

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT - ENGLISH LANGUAGE

PRESCRIBED TEXT BOOK :CHARLES BAKER ENGLISH GRAMMAR AND COMPOSITION- 7

UNIT TEST - I (22nd June 2026 onwards)

TOTAL MARKS - 50		WEIGHTAGE: 31%	PASS MARKS - 17
SL NO	CHAPTER NO./TITLE	TOPICS	
1	Letter Writing	Informal (Unseen)	
2	Notice writing	School Events (Unseen)	
3	Comprehension	(Unseen passage)	
4	GRAMMAR		
5	Nouns:	Abstract, Concrete, Collective	
6	Pronouns:	Personal, Relative	
7	Adjectives	Degrees, Correct Usage	
8	Articles	Correct usage and Omission of Articles	
9	Tenses	Present and Past : Simple and Continuous	

HALF YEARLY (9 th September 2026 onwards)

TOTAL MARKS - 100		80(THEORY)	20(PROJECT)	WEIGHTAGE: 49% (THEORY), 20% (10% ELSA+ 10% ENG LANG ASSESSMENT)	SCALING DOWN FORMULA: UNIT TEST I(50) + HALF YEARLY THEORY (80) = 130 SCALED DOWN TO 80 (THEORY)	PASS MARKS: 33
1	Essays	Descriptive, Narrative				
2	Essays	Imaginative, Story writing				
3	Letter Writing: Informal	Informal (Unseen)				
4	Notice writing	School Events (Unseen)				
5	Comprehension	(Unseen passage)				
6	Verbs: Tenses	Present, Past, Future: Simple, Continuous, Perfect				
7	Modal Verbs					
8	Non- Finite Verbs	Infinitive, Gerunds, Participles				
9	Voice	Active and Passive Voice				
10	Conjunctions	Joining of Sentences using Conjunctions				
11	Prepositions					
12	Transformation of Sentences					
PROJECT TOPIC :	English Language Assessment and ELSA	As mentioned in the school calender				

UNIT TEST - II (27 th October 2026 onwards)

TOTAL MARKS - 50		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Letter Writing	Informal (Unseen)
2	Notice writing	School Events (Unseen)
3	Comprehension	(Unseen passage)
4	GRAMMAR	
5	Nouns:	Abstract, Concrete, Collective
6	Pronouns:	Personal, Relative
7	Adjectives	Degrees, Correct Usage
8	Articles	Correct usage and Omission of Articles
9	Tenses	Present and Past : Simple and Continuous
10	Narration	Direct and indirect Speech

ANNUAL (15th February 2027 onwards)

TOTAL MARKS - 100		80(THEORY)	20(PROJECT)	WEIGHTAGE: 49% (THEORY), 20% (10% ELSA+ 10% ENG LANG ASSESSMENT)	SCALING DOWN FORMULA: UNIT TEST II (50) + ANNUAL THEORY (80) = 130 SCALED DOWN TO 80 (THEORY)	PASS MARKS: 33
SL NO	CHAPTER NO./TITLE	TOPICS				
1	Essays	Descriptive, Narrative				
2	Essays	Imaginative, Story writing				
3	Letter Writing: Informal	Informal (Unseen)				
4	Notice writing	School Events (Unseen)				
5	Comprehension	(Unseen passage)				
6	Verbs: Tenses	Present, Past, Future: Simple, Continuous, Perfect				
7	Modal Verbs					
8	Non- Finite Verbs	Infinitive, Gerunds, Participles				

