

GEOGRAPHY 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)



WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
1 /30	1.	, Physical features,Mountains and Plains, reading and explanation ,pg 5. Written work Q no2 part(1,2).		
	2.	Erosional Plain, reading and explanation, pg no 6,7 . Written workQ NO 2 PART 2 Q no 3 part 1		
	3.	Depositional Plain, Reading and Explanationpg no 7,8,9. Written work Qno 2 part (4,5,6)		

## NOTES

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
2 /30	4.	Depositional Plain , Q no 4s		
	5.	River System, reading and explanation pg no10,11.Written work Q 2 part (7,8) Q 3 part 2.		
	6.	Youth Stage / Middle Stage, Reading and Explanation, pg no 12, 13. Written Work, Q no 2 part (9,10) Q 3 part no 4.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
3 /30	7.	Lower Stage , Reading and Explanation, pg no 13, 14		
	8.	15.		
	9.	Wild Life/Recreation ,Reading and Explanation pg no 15, Written Work Q no 2 part 9.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
4 /30	10.	Protection From Flood /Transportation, Reading and Explanation pg no 16 . Written Work Q no3 part 5.		
	11.	Recap of chapter , Exercise pg no 17 .		
	12.	Assessment/ Test		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
5 /30	13.	UNIT 2 .WATER SOURCES AND MANAGEMENT./ Introduction/ Major Sources of Water , Reading and Explanation,pg no 20, 21. Written Work Q no 2 part 1,2. Q3 part 1		
	14.	Surface Water / Frozen Water, Reading and Explanation pg no 21Written Work Q no 2 part 3,4		
	15.	Rivers / Rainfall, Reading and Explanation pg no 21,22, Written Work Q no 2 part 5q3 part 3.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
6 /30	16.	Lakes / Groundwater, Reading and Explanation pg no 22,23. Written Work Q 2 part 6,7 ,8		
	17.	Precipitation and its Types, Reading and Explanation pg no 23,24.Q no 2 part 10, Qno 3 part4.		
	18.	Hail -Ice Crystal , Reading and Explanation pg no24, 25. Written Work Q no 3 part 4.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
7 /30	19.	Cyclonic Rainfall, Reading and Explanation pg no25. Written Work Q no 2 part 11.		
	20.	Orographic Rainfall / Conventional Rainfall , Reading and Explanation pg no 26 Written Work Q no 3 part4.		
	21.	Water Cycle, Reading and Explanation pg no 27,28 . Written Work , Draw Water Cycle.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
8 /30	22.	Usage Of Sewage Water/Advantage of Biogas, Reading and Explanation pg no 29.Written Work Q no 3 part5.		
	23.	Disadvantages of BiogasReading and Explanation pg no 30.		
	24.	Water Purification Methods, Reading and Explanation pg no 31, Written Work Q no 3 part 6.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
9 /30	25.	Distillation/Chlorination, Reading and Explanation pg no 32.		
	26.	Recap of Unit / Written Work EXERCISE pg no 33		
	27.	PROJECT WORK		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
10/30	28.	ASSESSMENT/ TEST[		
	29.	UNIT 3 SETTLEMENT AND LAND USE, Introduction/ Settlements, Reading and Explanation pg no 36. Written Work Qno 2 part 1,2		
	30.	Types of Settlements/ Types of Rural Settlements Reading and Explanation pg no 36,37. Written Work Q no 2 part 3 Qno 3 part 6.s		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
11/30	31.	Urban Settlements / Types Of Urban Settlements, Reading and Explanation pg no 38, 39. Written Work Qno 2 part11, Qno 3 part 5.		
	32.	Functions of Settlements, Reading and Explanation pg no 40,41. Written Work Q NO 2 PART7,8.		
	33.	Suitable Conditions For Settlements, Reading and Explanation pg no 42. Written Work Q no 2 part 9 Qno 3 part 4.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
12 /30	34.	Economic Factors / Social Factors, Reading and Explanation pg no 43, 44.		
	35.	Comparison of Rural and Urban Settlements, Reading and Explanation pg no 44,45. Written Work Q no 2 part 4.		
	36.	Advantages And Disadvantages Of Rural Settlements, Reading and Explanation pg no 45,46. WrittenWork Qno 2 part 10.s		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
13/30	37.	Advantages And Disadvantages Of Urban Settlements, Reading and Explanatin pg no 47,48, Written Work Q no 2 part 11.		
	38.	Conurbation VS Megapolis, Reading and Explanation pg no 49. , Written Work Qno 2 part 5,6. .		
	39.	Reinforcement of unit , Written Work / Exercise pg no 50.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
14/30	40.	Assessment/ Test		
	41.	UNIT 4 AGRICULTURE MEANING OF AGRICULTURE / TYPES OF AGRICULTURE, Reading And Explanation pg no 53 Written Work Qno 2 part 1.Qno 3 part 2.		
