

Grade 7
Weekly Plan
From 13/09/2026 to 17/09/2026

Subject	Portion
English	Unit 1 - Literary Devices 1.3 The Wildness of Eagles L.O: Identify figurative language in a poem. 1.4 The Poetry of Tu Fu L.O: Consider how a theme is presented in a range of poems. Literature: Biography – Roald Dahl.
Maths	1.3 : Lowest Common Multiples L.O: Calculate the LCM of given numbers 1.4 : Highest common factors L.O: Calculate the HCF of given numbers
Science	Unit 1 Respiration Ls 1.3 Breathing LO: Analyse the movement of muscles between ribs and diaphragm during inhalation and exhalation. Ls 1.4 Respiration LO: Justify how breathing is different from respiration. HW will be assigned in Classera / IXL Bring Lab coat and keep in the locker.
Social	Unit 1: The field of geography Ls. 1.1: Contribution of the Muslim scholars to the field of geography L.O: To identify and explain the contributions of Muslim scholars to the field of geography. Workbook and worksheet
Computer	Diagnostic Test Unit 1 Lesson 2- Binary Numbers • Define pixels and binary representation in digital images. • Analyse how different types of data are represented using binary.

Commerce	Unit 1: Research Lesson 2: Starting with research skills LO1. Information skills: Identify sources and locate relevant information and answers to questions within them LO2. Evaluating sources: Discuss a source, considering the author or purpose and use this to comment on its strengths and limitations. Home Connect: Come prepared with an ISSUE that people face and think of business ideas (A PRODUCT OR SERVICE) that can solve this problem. For eg: Skin allergies because of the sun – Business Idea – Skin products for sensitive skin which are tested by doctors and scientists.
Life Skills	Building a Positive Self-Image LO1: explain how thoughts, experiences, feedback, and comparisons with others can influence a person’s self-image. Lo2: apply positive and realistic self-talk strategies to challenge negative thoughts and build a healthier self-image. Self-Confidence and Self-Esteem LO1: distinguish between self-confidence and self-esteem and explain how they can affect a person's actions and decisions. LO2: apply practical strategies to strengthen self-confidence and self-esteem when facing challenges or unfamiliar situations