9	Voice	Active and Passive Voice
10	Conjunctions	Joining of Sentences using Conjunctions
11	Prepositions	
12	Transformation of Sentences	
13	Adverbs	Position, Comparison
14	Phrases	Kinds
15	Punctuation	
PROJECT TOPIC :	English Language Assessment and ELSA	As mentioned in the school calender
FLN	A new twenty rupees note is recently in circulation. You have examined the note carefully. Write a letter to your	
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT: ENGLISH LITERATURE		
PRESCRIBED TEXT BOOK : BLOSSOM ENGLISH READER - 7, RAPID READER : DAVID COPPERFIELD		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS - 17		
SL NO	CHAPTER NO./TITLE- READER	CHAPTER NO./TITLE- RAPID READER
1	The Rock Garden of Chandigarh (Prose)	Beginning
2	Three Questions (Prose)	My First Trip and Homecoming
3	"To India- My Native Land" (Poem)	
HALF YEARLY (9 th September 2026 onwards)		
TOTAL MARKS - 100 80 (THEORY) 20 (PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST I (50) + HALF YEARLY THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE- READER	CHAPTER NO./TITLE- RAPID READER
1	Three Questions (Prose)	School Days
2	The Necklace (Prose)	Off to Work I Go
3	We Decide to go on a Holiday (Prose)	With My Aunt
4	If (Poem)	
5	"To India- My Native Land" (Poem)	
6	Ozymandias (Poem)	
PROJECT TOPIC :	Life and works of Henry Louis Vivian Derozio	Submission Date: 11.8.26
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS - 17		
SL NO	CHAPTER NO./TITLE- READER	CHAPTER NO./TITLE- RAPID READER
1	The Selfish Giant (Prose)	Life with the Wickfields
2	Sushruta- Father of Plastic Surgery (Prose)	Old and New Friends
3	The Solitary Reaper (Poem)	
ANNUAL (15th February 2027 onwards)		
TOTAL MARKS - 100 80 (THEORY) 20 (PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST II (50) + ANNUAL THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE- READER	CHAPTER NO./TITLE- RAPID READER
1	The Selfish Giant (Prose)	An Unsettling Time
2	The Little Girl (Prose)	Found- and Lost!
3	The Homecoming (Prose)	How It All Worked Out
4	O Captain! My Captain! (Poem)	
5	The Solitary Reaper (Poem)	
6	If (Poem)	
PROJECT TOPIC :	Life and works of Charles Dickens	Submission Date: 16.1.27
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS - VII ACADEMIC SESSION 2026 - 27 SUBJECT - HISTORY AND CIVICS H.C.G 1		
PRESCRIBED TEXT BOOK - FOCUS ON HISTORY & CIVICS		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Civics 1.Our Constitution	All featuresof Constitution and Preamble
2	History3.The Turkish Invasion	All invasions of Muhammad Ghorī and Mhamud of Ghazni
3	History 4.The Delhi Sultanate	All rulers and their achievements of Slave Dynasty, Alauddin Khalji
HALF YEARLY (9 th September 2026 onwards)		
TOTAL 100 80 (THEORY) 20 (PROJECT) PASS MARKS: 33 Weightage 49%		
SL NO	CHAPTER NO./TITLE	TOPICS
1	The Turkish Invasion ch3	Invasion of Mahmud of Ghazni and Muhammad Ghorī, all effects
2	The Delhi Sultanatech4	The Rulers and Achievements
3	ch5 Bahamani and Vijaynagar	All rulers and their achievements,The Slave Rulers?,Khaljis,Tughlaqs,Lodi and Sayyids.
4	civics 1 The Union Legislature	Formation and Functions of both houses
5	The Union Executive	Functions of president and Vice President
Project work Bahamani and Vijaynagar kingdom		
Submission date 12.2.27		
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Civics2.Directive Principles of State Policy	All features of the Principles
2	History 6.The Mughal Age	Shah Jahan,Jahangir,Aurangzeb
3	History 7.Sufi and Bhakti Movement	All teachings and significance
ANNUAL (15th February 2027 onwards)		
TOTAL 100 80 (THEORY) 20 (PROJECT) PASS MARKS: 33 Weightage 49%		
SL NO	CHAPTER NO./TITLE	TOPICS
1	The Mughal Age Ch 9	All achievements of Shahjahan and Aurangzeb
2	Sufi and Bhakti Movement Ch10	
3	Civics 2 Directive Principles of State Policy	All Principles and Significance
4	Revision of Half Yearly chapters	
5	The rise of Christianity	All teachings and importance
6	Rise and spread of Islam	All ideas about teachings and significance
Project work. Akbar		Submission date 12.2.26
All Administrative ideas		
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT - PHYSICS

PRESCRIBED TEXT BOOK : ACTIVE ICSE PHYSICS CLASS VII (BLUEPRINT EDUCATION)

UNIT TEST - I (22nd June 2026 onwards)

TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17

SL NO	CHAPTER NO./TITLE	TOPICS
1	Units and Measurement	Area, Volume, Density and Speed
2	Motion	Rest and Motion, Types of motion, Speed and Velocity

HALF YEARLY (9 th September 2026 onwards)

TOTAL 100 80 (THEORY) 20 (PROJECT) PASS MARKS: 33 Weightage 49%

SL NO	CHAPTER NO./TITLE	TOPICS
1	Units and Measurement	Area, Volume, Density and Speed
2	Motion	Rest and Motion, Types of motion, Speed and Velocity
3	Energy and its Application	Work, energy, various forms of energy, interconversion of energy
4	Light: A Form of Energy	Refraction of light in a plane surface
	PROJECT TOPICS :	Light - reflection, laws of reflection, primary and secondary colour .
	Submit Within	30th June, 2026

UNIT TEST - II (27 th October 2026 onwards)

TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17

SL NO	CHAPTER NO./TITLE	TOPICS
5	Heat and its effects	Effects of heat, temperature, thermal expansion and its application, transmission of heat
3	Energy and its Application	Work, energy, various forms of energy, interconversion of energy

ANNUAL (15th February 2027 onwards)

**TOTAL MARKS - 100 80 (THEORY) 20(PRACTICAL) WEIGHTAGE: UT- 31%, THEORY-49%,
PROJECT- 20% SCALING DOWN FORMULA: 50+80 = 130 SCALED DOWN TO 80 (THEORY)
PASS MARKS: 33**

SL NO	CHAPTER NO./TITLE	TOPICS
1	Units and Measurement	Area, Volume, Density and Speed
2	Motion	Rest and Motion, Types of motion, Speed and Velocity
3	Energy and its Application	Work, energy, various forms of energy, interconversion of energy
4	Light: A Form of Energy	Refraction of light in a plane surface
5	Heat and its effects	Effects of heat, temperature, thermal expansion and its application, transmission of heat
6	Sound propagation	Sound, reflection and characteristics of sound
7	Electromagnetism	Magnetism, electromagnetism, electric circuit and its components.
	PROJECT TOPICS :	Sound: characteristics of sound, reflection and absorption of sound, Musical instrument
	Submit Within	11th December, 2026

Syllabus subject to modifications with prior intimation.

