	23	Term Assessment – 2 पाठ: ६ से १० व्या: १३, १५, १७, १८ ई-मेल, नारा लेखन, सन्देश लेखन, अनुच्छेद लेखन	

Name & sign of Subject Teacher: Ms. Jyotsana

Mr. Vaibhav Agarwal
Principal

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
NANI NAROLI
SPLIT-UP SYLLABUS – 2026-27

Std : VII –Tapi & Narmada

SUB:MATHEMATICS

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Activities	Portion for Term Exam & Periodic assessment
1	April'26	Chapter1 : Large Numbers Around Us Chapter2: Arithmetic Expressions	11 13	24	Collect the fascinating facts about large numbers Make toothpick puzzles	
2	June'26	Chapter 3: A Peak Beyond The Point Chapter 4: Expressions Using Letter-Numbers	11 12	22	Make expressions using given digits(expression engineer) Algebraic expressions using match sticks.	
3	July'26	Chapter 5: Parallel and Intersecting Lines Chapter 6 : Number Play	13 14	27	Number patterns in the calender Create parallel illusion	PT I Ch- 1,2,3,4
4	August'26	Chapter 7: A Tale Of Three Intersecting Lines Chapter 8: Working With Fractions	10 13	23	Find magic squares in the history and culture	
5	September '26	Revision for Term 1 TERM I Examination	24	24		Term I Ch- 1 to 8

Name of Subject Teacher & Sign. :
Mrs. Jyoti Rami

Mr. Vaibhav Agarwal
(Principal)

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SPLIT-UP SYLLABUS – 2026-27

Std : VII : Tapi & Narmada

SUB: MATHEMATICS

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Activities	Portion for Term Exam & Periodic assessment
6	Oct'26	Chapter 1: Geometric Twins Chapter 2: Operations with Integers	12 11	23	Creating and playing the game Terhuchu(board game)	
7	Nov'26	Chapter 7: Finding The Unknowns	06	06	Real life project on Congruency of triangle	
8	Dec'26	Chapter 3: Finding Common Ground Chapter 4: Another Peak Beyond the Point	13 13	26	Properties of numbers Make and play Hidato puzzle	PT II Ch- 1, 2, 7
9	Jan'27	Chapter 5: Connecting the Dots Chapter 6: Constructions and Tiling	11 11	22	Create tessellation using different polygons Tangram figures	
10	Feb'27	Revision For Term II	24	24		Term II Ch- 1 to 7
11	Mar'27	Term–II-Examination	23	23		

Name of Subject Teacher & Sign. :
 Mrs. Jyoti Rami

Mr. Vaibhav Agarwal
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GUJARATI CLASS VII [TERM: I]

Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Period required	Period Allotted	Portion for Term Exam & Periodic assessment	Activities
April/May	Chapter No.1to3 & Nibandhalekhan,	3/3/2/2	10		ચિત્ર વર્ણન
June	Chapter No.4 & 5 Vyakaran & Chitravarnan Revision & ARTHAGRAHAN	2/2/2	6		સંરચનાત્મક લેખન
July	Chapter No.6,Gaddhalekha , Visheshan & Purva-Parpratyay,	3/3/3	9	PT:I :-chap.no.1 to 5 Vyakaran & સંરચનાત્મક લેખન	નાટ્યસારાંશ
August	Chap.No.7 & 8 Natyasaransh, Patralekhan	3/2/2	7		કવિતા ગાન
September	Revision TERM.I EXAM	2	2	TERM:I:-ch. 1 to 8 Vyakaran & સંરચનાત્મક લેખન	શ્રવણ કૌશલ્ય

GUJARATI CLASS VII [TERM : II]

Oct./Nov.	Chapter No.9 to 12; Patralekhan, Vyakaran & Revision	2/2/2/2 & 2	8 & 2		પત્ર લેખન
December	Chap.No.13, Nibandhalekhan Revision	3/2/1	6	PT:II :-chap.no.9 to 12 Vyakaran & સંરચનાત્મક લેખન	કવિતા ગાન
January	Ch.No.14 & 15, Revision ARTHAGRAHAN	4/4	8		સંરચનાત્મક લેખન
February	Sanvad lekhan & vakya ane vakya prakar & જોડણી અને તેના નિયમ Revision TERM.II EXAM	1/5	6	TERM:II: Chap.no. 3, 6, 9 to 16 Vyakaran & સંરચનાત્મક લેખન	સંવાદ લેખન
March	TERM.II EXAM				--

