

HISTORY GRADE 7  
AIR FOUNDATION SCHOOL SYSTEM

ISLAMABAD | PAKISTAN



# Teaching weeks per annum

For the regions where academic session begins in **April**

## FIRST TERM: APRIL – SEPTEMBER

Expected Teaching Weeks

<b>April</b>	Teaching Week 1	Teaching Week 2	Teaching Week 3	Teaching Week 4
<b>May</b>	Teaching Week 5	Teaching Week 6	Teaching Week 7	<b>First Midterm Examination</b>
<b>June</b>	<i>Summer Vacation</i>	<i>Summer Vacation</i>	<i>Summer Vacation</i>	<i>Summer Vacation</i>
<b>July</b>	<i>Summer Vacation</i>	<i>Summer Vacation</i>	<i>Summer Vacation</i>	<i>Summer Vacation</i>
<b>August</b>	Teaching Week 8	Teaching Week 9	Teaching Week 10	Teaching Week 11
<b>September</b>	Teaching Week 12	Teaching Week 13	<b>Midterm Examination</b>	<b>Mid Term Examination</b>

## SECOND TERM: OCTOBER – MARCH

Expected Teaching Weeks

<b>October</b>	Teaching Week 14	Teaching Week 15	Teaching Week 16	Teaching Week 17
<b>November</b>	Teaching Week 18	Teaching Week 19	Teaching Week 20	Teaching Week 21
<b>December</b>	Teaching Week 22	<b>Second Midterm Examination</b>	<i>Winter Vacation</i>	<i>Winter Vacation</i>
<b>January</b>	Teaching Week 23	Teaching Week 24	Teaching Week 25	Teaching Week 26
<b>February</b>	Teaching Week 27	Teaching Week 28	Teaching Week 29	Teaching Week 30
<b>March</b>	<i>Revision Work</i>	<b>Annual Examination</b>	<b>Annual Examination</b>	<i>PTM &amp; Annual Day</i>



# Teaching weeks per annum

For the regions where academic session begins in **August**

## FIRST TERM: AUGUST – DECEMBER

Expected Teaching Weeks

<b>August</b>	Teaching Week 1	Teaching Week 2	Teaching Week 3	Teaching Week 4
<b>September</b>	Teaching Week 5	Teaching Week 6	Teaching Week 7	<b>First Midterm Examination</b>
<b>October</b>	Teaching Week 8	Teaching Week 9	Teaching Week 10	Teaching Week 11
<b>November</b>	Teaching Week 12	Teaching Week 13	Teaching Week 14	Teaching Week 15
<b>December</b>	<b>Midterm Examination</b>	<b>Midterm Examination</b>	<i>Winter Vacation</i>	<i>Winter Vacation</i>

## SECOND TERM: OCTOBER – MARCH

Expected Teaching Weeks

<b>January</b>	Teaching Week 16	Teaching Week 17	Teaching Week 18	Teaching Week 19
<b>February</b>	Teaching Week 20	Teaching Week 21	Teaching Week 22	<b>Second Midterm Exam</b>
<b>March</b>	Teaching Week 23	Teaching Week 24	Teaching Week 25	Teaching Week 26
<b>April</b>	Teaching Week 27	Teaching Week 28	Teaching Week 29	Teaching Week 30
<b>May</b>	<i>Revision Work</i>	<b>Annual Examination</b>	<b>Annual Examination</b>	<i>PTM &amp; Annual Day</i>



# Allocation of periods

Subjects and period distribution for preparing timetable, syllabus breakdown, lesson plans etc.

SN	SUBJECT	JUNIOR			PRIMARY		SECONDARY			EACH SUBJECT PER ANNUM
		GRADE – 1	GRADE – 2	GRADE – 3	GRADE – 4	GRADE – 5	GRADE – 6	GRADE – 7	GRADE – 8	
1	English Language	5	5	5	5	5	5	5	5	150
2	Urdu Language	5	5	5	5	5	5	5	5	
3	Mathematics	5	5	5	5	5	5	5	5	
4	Science	-	-	-	5	5	5	5	5	
5	General Knowledge	5	5	5	-	-	-	-	-	
6	Sindhi Language <sup>1</sup>	4	4	4	4	4	4	4	4	120
7	Social Studies	-	-	-	4	4	-	-	-	
8	Islamiyat	4	4	4	4	4	4	4	4	
9	Nazra-e-Quran <sup>2</sup>	4	4	4	4	4	4	4	4	
10	Geography	-	-	-	-	-	3	3	3	90
11	Computer Science	3 SRM <sup>3</sup>	3 SRM	3 SRM	3 SRM	3 SRM	3	3	3	
12	Life Skills	3 SRM	3 SRM	3 SRM	-	-	-	-	-	
13	Artwork	3 SRM	3 SRM	3 SRM	-	-	-	-	-	
14	History	-	-	-	-	-	2	2	2	60
15	Life Skills & Art	-	-	-	2 SRM	2 SRM	-	-	-	
		-	-	-	-	-	1 SRM	1 SRM	1 SRM	30
PERIODS PER WEEK		<b>37</b>	<b>37</b>	<b>37</b>	<b>37</b>	<b>37</b>	<b>37</b>	<b>37</b>	<b>37</b>	

<sup>1</sup> In Sindh Region only

<sup>2</sup> In all regions except Sindh

<sup>3</sup> SRM: (Supplementary Reading Material)