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT - GEOGRAPHY		
PRESCRIBED TEXT BOOK : ICSE GEOGRAPHY FOR CLASS 7		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50		WEIGHTAGE: 31% PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS
1	1. Depicting Geographical Features.	Features of a Topographical map. Use of scales in maps. Measuring distance on a map. Conventional signs and symbols.
2	2. Atmosphere.	Composition of the Atmosphere. Structure of the Atmosphere. Greenhouse effect - Meaning and causes.
3	3. Weather & Climate.	Elements of weather. Weather instruments. Isohyets and Isotherms.
HALF YEARLY (9 th September 2026 onwards)		
TOTAL 100 80 (THEORY)		20 (PROJECT) PASS MARKS: 33 Weightage 49%
SL NO	CHAPTER NO./TITLE	TOPICS
1	7. Europe : Location , Political and Physical Features.	Location and boundaries. Political Divisions . Major Physical Features . Case study : Tourism in Switzerland
2	10. Antarctica: The Uninhabited Continent	Location and boundaries. Major Physical Features . Human Void Zone . Natural Vegetation and Wild life.
3	UT 1 chapters included	
4	Map work	Europe : Physical
5	PROJECT TOPICS :	Depicting Geographical features in Topographical sheets.
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50		WEIGHTAGE: 31% PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS
1	5. Industries	Need for Industries in the World . Important Industries of the World . Pollution due to Industries . Ways to prevent Industrial pollution. Financial Literacy Integration- cost of production, Investment, Profit & loss, transportation cost.
2	6. Energy and Power Resources.	Sources of Energy. Conservation of energy and Power Resources. Financial Literacy Integration - Cost of energy production, renewable vs non-renewable investment. Saving electricity = saving money.
3	4. Weathering and Soil Formation.	Types of Rocks . Weathering : Meaning and factors affecting weathering. Soil - soil profile , soil erosion , soil conservation
ANNUAL (15th February 2027 onwards)		
TOTAL 100 80 (THEORY)		20 (PROJECT) PASS MARKS: 33 Weightage 49%
SL NO	CHAPTER NO./TITLE	TOPICS
1	8. Africa : Location, Political and Physical Features .	Location and boundaries . Political Divisions . Major Physical Features . Case study : Cocoa Cultivation in Ghana .
2	9. Australia	Location and boundaries . Political Divisions . Major Physical Features . Case Study : Sheep Rearing in Australia .
3	UT 2 chapters to be included	
4	Map work	Europe : Physical
	PROJECT TOPICS :	Africa or Australia
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT : CHEMISTRY		
PRESCRIBED TEXT BOOK : ICSE INNOVATE CHEMISTRY		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 1: Matter	Definition of matter Matter has mass and occupies space – Explanation Composition of matter – brief introduction
2	Chapter 2: Physical and Chemical change.	Physical and chemical changes, classification, differentiating between physical and chemical change, Types of change involved when there is a change of state of matter, there is a change in energy
HALF YEARLY (9 th September 2026 onwards)		
TOTAL MARKS - 100 80 (THEORY) 20 (PROJECT) WEIGHTAGE: UT- 31%, THEORY-49%, PROJECT- 20% SCALING DOWN FORMULA: 50+80 = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 2: Physical and Chemical change.	Physical and chemical changes, classification, differentiating between physical and chemical change, Types of change involved when there is a change of state of matter, there is a change in energy
2	Chapter 3: Elements, Compounds and Mixtures (experimental techniques)	Identification of elements, compound, representation of their symbols and formulae. Mixtures and compounds: difference, on the basis of the chemical composition of constituents. Types of mixtures, Separation techniques (the principle behind each) Chromatography as a separation technique; Paper chromatography.
3	Chapter 4: Atomic Structure	Definition of atoms and molecules It is not capable of independent existence. Definition of radical, valency, atomicity Associate the first 20 elements in the periodic table with their names and symbols
	PROJECT TOPICS :	survey on household chemicals used daily
	Submit Within	26th June, 2026
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
	Chapter 3: Elements, Compounds and Mixtures (experimental techniques)	Identification of elements, compound, representation of their symbols and formulae. Mixtures and compounds: difference, on the basis of the chemical composition of constituents. Types of mixtures, Separation techniques (the principle behind each) Chromatography as a separation technique; Paper chromatography.
	Chapter 5: Language of Chemistry	Definition of chemical reaction Characteristics of occurrence of a chemical reaction due to change of: Change of: Colour, State, Smell, Evolution of gas, Precipitate formed, Heat evolved / released Chemical Equations: Writing word equations – Some examples of word equations for practice.
ANNUAL (15th February 2027 onwards)		
TOTAL MARKS - 100 80 (THEORY) 20 (PROJECT) WEIGHTAGE: UT- 31%, THEORY-49%, PROJECT- 20% SCALING DOWN FORMULA: 50+80 = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE	TOPICS
	Chapter 2: Physical and Chemical change.	Physical and chemical changes, classification, differentiating between physical and chemical change, Types of change involved when there is a change of state of matter, there is a change in energy

