

WEEKLY PLAN Year 7 (SCIENCE)

Subject	Science	Mode of teaching
Class/ Division	Year 7 A-F	
Week	2 (6th Sept to 10th September)	
No. Of lessons	4	
Unit	Unit 7I	
Learning objectives	Bridge lesson – Teachers clear doubts and explain weak areas in various topics of the previous year based on the baseline test. Unit 7I How our bodies use energy in our everyday life. Transfer of energy in different forms	
Lesson 1	Bridge lesson	Zoom Session
Lesson 2	Chapter 7Ia – Energy and Changes Learning outcome – <ul style="list-style-type: none"> • Recall that our bodies need energy which we get from food. • Explain why different people need different amount of energy from food. • Recall that the units for measuring energy is Joules(J) and Kilojoules(KJ) 1.Text book Exploring Science (Active Learn) Page133 2.Work sheets 7Ia-6 “Energy and you ” (HW)	Zoom session
Lesson 3	Chapter 7Ib – Energy Transfers and Stores Learning outcome – <ul style="list-style-type: none"> • Describe the different ways in which energy is transferred. • Describe different ways in which energy is stored. • Recall the law of conservation of energy. 1.Text book Exploring Science (Active Learn) 2 Ppt	Zoom session
Lesson 4	Note book work/ Work sheet - 7Ib-5 “Spotting the energies” Assignments to turn in immediatel Text book Exploring Science (Active Learn) Work Sheets	Google Classroom

Note: Students to answer all the text book questions in the note book.