## Syllabus Breakdown – History Grade 7

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
1 /30	1	CHAPTER 1: MIDDLE AGES IN EUROPE (Collapse of the Roman Empire ( Western) in 476 CE Page: 4-5		
	2	Significant Characteristics of Middle Ages in Europe page: 6-7		

### NOTES

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
2 /30	3	Significant Characteristics of Middle Ages in Europe page: 8-9		
	4	The King's Court Page: 9 -12		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
3 /30	5	Fall of Constantinople (Istanbul) and A Chronology Timeline of the Middle Ages (500-1500 CE ) page: 13-15		
	6	A Chronology Timeline of the Middle Ages (500-1500 CE ) page: 15-17		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
4 /30	7	Exercise: Q 1 and 2 page:18-19		
	8	Exercise: Q 2 page:19		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
5 /30	9	Exercise: Q 3 (i to iii parts) page:19		
	10	Exercise: Q 3 ( iv to vi parts) page:19		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
6 /30	11	CHAPTER 2: SPREAD OF ISLAM IN EUROPE AND ASIA THE Umayyads page: 21-23		
	12	Significant Advancements of Umayyads page: 23-24		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
7 /30	13	Significant Advancements of Umayyads      page: 25-26		
	14	Reasons for the invasion of Sindh      page: 27-28		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
8 /30	15	Reasons for the invasion of Sindh & Importance of the Conquest of Sindh page: 28-29		
	16	The Abbasids page: 30-31		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
9 /30	17	Significant Advancements of the Abbasids page:31-32		
	18	Significant Advancements of the Abbasids page:32-33		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
10/30	19	Exercise: Q 1 and 2                      page:35-36		
	20	Exercise: Q 2                                      page:36		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
11/30	21	Exercise: Q 3 (i to iii parts) page:36		
	22	Exercise: Q 3 (iv to vi parts) page:36		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
12 /30	23	CHAPTER 3: MUSLIM DYNASTIES AND CRUSADES Seljuk Dynasty (1037-1157 CE)      Page: 38-39		
	24	Activity      page: 40		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
13/30	25	Fatimid Dynasty (909-1171 CE) page: 40-41		
	26	Ayyubid Dynasty (909-1171 CE) page: 41-43		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
14/30	27	Safavid Dynasty (1501-1736 CE) page: 43-45		
	28	Ottoman Dynasty (924-1924 CE) page: 45-46		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
15/30	29	Ottoman Dynasty (924-1924 CE) page: 47-48		
	30	Crusades page: 48-50		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
16/30	31	Exercise: Q 1 and 2      page:51-52		
	32	Exercise: Q 2      page:52		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
17 /30	33	Exercise: Q 3 (i to iii parts) page:52		
	34	Exercise: Q 3 ( iv to vi parts) page:52		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
18/30	35	CHAPTER 4: MUSLIMS IN SOUTH ASIA Sultan Mahmood Ghaznavi (997-1030 CE)      page:55-57		
	36	Shihab-ud-din Muhammad Ghuri                      page: 57-59		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
19/30	37	The Delhi Sultanate (1206-1526 CE), The Slaves Dynasty (1206-190 CE) Sultan Qutb-ud-din Aibak ( 1206-1210 CE)      page: 59-61		
	38	Sultan Shams-ud-din Iltutmish ( 1211-1236 CE)      page: 61-62		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
20/30	39	Razia Sultan ( 1236-1240 CE) & Sultan Ghiyas-ud-din Balban page: 63-64		
	40	The Khiljis’s Dynasty ( 1290-1320 CE) & Sultan Jala-ud-din Khilji 1290-1296 page: 64-66		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
21/30	41	Sultan Ala-ud-din Muhammad Khilji 1296-1316 CE page: 66-68		
	42	The Tughlaqa Replace the Khiljis, The Tughlaq Dynasty (1320 1414 CE) Muhammad Bin Tughlaq (1325-1351 CE) page: 68-71		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
22 /3	43	Lodhi Dynasty (1451-1526 CE), The Sayyid Dynasty (1414-1451 CE), Mughal Dynasty (1526-1827 CE) page: 72-75		
	44	The Battle of Khanwa page: 76-78		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
23/30	45	Wars with Sher Khan to Reforms of Sher Shah Suri page: 79-82		
	46	Jalal-ud-din Muhammad Akbar (1526-1605 CE)      page: 83-85		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
24/30	47	Administration & Nur-ud-din Muhammad Jahangir ( 1605-1627 CE) page: 86-89		
	48	Shahab-ud-din Muhammad Shah Jahan page: 90-92		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
25 /30	49	Religious Reforms to The Arrival of the European nations and the supremacy of the British page: 93-96		
	50	Challenges faced by the Muslims to Shah Waliullah (1703-1762CE) page: 96-100		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
26/30	51	Exercise: Q 1 & 2                      page: 102		
	52	Exercise: Q 3                                page: 102		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
27 /30	53	Exercise: Q 3 page: 102		
	54	Exercise: Q 4 & Activity page: 102-103		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
28/30	55	CHAPTER 5: MODERN PERIOD IN EUROPE The Renaissance in Europe page: 105-107		
	56	Colonialism and Imperialism page: 108-111		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
29 /30	57	What was the Industrial Revolution? page: 111-114		
	58	Exercise: Q 1 and 2 page:115-116		

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WEEK	[60]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
30/30	59	Exercise: Q 3 page:116		
	60	Activity page:116		

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