	Chapter 3: Elements, Compounds and Mixtures (experimental techniques)	Identification of elements, compound, representation of their symbols and formulae. Mixtures and compounds: difference, on the basis of the chemical composition of constituents. Types of mixtures, Separation techniques (the principle behind each) Chromatography as a separation technique; Paper chromatography.
	Chapter 5: Language of Chemistry	Definition of chemical reaction Characteristics of occurrence of a chemical reaction due to change of: Change of: Colour, State, Smell, Evolution of gas, Precipitate formed, Heat evolved / released Chemical Equations: Writing word equations – Some examples of word equations for practice.
	Chapter 6: Metals & Non-metals	Properties, difference between metals and non-metals Classification of elements as metals & non-metals. Rusting; Causes and ways to prevent rusting Uses of certain metals, Metalloids (definition and uses)
	Chapter 7: Air & Atmosphere	Air a mixture of gases, Composition of air and uses of its components. Oxygen: Its properties Mass change during burning (burning of magnesium and candle). Word equations for reactions of metals and non-metals Products formed in acid rain; effects of acid rain., Air quality.
	PROJECT TOPICS :	water purification methods (with models)
	Submit Within	18th December, 2026
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS - VII ACADEMIC SESSION 2026-27 SUBJECT - MATHEMATICS		
PRESCRIBED TEXT BOOK : ICSE PROGRESSIVE MATHEMATICS CLASS 7 (ARYA PUBLISHERS)		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Integers	Representation of integers on a number line, (Addition, subtraction, multiplication and division) of integers, BODMAS rule.
2	Fractions and Decimals	Equivalent Fractions, Reduction of a fraction into its simplest form, conversion of fractions, comparison of fractions, operations on fractions, Expanded form of a decimal number, operations of decimal numbers, Simplification of numeral expressions.
3	Exponents and Power	Exponential form, Laws of exponents, Conversion of scientific to decimal and vice versa.
4	Algebraic Expressions	Fundamental Concepts, Addition and Subtraction of Algebraic Expression, Finding the value of the algebraic expressions.
HALF YEARLY (7th September 2026 onwards)		
TOTAL MARKS - 100 80(THEORY) 20(PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST I(50) + HALF YEARLY THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Integers	Representation of integers on a number line, (Addition, subtraction, multiplication and division) of integers, BODMAS rule.
2	Fractions and Decimals	Equivalent Fractions, Reduction of a fraction into its simplest form, conversion of fractions, comparison of fractions, operations on fractions, Expanded form of a decimal number, operations of decimal numbers, Simplification of numeral expressions.
3	Exponents and powers	Exponential form, Laws of exponents, Conversion of scientific to decimal and vice versa.
4	Ratio and proportion	Simplest form of a ratio, Equivalent ratios, Continued ratios, Increase or decrease of a quantity in each ratio, Unitary method, Concept of speed, distance and time.
5	Percentage	Conversion of percentage into fraction and vice versa, Conversion of a ratio into percentage and vice versa, Conversion of a decimal into percentage and vice versa, Finding a percentage of a given quantity, Financial knowledge :- Increase or decrease in percentage, Profit and Loss, Simple interest. (FLN)
6	Algebraic Expressions	Fundamental Concepts, Addition and Subtraction of Algebraic Expression, Finding the value of the algebraic expressions.
7	Data Handling	Drawing of Bar graphs, mean, median, mode of ungrouped data, Probability.
PROJECT TOPIC:		Describe the concept of symmetry and its application in daily life
DATE OF SUBMISSION :		30. 06.26
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Sets	Representation of sets, types of sets, cardinal number of a set, subsets.
2	Linear equations in one variable	Solving of Linear equations in one variable, word problems, Solving of linear inequalities in one variable, Representation of a solution set in number line of the linear inequalities.
3	Practical Geometry	Construction of a line parallel to a given line through a point not on it, construction of triangles.
ANNUAL (15th February 2027 onwards)		
TOTAL MARKS - 100 80(THEORY) 20(PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST II (50) + ANNUAL THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Rational numbers	Equivalent rational numbers, standard form of a rational number, absolute value of a rational number, comparison of rational numbers, representation of rational numbers as decimals.
2	Sets	Representation of sets, types of sets, cardinal number of a set, subsets.
3	Linear Equations and Linear Inequalities in one variable.	Solving of Linear equations in one variable, word problems, Solving of linear inequalities in one variable, Representation of a solution set in number line of the linear inequalities.

4	Congruence of triangles	Congruence of plane figures, congruence of triangles, criteria for congruence of triangles.
5	Practical Geometry	Construction of a line parallel to a given line through a point not on it, construction of triangles.
6	Area and perimeter	Area and perimeter of parallelogram, area and perimeter of triangle, area and perimeter of circles
7	Circles	Various parts of a circle, tangent of a circle, problems on Thales' theorem
8	Understanding shapes	Fundamentals of a curve, exterior angle sum property of a quadrilateral, interior angle sum formula, different properties of different quadrilaterals, special types of parallelograms and their properties.
PROJECT TOPICS :		Describe the concept of solid shapes and its application in daily life
DATE OF SUBMISSION		30.10.26
<i>Syllabus subject to modification with prior intimation</i>		

**ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT - BIOLOGY.**

PRESCRIBED TEXT BOOK : EXPLORING BIOLOGY.

UNIT TEST - I (22nd June 2026 onwards)

TOTAL MARKS - 50		WEIGHTAGE: 31%	PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS	
1	Tissues in plants	Meristematic tissue and permanent tissue;structure, location, function,different types, xylem and phloem	
2	Tissues in animals.	Classification of different tissues, their structure, location and function.	

HALF YEARLY (9 th September 2026 onwards)

**TOTAL MARKS - 100 80(THEORY) 20(PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT)
SCALING DOWN FORMULA: UNIT TEST I(50) + HALF YEARLY THEORY (80) = 130
SCALED DOWN TO 80 (THEORY) PASS MARKS: 33**

SL NO	CHAPTER NO./TITLE	TOPICS
1	Tissues in plants	Meristematic tissue and permanent tissue;structure, location, function,different types, xylem and phloem
2	Tissues in animals.	Classification of different tissues, their structure, location and function.
3	Classification of organism	Advantages, systems of classification, five kingdom classification.
4	Classification of animals	Different characteristic features of different phyla of both vertebrates and invertebrates.
PROJECT TOPICS :	The amazing breathing machine- [how our respiratory system works].	

UNIT TEST - II (27 th October 2026 onwards)

TOTAL MARKS - 50		WEIGHTAGE: 31%	PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS	
1	Photosynthesis in plants.	Process, raw materials, factors, importance, experiments and heterotrophic mode of nutrition.	
2	Respiration in plants.	Respiratory structures, significance, different types of respiration.	