Mrs. Payal Rathod
Subject Teacher

Mr. Vaibhav Agarwal
Principal

**BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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Std : VII

SUB: Science

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Practicals	Completed, if not or continue, kindly mention reason
1	April	Ch.1. The Ever-Evolving World of Science Ch.2. Exploring Substances: Acidic, Basic and Neutral (cont..)	23	23	Act.2.1. Litmus as an indicator	
2	May		00	00		
3	June	Ch.2. Exploring Substances: Acidic, Basic and Neutral (cont..)	17	17	Act.2.3. Red rose indicator Act.2.5. Turmeric indicator Act.2.7. Neutralisation	
4	July	Ch.3. Electricity: Circuits and their Components Ch.4. The World of Metals and Non-metals	27	27	Act.3.11. Identifying Conductors/ Insulators Act.4.3,4.4- Conduction of heat and electricity	
5	August	Ch.5. Changes Around Us: Physical and Chemical Ch.6. Adolescence: A Stage of Growth and Change	23	23	Act.5.3,5.4. Chemical change Act.5.5,5.6. Combustion Act.6.1. Growing with Age	
6	September	I Term Exam.	24	24	Ch.1 to 6	

Name of Subject Teacher & Sign. : B.K.Gupta

Mr. Vaibhav Agarwal
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Std : VII

SUB: Science

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Practicals	Completed, if not or continue, kindly mention reason
7	October	Ch.7. Heat Transfer in Nature Ch.8. Measurement of Time and Motion (cont..)	23	23	Act.7.1. Conduction of Heat Act.7.2. Convection Act.8.2. Time Period of a pendulum	
8	November	Ch.8. Measurement of Time and Motion (cont..)	06	06	-----	
9	December	Ch.9. Life Processes in Animals	26	26	Act.9.1. Action of Saliva on Starch Act.9.3. What do we breathe out?	
10	January	Ch.10. Life Processes in Plants Ch.11. Light: Shadows and Reflections (cont...)	22	22	Act.10.7. Transport in plants Act.11.1,11.2. Light travels in a straight line	
11	February	Ch.11. Light: Shadows and Reflections Ch.12. Earth, Moon and the Sun	24	24	Act.11.5.,11.6. Reflection of light. Act.11.10. Pinhole camera	
12	March	Final Exam.	23	23	Ch.3, 7 to 12	

Name of Subject Teacher & Sign. : B.K.Gupta

Mr. Vaibhav Agarwal
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BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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Std : VII

SUB: Computer

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic assessment	Completed, if not or continue, kindly mention reason
1	April	Chapter 1 Digital Defender Chapter 4 The Language of Bot	10 08	24		
2	May		00	00	--	--
3	June	Chapter 2 Function Junction in Excel Revision PT-I	15 03	22		
4	July	Chapter 3 Graphical Excellence in Excel	20	27	PT – I Ch- 1, 2 & 4 01/07/2026	
5	August	Chapter 5 Circuit Drawing using Tinkercad Chp 10 Introduction to App Development	10 08	23		
6	September	Revision for Term 1 Exam	10	24	Term I Exam Ch – 1, 2, 3, 4 & 5 18/09/2025	

Name of Subject Teacher & Sign. : Mrs. Manjula S Panicker

Mr. Vaibhav Agarwal
Principal

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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Std : VII

SUB: Computer

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic assessment	Completed, if not or continue, kindly mention reason
7	October	Chp 6 Layers in Krita Chp 7 Krita in Motion	06 12	23		
8	November	Revision – PT II	06	06		
9	December	Revision – PT II Chp 8 Control Flow in Python	10 12	26	PT II Ch- 10, 6 & 7 01/12/2026	
10	January	Chp 8 Control Flow in Python Chp 9 HTML Trio: Lists, Tables, Images	08 10	22		
11	February	Revision for Term II Term II Exam	24	24	Term II Ch- 1,6, 7, 8, 9 & 10 27/02/2027	
12	March	Term II Exam	21	23		

