Date: . .2023

**ROYAL OAK INTERNATIONAL SCHOOL**

**Sr. Sec. C.B.S.E. Affiliated (2023-24)**

## GRADE – VII MONTHLY PLANNER - 2023

Dear Parents

Greetings!

**Please find the academic plan and activities for the month of January and February.**

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**JANUARY & FEBRUARY**

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| **ENGLISH** | **MATHS** | **HINDI** |
| **New Images:**  **L16** Shilong: The Rock Capital of India  **Grammar:**  Clauses & Grammar on the go Words: A Mixed Bag, Narration | Ch.13: Visualising solid shapes  Revision of Yearly syllabus. |  |
| **SCIENCE** | **S.ST.** | **FRENCH** |
| Ch -13 Wastewater Story  **Lab Activity:**  Role play of methods involved in Wastewater Treatment Plant | Pol. L-7 Markets Around Us   * Revision | Leçon 12:Une visite au parcd’attractions  Passé composé(Être)  Passé composé ( avoir )  Passé composé ( Irregular avoir verb) |
| **SANSKRIT** | | **G.K.** |
|  | | UNIT-8  Brain Waves  43. Mind Bogglers Pg no. 65  44. Number Puzzles Pg no. 66  45. IQ Testing Pg no.67  46 . Work It out Pg no. 68  47. Think Before you Answer Pg no. 69  48. Language Quiz Pg no.70  **Worksheets**  Pg no.s 76, 77 and 78. |

* **Computer :** Ch-9 Understanding Google sheets

Ch-10 App Development

* **Practical :** Create an app to display the capital of five countries

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| **ART & CRAFT** | **DANCE** | **MUSIC** |
| Art - Page no:64,65(Book) & Republic Day drawing (in file)  Craft -Sculpture with Clay | Republic day Preparation and Bollywood dance style | Instrumental (Congo, gaiter ,Drum, Casio) ,Prayer, School Songs\*\* |

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| **Taekwondo** | **Yoga** | **Athletics** | **Kho- kho** | **Boxing** | **Football** | **Cricket** | **Basketball** | **Badminton** | **Chess** | **Skating** |
| 1. flexibility exercises  2.Back kick | 1 Salabh Asana  2.Dhanur Asana | 1.Running Seating start technic | 1.Pole turn.  2.Chain kho. | 1.Punching with steps. | 1.Control and pass.  2.Dribbling.  3.Shooting. | 1. Bowling  2. Bating | 1. Control the ball with dribbling. | 1. Grip  2. Stance | 1.Strategy  2.Opening & Endgames. | 1.Put on your skating equipment.  2. Assume the right posture.  3. Walk like a duck. |

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| **Special Days/ Events** | **Holidays** |
| * Deworming day * National science day | 1th to 5th Jan.- Winter Break  15th Jan. - Makar Sankranti  26th Jan. – Republic Day |

Looking forward to a fruitful month of learning!

With warm regards,

**ROIS**