ANNUAL (15th February 2027 onwards)

**TOTAL MARKS - 100 80(THEORY) 20(PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT)
SCALING DOWN FORMULA: UNIT TEST II (50) + ANNUAL (80) = 130 SCALED DOWN TO 80 (THEORY)
PASS MARKS: 33**

SL NO	CHAPTER NO./TITLE	TOPICS
1	Tissues in plants	Meristematic tissue and permanent tissue;structure, location, function,different types, xylem and phloem
2	Tissues in animals.	Classification of different tissues, their structure, location and function.
3	Classification of organism	Advantages, systems of classification, five kingdom classification.
4	Classification of animals	Different characteristic features of different phyla of both vertebrates and invertebrates.
5	Photosynthesis in plants.	Process, raw materials, factors, importance, experiments and heterotrophic mode of nutrition.
6	Respiration in plants.	Respiratory structures, significance, different types of respiration.
7	Excretion in human beings.	Different modes of waste elimination,excretory organs in humans, kidney;location,urine formation, disorders of the excretory system
8	Nervous system of human beings.	Structure of neuron, parts of the nervous system, brain and spinal cord; structure, location, function, reflex actions.
9	Allergy and allergens.	Terminology,different kind of allergens, causes, entry route,systems of allergies and their prevention.

ANNUAL SYLLABUS INCLUDES THE FULL BOOK

Syllabus subject to modifications with prior intimation.

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT : COMPUTER STUDIES		
PRESCRIBED TEXT BOOK : ICSE ENRICH YOUR COMPUTER STUDIES		
UNIT TEST - I (22nd June 2026 onwards)		
TOTAL MARKS - 50		WEIGHTAGE: 31% PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS
1	1. Hardware Components	Internal Hardware components, External Hardware components, Modem, Storage Devices.
2	2. Number System	Introduction of Number System, Decimal Number System, Binary Number System, Octal Number System, Hexadecimal Number System, Conversion from Decimal to Binary and Vice Versa. Binary Operations.
HALF YEARLY (9 th September 2026 onwards)		
TOTAL MARKS - 100		80 (THEORY) 20 (PRACTICAL) WEIGHTAGE: 100% PASS MARKS: 35
SL NO	CHAPTER NO./TITLE	TOPICS
1	1. Hardware Components	Internal Hardware components, External Hardware components, Modem, Storage Devices.
2	2. Number System	Introduction of Number System, Decimal Number System, Binary Number System, Octal Number System, Hexadecimal Number System, Conversion from Decimal to Binary and Vice Versa. Binary Operations.
3	3. Computer Viruses	Definition of Computer Virus, Different types of Computer Viruses, Antivirus Software, Malware, Ways to Prevent Virus Infection.
4	5. Spreadsheet - An Introduction	Introduction to Spreadsheet, Components of Excel Window, Entering Data in a Worksheet, Performing Financial Calculations in Excel using Formula, Saving a Workbook, Opening a Workbook, Closing a Workbook, Exiting Excel.
5	6. Database and DBMS - An Introduction	Database and Database Management System, Microsoft Access 2019, Creating a Table in Design View, Creating a Table in the Datasheet View, Switching between the Design and Datasheet View, Entering and Editing Records in a Table, Creating and Running Queries, Closing Database and Exiting Access.
6	PROJECT TOPICS :	5 Parts of Computer (Hardware Components)
	Project submission date : (on or before)	14.08.2026
UNIT TEST - II (27 th October 2026 onwards)		
TOTAL MARKS - 50		WEIGHTAGE: 31% PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS
1	7. HTML - Advanced Features	Lists in HTML, Image Element, Hyperlinks in HTML, Marquee Tag, Table Elements in HTML, Creating Forms in HTML, Textarea Tag.
2	9. Machine Learning	Introduction of Machine Learning, Types of Machine Learning, Natural Language Processing, Machine Learning Tools, Application of Machine Learning.
ANNUAL (15th February 2027 onwards)		
TOTAL MARKS - 100		80 (THEORY) 20 (PRACTICAL) WEIGHTAGE: 100% PASS MARKS: 35
SL NO	CHAPTER NO./TITLE	TOPICS
1	4. Ethics and Safety Measures in Computing	Ethics in Computing, Unethical Practices Related to the Internet, Safety Measures to be taken While using the Internet, Digital Footprints.
2	7. HTML - Advanced Features	Lists in HTML, Image Element, Hyperlinks in HTML, Marquee Tag, Table Elements in HTML, Creating Forms in HTML, Textarea Tag.
3	8. Introduction to Java	Features of Java, Data Types of Java, Constants and variables, Operators in Java, output Statement.
4	9. Machine Learning	Introduction of Machine Learning, Types of Machine Learning, Natural Language Processing, Machine Learning Tools, Application of Machine Learning.