Name of Subject Teacher & Sign. : Mrs. Manjula S Panicker

Mr. Vaibhav Agarwal
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BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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SPLIT-UP SYLLABUS - 2026 - 2027

Std : VII

SUB: SOCIAL SCIENCE

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic assessment	Pedagogies	Completed, if not or continue, kindly mention reason
1	April	Geog.Ch.1 -Geographical Diversity of India Hist.Ch.4 - New Beginnings: Cities and States	10 13	23		- Collect information about Great Himalayan National Park of Himachal Pradesh.	
2	May			-	-		-
3	June	Poli. Sci. Ch.9 - From the Rulers to the Ruled: Types of Governments Hist.Ch.5 - The Rise of Empires Eco.Ch.11 - From Barter to Money	7 8 8	23		- Role Play on various forms of government. - Toy making- model of archaeological source of the period. - Class room activity -Exchange of goods.	
4	July	Hist.6 - The Age of Reorganisation Geog.Ch.2 - Understanding the Weather Hist.Ch.7 - The Gupta Era: An Age of Tireless Creativity	9 9 9	27	PT I - Hist. – 4 & 5 Pol.Sci. – 9 Geog. – 1 Eco. - 11	- Map Work - Record Keeping – make a chart to record 10 days temperature of your city. - Contribution of Aryabhata	
5	August	Geog.Ch.3 - Climates of India Hist.Ch.8 - How the Land Becomes Sacred Pol.Sci.Ch.10 - The Constitution of India: An Introduction Eco.Ch.12 - Understanding Markets	6 5 6 6	23		- Project on any one natural calamity (sudden glacier burst in uttrakhand in 2013) - Interactive group activities – Any one sacred place visited - Mock Parliament and first constituent assembly - Inter disciplinary Activity (Maths & S.S) – Markets in Past & Present	
6	September	REVISION & I TERM EXAM	24	24	TERM I - Ch. 1 to 12		

Name of Subject Teacher & Sign. :

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Std : VII

SUB: SOCIAL SCIENCE

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Term Exam & Periodic assessment	Pedagogies	Completed, if not or continue, kindly mention reason
7	October	Geog.Ch.1- The Story of Indian Farming Hist.Ch.3- Empires and Kingdoms : 6 th to 10 th Centuries Eco.Ch.7- Infrastructure: Engine of India's Development	7 8 8	23		- Group Project – Traditional way & Modern methods of Farming - Vocabulary – 10 words in Sanskrit, regional language, Hindi & English - Talk – A day without mobile	
8	November	Eco.Ch.7- Infrastructure: engine of India's Development	9	09		- Talk – A day without mobile	
9	December	Hist.Ch.4- Turning Tides: 11 th and 12 th Century Pol.Sci.Ch.6- The State, the Government and You	6 10 10	26	PT II – Geog.Ch.- 1 Hist.Ch. – 3 Ec. Ch. - 7	- Story telling – What if any foreign invader invade India now a days? - Research – Working of State government & programs run for development	
10	January	Geog.Ch.2- India and Her Neighbours Hist.Ch.5- India, a Home to Many Eco.Ch.8- Banks and the Magic of Finance	7 8 7	22		- Map Work - Chart - India Home to Many – Indian Jews/Christian/Parsi/Arab/Portugese/French/Tibetan - Cloths/festivals/worship places - Visit to the Bank	
11	February	Revision for TERM II	24	24			
12	March	TERM II EXAM		23	TERM II Ch. 1 to 8		

Name of Subject Teacher & Sign. :

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Std : VII TAPI & NARMADA

SUB:ART EDUCATION

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Periods allotted	Portion for Term Exam & Periodic assessment	Completed, if not or continue, kindly mention reason
1	April	* Card Making * Wall hanging *Paper stencil-impression making *Design with Stencil * warli painting	8	8	-----	
2	May	Summer Vacation	---	----		
3	June	* Warli painting * Texture * Wall hanging * Monochromatic colours	8	8	-----	
4	July	* Stencil- spray painting * Reflection painting * Scrapping technique * Paper roll texture	9	9	-----	
5	August	*Silhouette painting * Blurring technique	8	8	-----	
6	September	* Pencil smudging technique	1	1	1. Stencil 2. Spray technique 3. Scrapping technique	