	42.	Characteristics of Commercial Farming, Reading And Explanation pg no 55. Written Work Qno 3 part 1,2 .		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
15/30	43.	Pakistan is an Agricultural Country/ Importance of Agriculture in Pakistan, Reading And Explanation pg no 56,57.Written Work Q no 3 part 3.		
	44.	Main Crops Of Pakistan , Reading and Explanation pg no 59. Written Work pg no Qno 3 part 4.		
	45.	Cotton Cash Crop/ Rice , Reading and Explanation pg no 59,60.Written Work Q no 3 part 5.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
16/30	46.	Wheat Rabi Crop , Reading and Explanation pg no 61,62. Written Work Qno 4.		
	47.	Factors Affecting Agricultural Yield/ Production. Reading and Explanation pg no 63, Written Work Qno 3 part 6.		
	48.	Impacts of Livestock Farming on the Environment. Reading and Explanation pg no 64,Written Work Qno 2 part 4,6.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
17 /30	49.	Recap of Unit / Key Points / Written Work Exercise pg no 66.		
	50.	PROJECT DISCUSSION		
	51.	ASSESSMENT/TEST.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
18/30	52.	UNIT 5 CLIMATE CHANGE Weather and Climate , Reading and Explanation pg no 69. Written Work Qno 2 part 1,2,Qno 3 part 1,		
	53.	Climate Change / Greenhouse Effect , Reading and Explanation pg no 70, Written Work Q no 3 part 2.		
	54.	Effects Of Greenhouse till Smog And Air Pollution., Reading and Explanation pg no71, Weitten Work, Qno 3 part 3,4.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
19/30	55.	Acidification of Water Bodies till Health , Reading and Explanation pg no 72,73. Written Work Q no 2 part 5.		
	56.	Importance Of Ozone O, Reading and Explanation pg no 73. Written Work Q no 3 PART 3,4.		
	57.	Causes of Ozone Layer Depletion Reading and Explanation pg no 74,		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
20/30	58.	Solution of Ozone Layer Depletion , Reading and Explanation,pg no 75,76. Written Work Qno 3 part 5.		
	59.	Recap of unit , Written Work EXERCISE PG NO 77.		
	60.	PROJECT WORK /MODEL MAKING		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
21/30	61.	TEST OF UNIT 5		
	62.	UNIT 6 MINERALS AND POWER		
	63.	Mineral Resources, Reading and Explanation, pg no 80.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
22 /30	64.	Important Minerals/ Coal, Reading and Explanation pg no 80,81.Written Work Qno 2 part 1.		
	65.	MineralOil , Natural Gas,Iron Ore, Reading and Explanation, Written Work Q no 3 part 2.		
	66.	Chromite, Rock Salt, Copper and Gold,Uranium, Reading and Explanation,pg no 83, Written Work Qno 3 part4.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
23 /30	67.	,Qno 3 part 3.		
	68.	Industries Related To Minerals, Reading and Explanation, pg no 85.		
	69.	Cement Industry, Reading and Explanation pg no 85.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
24/30	70.	Minerals rich areas of Pakistan, Reading and Explanation pg no 86		
	71.	Rare Minerals of Pakistan, Reading and Explanation , pg no 86,87. Written WORK q NO 2 Part 4, Qno 3 part 3.		
	72.	Other Minor Minerals ,Reading and Explanation, pg no 87,		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
25 /30	73.	Types OF Coal, Reading and Explanation, pg no 88,Written Work Qno 3 part 4.		
	74.	MINING/ Long Wall Mining / Surface Mining, Reading and Explanation, pg no 88,89.		
	75.	Alternate Source Of Energy./ Hydropower, Reading and Explanation, pg no 89 written work Q no 3 part 5.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
26/30	76.	Pakistan's Main Hydroelectric Projects Tarbela Dam/ Ghazi Brotha Dam, Reading and Explanation, pg no 89, 90. Written work Qno 2 part 2.		
	77.	Mangla Dam/ Neelum Jhelum Power Project/Warsak Dam, Reading and Explanation pg no 90. Written Work Qno 2 part 3.		
	78.	Solar Energy, Reading and Explnation pg no91,		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
27 /30	79.	Wind Energy / Alternate Source of Energy, Reading and Explanation, pg no 92. Written Work Qno 3 part 5,		
	80.	Options for Using Renewable Energy Include, Reading and Explanation pg no 92.		
	81.	Recap of Unit / Key Points / Q1 Exercise pg no 94.		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
28/30	82.	Project / Presentation / Discussion Qno 4 pg no 95		
	83.	PROJECT SUBMISSION		
	84.	Assessment/ Test		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
29 /30	85.	Assessment/ Test		
	86.	Assessment/ Test		
	87.	Assessment/ Test		

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WEEK	[90]	UNIT & TOPIC CONTENT INCLUDING PAGE NUMBER	SIGN CR/CT	DATE
30/30	88.	Assessment/ Test		
	89.	Assessment/ Test		
	90.	Assessment/ Test		

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