5	2. Number System	Introduction of Number System, Decimal Number System, Binary Number System, Octal Number System, Hexadecimal Number System, Conversion from Decimal to Binary and Vice Versa. Binary Operations.
6	3. Computer Viruses	Definition of Computer Virus, Different types of Computer Viruses, Antivirus Software, Malware, Ways to Prevent Virus Infection.
7	5. Spreadsheet - An Introduction	Introduction to Spreadsheet, Components of Excel Window, Entering Data in a Worksheet, Performing Financial Calculations in Excel using Formula, Saving a Workbook, Opening a Workbook, Closing a Workbook, Exiting Excel.
8	PROJECT TOPICS :	Machine Learning (Functioning)
	Project submission date : (on or before)	29.11.2026
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT : GENERAL KNOWLEDGE		
PRESCRIBED TEXT BOOK : KNOW AND EXPLORE		
UNIT TEST - I (22nd June Onwards)		
TOTAL MARKS - 20		PASS MARKS - 7
SL NO	CHAPTER NO./TITLE	TOPICS
1	Flora, fauna, Environment	Tricky Flowers, Gulp, Colourful life, Master strokes, An Action Much Needed
2	Science, Technology	Eat Right, 3D photographs, Mix it up, They are boon
HALF YEARLY (7th September Onwards)		
TOTAL MARKS - 40		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Arts, Culture, World	The Land of Contrasts, Right at the Centre, Gone Forever, An Inspiring Man, Worth Flying Out for, Confused No More.
2	All the portion of Ut1	
UNIT TEST - II (27th October Onwards)		
TOTAL MARKS - 20		PASS MARKS - 7
SL NO	CHAPTER NO./TITLE	TOPICS
1	India being Indian	An out of the World Experience, Honouring the Valour, Out in the Open.
ANNUAL (15 th February Onwards)		
TOTAL MARKS - 40		
SL NO	CHAPTER NO./TITLE	TOPICS
1	Science, Technology	Eat Right, 3D photographs, Mix it up, They are boon
2	Sports, Fitness, Health	Little Champions, Ever onward
	Me and My World	I just cannot, In short, Be aware, unusual indeed, saving on a rainy day, all greek and latin to me, let it flow.
	All the portion of Ut2	
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL SYLLABUS FOR CLASS VII ACADEMIC SESSION 2026-27 SUBJECT : Value Education		
PRESCRIBED TEXT BOOK : THE ESSENCE OF LIFE		
UNIT TEST - I (22nd June Onwards)		
TOTAL MARKS - 20		WEIGHTAGE : 20% PASS MARKS - 7
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 1: The needy King	Contentment
2	Chapter 2: Realise your Potential	Self Awareness
HALF YEARLY (7th September Onwards)		
TOTAL MARKS - 40		WEIGHTAGE: 80% PASS MARKS -13
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 3: The King's Parrot	Self Realisation
2	Chapter 6: The King's Painting	Positive Thinking
3	Chapter 7: There is no shortcut	Self Reliance
4	LIFE SKILLS: Emotional Regulation	Identifying types of emotions, managing your emotions and feelings
UNIT TEST - II (27th October Onwards)		
TOTAL MARKS - 20		WEIGHTAGE : 20% PASS MARKS - 7
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 8: Respect for elders	Social Interaction
2	Chapter 9: True to one's nature	Honesty
ANNUAL (15 th February Onwards)		
TOTAL MARKS - 40		WEIGHTAGE: 80% PASS MARKS -13
SL NO	CHAPTER NO./TITLE	TOPICS
1	Chapter 10: The farewell gift	Self Discipline
2	Chapter 11: Rising to the top	Resilience
3	LIFE SKILL: Social Responsibility	Definition, moral and ethical duties
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT BENGALI

PRESCRIBED TEXT BOOK : সাহিত্য সাথী ও ভাষা অন্বেষণ

UNIT TEST - I (22nd 2026 June onwards)

TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17

SL NO	CHAPTER NO./TITLE	TOPICS
1	গদ্য	পাগলা গনেশ
2	পদ্য	কুলি মজুর
3	ব্যাকরণ	চিঠি
4		বানান ,সন্ধি, কারক, সমাস
5		এক কথায় প্রকাশ, বচন
6		পদ পরিবর্তন, চলিত ভাষা

HALF YEARLY (7th September 2026 onwards)

TOTAL MARKS - 100 80(THEORY) 20(PROJECT)
WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST I(50) +
HALF YEARLY THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33

SL NO	CHAPTER NO./TITLE	TOPICS
7	গদ্য	পাগলা গনেশ, আতার পায়ের
8		শিবের বিয়ে
9	পদ্য	সবচেয়ে ভালো
10		ধুলা মন্দির, আমার বাড়ি
11	ব্যাকরণ	বানান ,সন্ধি, কারক, সমাস
12		এক কথায় প্রকাশ, বচন
13		পদ পরিবর্তন, চলিত ভাষা
17		রচনা, চিঠি,বোধপরীক্ষণ
15	PROJECT TOPIC	বাংলা সাহিত্যেবাঙালি বিজ্ঞানী
16	SUBMISSION DATE	10.9.26

UNIT TEST - II (27th october 2026 onwards)

TOTAL MARKS - 50 WEIGHTAGE: 31% PASS MARKS 17

SL NO	CHAPTER NO./TITLE	TOPICS
17	গদ্য	এডিসনের আবিষ্কার
18	পদ্য	আমার দেশ
19	ব্যাকরণ	চিঠি,এক কথায় প্রকাশ, বচন
20		পদ পরিবর্তন, চলিত ভাষা

ANNUAL (15th February 2026 onwards)

TOTAL MARKS - 100 80(THEORY) 20(PROJECT)
WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST II (50) +
ANNUAL THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS: 33

SL NO	CHAPTER NO./TITLE	TOPICS
21	গদ্য	এডিসনের আবিষ্কার
22		পটল বাবু ফিল্মস্টার, খাঁড়া মশাই
23	পদ্য	আমার দেশ, বাংলা টাংলা
24		আমার দেশ, আমার বাড়ি
25	ব্যাকরণ	বানান ,সন্ধি, কারক, সমাস
26		এক কথায় প্রকাশ, বচন
27		পদ পরিবর্তন, চলিত ভাষা
28		রচনা, চিঠি,বোধপরীক্ষণ
29		বাংলা সাহিত্যেবাঙালি বিজ্ঞানী
30	PROJECT TOPIC	সুকুমার রায় ও তার সৃষ্টি
		একটি চরিত্রের বর্ণনা
31	SUBMISSION DATE	10.9.26

Syllabus subject to modifications with prior intimation.