Name of Subject Teacher & Sign. : Ms.Nilima

Mr. Vaibhav Agarwal
Principal



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Std : VII TAPI & NARMADA

SUB:ART EDUCATION

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Periods allotted	Portion for Term Exam & Periodic assessment	Completed, if not or continue, kindly mention reason
7	October	* Pencil Shading –tint, tone , shade * Memory drawing	7	7	-----	
8	November	*Collage work	2	2	-----	
9	December	* Family picture *Girl feeding birds	9	9	-----	
10	January	* Nature drawing * Human sketches	5	5	-----	
11	February	* Human sketches	4	4	1. Collage work 2. Blow technique 3. Blurring Technique	
12	March	----	-----		-----	

Name of Subject Teacher & Sign. :Ms.Nilima

Mr. Vaibhav Agarwal
Principal

**BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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SPLIT -UP SYLLABUS – 2026-2027**

Std : VII NARMADA & TAPI

Sub : Music

Sr. No	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Periods Allotted	Portion for Term Exam & Periodic assessment	Completed, if not or continue, kindly mention reason
1	April	Congo Pattern & Alankars	04	04		
2	May	Summer Vacation	-	-		
3	June	Congo Pattern & Taal	03	03		
4	July	Raag Bhupali	04	04		
5	August	Prayer	04	04		
6	September	Term Exam-I & Revision	03	03	Alankars , Congo Pattern, Prayer Raag Bhupali	
8	November	Alankar	04	04		
9	December	Taal & Raag Revision	04	04		
10	January	Congo Pattern	04	04		
11	February	Revision & Assessment	03	03		
12	March	Term Exam - II	-	-	Taals, Prayer Congo Pattern Alankars	

Name of Subject Teacher & Sign.

Mr. Vaibhav Agarwal
Principal

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
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SPLIT-UP SYLLABUS - 2025-26

Std :VII

SUB: P.E

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Worksheet & Evaluation	Completed, if not or continue, kindly mention reason
1	April	Cricket (B & G) Table Tennis, Checkers Inter House Cricket-Boys, Carrom Inter House Cricket -Girls Yoga- Vajrasana, Trikonasana, Meditation Shuttle Run (B & G) VI to VIII	16	24		
2	May	Cricket Meditation Yoga- Vajrasana, Trikonasana,				
3	June	Basketball (B & G) Table Tennis, Yoga- Hast asana, Ardh Matsyendrasana Meditation, Carrom, Checkers Basket Ball Throw (B & G) VI to VIII	16	22		
4	July	Volley ball Theory of Kabaddi, Carrom, Checkers Yoga- Bhujangasana, Tadasana, Meditation Standing Broad jump (B & G) VI to VIII	16	27		
5	August	Football, Table Tennis, Carrom, Checkers Theory of Kabaddi Yoga- Paschimottasana, PavanMuktasana, Meditation	16	23		
6	September	Cricket-Boys, Volleyball, Throw ball -Girls Carrom, Checkers Yoga- Vajrasana, Trikonasana, Meditation	16	24	Term Evaluation	

Name of Subject Teacher & Sign. : **Mr. Shetal G. Patel**

Mr. Vaibhav Agarwal
Principal

BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY
NANI NAROLI
SPLIT-UP SYLLABUS - 2025-26

Std :VII

SUB:P.E

Sr. No.	Month	Name of Chapter & Chapter No. & Short form of book (if applicable)	Days required	Working Days	Portion for Worksheet & Evaluation	Completed, if not or continue, kindly mention reason
7	October	Inter House Tug of War Kabaddi, Theory of Kabaddi Yoga- Hastasana, Ardh, Matsyendrasana Meditation	16	23		
8	November	Inter House Throw ball(G) Inter House Volley Ball(B) Volley ball, Kabaddi, Meditation Theory of Kabaddi Yoga- Bhujangasana, Tadasana,	16	06		
9	December	Inter House Kabaddi (G & B) Football, Kabaddi, Theory of Kabaddi Yoga- Hastasana, Ardh, Matsyendrasana Meditation	16	26		
10	January	Kabaddi, Volley ball, Theory of Kabaddi Yoga- Bhujangasana, Tadasana, Meditation	16	22		
11	February	Basketball, Volley ball Yoga- Paschimottasana, PavanMuktasana, Meditation	16	24		
12	March	-----		23	Term Evaluation	

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