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS - VII
ACADEMIC SESSION 2026-27
SUBJECT - HINDI 2ND LANGUAGE

PRESCRIBED TEXT BOOK : ज्ञानोदय, सरल हिंदी व्याकरण

UNIT TEST - I (22nd 2026 June onwards)

TOTAL MARKS - 50		WEIGHTAGE: 31%	PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS	
1	1	अब जागो जीवन के प्रभात	
2	3	पर्यावरण और मानवीय अस्तित्व	
3	10	कोंडना का किला	
		शब्द विचार संज्ञा संज्ञा के विकार : लिंग विशेषण वाक्य-विचार मुहावरे शब्द -भंडार अपठित गद्यांश पत्र-लेखन निबंध -लेखन	

HALF YEARLY (7th September 2026 onwards)

TOTAL MARKS - 100 80(THEORY) 20(PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT)
SCALING DOWN FORMULA: UNIT TEST I (50) + HALF YEARLY THEORY (80) = 130
SCALED DOWN TO 80 (THEORY) PASS MARKS: 33

SL NO	CHAPTER NO./TITLE	TOPICS	
1	8	दो कलाकार	
2	11	मेरा मिटने का अधिकार	
3	12	अतिरिक्त में भारत	
		शब्द विचार संज्ञा संज्ञा के विकार : लिंग विशेषण वाक्य-विचार मुहावरे शब्द -भंडार अपठित गद्यांश पत्र-लेखन निबंध -लेखन	
		शब्द विचार संज्ञा संज्ञा के विकार : लिंग विशेषण वाक्य-विचार मुहावरे शब्द -भंडार अपठित गद्यांश पत्र-लेखन निबंध -लेखन	
PROJECT TOPICS :		भारत एक विकासशील देश है इसे विकसित बनाने के लिए किन क्षेत्रों में सुधार लाना आवश्यक है ? यह बताते हुए चित्र सहित परियोजना कार्य बनाए।	

UNIT TEST - II (27th october 2026 onwards)

TOTAL MARKS - 50		WEIGHTAGE: 31%	PASS MARKS 17
SL NO	CHAPTER NO./TITLE	TOPICS	
1	13	झाँसी की रानी	
2	15	क्या निराश हुआ जाए	
3	17	नमक की मिठास	

		शब्द विचार संज्ञा संज्ञा के विकार : लिंग विशेषण वाक्य-विचार मुहावरे शब्द -भंडार अपठित गद्यांश पत्र-लेखन निबंध -लेखन
ANNUAL (15th February 2026 onwards)		
TOTAL MARKS - 100 80 (THEORY) 20 (PROJECT) WEIGHTAGE: 49% (THEORY), 20% (PROJECT) SCALING DOWN FORMULA: UNIT TEST II (50) + ANNUAL THEORY (80) = 130 SCALED DOWN TO 80 (THEORY) PASS MARKS : 33		
SL NO	CHAPTER NO./TITLE	TOPICS
1	16	कबीर के दोहे
2	18	रामायण की कहानी
3	20	सभ्यता का रहस्य
		शब्द विचार संज्ञा संज्ञा के विकार : लिंग विशेषण वाक्य-विचार मुहावरे शब्द -भंडार अपठित गद्यांश पत्र-लेखन निबंध -लेखन
PROJECT TOPICS :		योग और व्यायाम हमारे दैनिक जीवन में कितना महत्वपूर्ण है ? किन्हीं पांच योग या व्यायाम क बारे में बताते हुए चित्र सहित परियोजना कार्य बनाए।
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS - VII
ACADEMIC SESSION 2026-27
SUBJECT - HINDI 3rd language

PRESCRIBED TEXT BOOK : LET'S LEARN हिंदी

UNIT TEST - I (22nd 2026 June onwards)

SL NO	CHAPTER NO./TITLE	TOPICS
1	1	मात्राएँ
2	2	बारह खड़ी
3	3	सर्वो मात्राओं का ज्ञान
4	4	दो अक्षरों से बने मात्रा वाले शब्द
5	5	तीन अक्षरों से बने मात्रा वाले शब्द
6	6	चार अक्षरों से बने मात्रा वाले शब्द
7	7	आ की मात्रा

HALF YEARLY (7th September 2026 onwards)

SL NO	CHAPTER NO./TITLE	TOPICS
1	8	इ की मात्रा
2	9	ई की मात्रा
3	10	उ की मात्रा
4	11	ऊ की मात्रा
5	12	ऋ की मात्रा
6	13	ए की मात्रा
7	14	ऐ की मात्रा

UNIT TEST - II (27th october 2026 onwards)

SL NO	CHAPTER NO./TITLE	TOPICS
1	15	ओ की मात्रा
2	16	औ की मात्रा
3	17	अ की मात्रा
4	18	अँ की मात्रा
5	19	अः विसर्ग की मात्रा
6	20	र रेफ की मात्रा
7	21	र पदेन की मात्रा

ANNUAL (15th February 2026 onwards)

SL NO	CHAPTER NO./TITLE	TOPICS
1	22	द्वित्वाक्षर से बने शब्द
2	23	संयुक्ताक्षर
3	24	संयुक्त का अक्षर का प्रयोग
4	25	हुआ सवेरा
5	26	मेरा भारत महान
6	27	ठीक समय पर
7	28	आवाज का जादू

Syllabus subject to modifications with prior intimation.

ST. FRANCIS XAVIER SCHOOL		
SYLLABUS FOR CLASS VII		
ACADEMIC SESSION 2026-27		
SUBJECT BENGALI 3RD LANGUAGE		
PRESCRIBED TEXT BOOK :LETS LEARN BENGALI		
UNIT TEST - I (22nd 2026 June onwards)		
SL NO	CHAPTER NO./TITLE	TOPICS
1	ব্যাকরণ	বাংলা বর্ণমালা ,স্বরবর্ণ
2		দুই, তিন ,চার বর্ণের শব্দ
3		দুই, তিন ,চার বর্ণের শব্দ
4		১-৫০সংখ্যা
5		ছবি চেনা, বিপরীত শব্দ
HALF YEARLY (7th September 2026 onwards)		
SL NO	CHAPTER NO./TITLE	TOPICS
7	ব্যাকরণ	বাংলা বর্ণমালা ,স্বরবর্ণ
8		দুই, তিন ,চার বর্ণের শব্দ
9		মাসের নাম
10		১-৫০সংখ্যা
11		ছবি চেনা, বিপরীত শব্দ
UNIT TEST - II (27th october 2026 onwards)		
SL NO	CHAPTER NO./TITLE	TOPICS
12	ব্যাকরণ	, নতুন শব্দ গঠন, আকার,
13		ছড়া লেখা ও পড়তে শেখা
14		সংখ্যা-১-৭০
15		ছবি দেখে চেনা
ANNUAL (15th February 2026 onwards)		
SL NO	CHAPTER NO./TITLE	TOPICS
16	ব্যাকরণ	রঙের নাম
17		বাংলা বর্ণমালা
18		শাকসবজির নাম
19		উৎসবের নাম
20		দুই, তিন ,চার বর্ণের শব্দ
Syllabus subject to modifications with prior intimation.		

ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT : MUSIC

PRESCRIBED TEXT BOOK : SONG AND DANCE BOOK

UNIT TEST - I

SL NO	CHAPTER NO./TITLE	TOPICS
1	WORDS	WORDS
2	JAMAICA FAREWELL	JAMAICA FAREWELL

HALF YEARLY

SL NO	CHAPTER NO./TITLE	TOPICS
3	I HAVE A DREAM	I HAVE A DREAM
4	SOMEWHERE IN THE WORLDS	SOMEWHERE IN THE WORLDS
	PROJECT TOPICS :	SUBMIT ANY TWO PROJECT

MUSIC PROJECT TOPIC GIVEN AT THE END OF PAGE OF THE BOOK

UNIT TEST - II

SL NO	CHAPTER NO./TITLE	TOPICS
5	HALLELUJAH	HALLELUJAH
6	HARK THE HERALD	HARK THE HERALD

ANNUAL

SL NO	CHAPTER NO./TITLE	TOPICS
7	NOBODY LOVES ME LIKE YOU	NOBODY LOVES ME LIKE YOU
8	YOU RAISE ME UP	YOU RAISE ME UP

Syllabus subject to modifications with prior intimation.

**ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT: ART AND CRAFT**

UNIT TEST - I

SL NO	CHAPTER NO./TITLE	TOPICS
1	Art Book Page 1-10	Drawing and painting
2	Drawing	Line drawing

HALF YEARLY

SL NO	CHAPTER NO./TITLE	TOPICS
1	Art Book page 11 - 26	Drawing and painting
2	Drawing	Still Life
3	Craft	Useful Paper craft

UNIT TEST - II

SL NO	CHAPTER NO./TITLE	TOPICS
1	Art Book page 27- 37	Drawing and painting
2	Human figure	Drawing and painting

ANNUAL

SL NO	CHAPTER NO./TITLE	TOPICS
1	Art Book page 37- 58	Drawing and painting
2	Landscape painting	Painting
3	SUPW Craft	Waste material craft

Syllabus subject to modifications with prior intimation.

**ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS VII
ACADEMIC SESSION 2026-27
SUBJECT : PHYSICAL EDUCATION**

UNIT TEST - I

SL NO	CHAPTER NO./TITLE	TOPICS
1	1	YOGA AND MEDITATION
2	2	RECREATIONAL GAMES

HALF YEARLY

SL NO	CHAPTER NO./TITLE	TOPICS
1	1	MARCH PAST DRILLS
2	2	STRETCHING AND FLEXIBILITY
3	3	RECREATIONAL GAMES

UNIT TEST - II

SL NO	CHAPTER NO./TITLE	TOPICS
1	1	CISCE HEALTH AND PHYSICAL
		FITNESS ASSESSMENT(50M DASH
		PUSH UPS,PARTIAL CURL UPS)

ANNUAL

SL NO	CHAPTER NO./TITLE	TOPICS
1	1	CISCE HEALTH AND PHYSICAL
		FITNESS ASSESSMENT(600M RUN AND WALK,
		SIT AND REACH,BMI EVALUATION)

Syllabus subject to modifications with prior intimation.

**ST. FRANCIS XAVIER SCHOOL
SYLLABUS FOR CLASS XI SCIENCE**

ACADEMIC SESSION 2026-27

SUBJECT : DANCE

UNIT TEST - I

SL NO	CHAPTER NO./TITLE	TOPICS
1		Ten basic steps
2		Rabindra sangeet with dance

HALF YEARLY

SL NO	CHAPTER NO./TITLE	TOPICS
1		One dance based on patriotic song
2		Ten jumps

UNIT TEST - II

SL NO	CHAPTER NO./TITLE	TOPICS
1		Agomoni song with dance
2		Instrumental song with dance

ANNUAL

SL NO	CHAPTER NO./TITLE	TOPICS
1		Christmas song with dance
2		Instrumental song with dance