

1st Term : 18 August 2015-27 December 2015 (80 Working days)				
Week No	Duration/ Dates	No of W. Days	Contents	Practical Experiments
1	18 Aug 2015 To 21 Aug 2015	04	<u>CHAPTER 14:- Respiration.</u> Respiratory system of Man + ventilation.	Laboratory Safety Techniques
2	24 Aug 2015 To 28 Aug 2015	05	<u>CHAPTER 14:- Respiration.</u> Respiratory Volumes + Transport of Gases + Respiratory Disorders. <u>CHAPTER 15:- Homeostasis.</u> Homeostasis Concept & Mechanism of Homeostasis.	1 Identification of different parts of respiratory and reproductive system of frog.
3	31 Aug 2015 To 04 Sep 2015	05	<u>CHAPTER 15:- Homeostasis.</u> Osmoregulation + Products of Excretion + Excretory system of Man + Nephron.	2 Examination of sheep lungs.
4	07 Sep 2015 To 11 Sep 2015	05	<u>CHAPTER 15:- Homeostasis.</u> UTI <u>CHAPTER 16:- Support & Locomotion.</u> Structure of bone + Human Skeleton + Joints + Disorders of Skeleton.	3 Comparison of smoker and healthy man.
5	14 Sep 2015 To 18 Sep 2015	05	<u>CHAPTER 16:- Support & Locomotion.</u> Bone Fracture + Muscles & Structure of Skeletal Muscles + Antagonism <u>CHAPTER 19:- Behavior.</u> Nature of behavior + Innate behavior.	4 Study of skeleton of man.
6	21 Sep 2015 To 25 Sep 2015 [EidulAzha]	02	<u>CHAPTER 19:- Behavior.</u> Non-orientation behavior + Learning behavior + Social behavior.	Revision of Experiments
7	28 Sep 2015 To 02 Oct 2015	05	<u>1st Bimonthly Test</u>	
8	05 Oct 2015 To 09 Oct 2015	05	<u>CHAPTER 17:- Nervous Co-ordination.</u> Steps involved in coordination + Neuron + Nerve impulse + Synapse + Neurotransmitters + Human Brain.	5 Study of muscles from prepared slides.

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9	12 Oct 2015 To 16 Oct 2015	05	<u>CHAPTER 17:- Nervous Co-ordination.</u> Spinal cord + PNS + Receptors in Man + Defects in nervous coordination. <u>CHAPTER 18:- Chemical Coordination.</u> Hormone-chemical nature + Hypothalamus	6 Observation of spider's web.
10	19 Oct 2015 To 23 Oct 2015 [Ashura]	03	<u>CHAPTER 18:- Chemical Coordination.</u> Pituitary Gland + Thyroids & Para-thyroids +Pancreas + Adrenal + Gonads + Feed Back mechanism of Hormones.	7 Identification of vertebrates on the basis of blastula.
11	26 Oct 2015 To 30 Oct 2015	05	<u>CHAPTER 20:-Reproduction.</u> Male Reproductive system & spermatogenesis + Female reproductive system & oogenesis + Female reproductive cycle + Disorders of Reproductive systems.	8 Study of ovaries from prepared slides.
12	02 Nov 2015 To 06 Nov 2015	05	<u>CHAPTER 21:- Development & Aging.</u> Cleavage + Gastrulation & organogenesis + Control of development + Embryonic induction.	9 Study of chick development from prepared slides.
13	09 Nov 2015 To 13 Nov 2015 [Iqbal Day]	04	<u>CHAPTER 21:- Development & Aging.</u> Human embryonic development + Human development in three trimesters + Placenta + Birth & Nursing.	10 Data collection from class for ABO blood groups.
14	16 Nov 2015 To 20 Nov 2015	05	<u>CHAPTER 21:- Development & Aging.</u> Disorders during development + Postnatal development & Aging. <u>CHAPTER 22:- Inheritance.</u> Mendelian Inheritance + Dominance & its types + ABO blood system.	11 Interpretation of different analogous and homologous structures.
15	23 Nov 2015 To 27 Nov 2015	05	<u>CHAPTER 22:- Inheritance.</u> Rh blood system + Polygenic inheritance + Epistasis + Gene linkage + Sex determination + Sex linkage + Sex linked disorders.	12 Testing of blood group using antisera and performing agglutination reaction for Rh factor.
16	30 Nov 2015 To 04 Dec 2015	05	<u>CHAPTER 27:- Biology& Human Welfare.</u> Vaccination & Integrated Disease Management + Animal husbandry + Home Gardening + Microbes & Human welfare.	13 Measurement of blood pressure & study of blood vessels.

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17	07 Dec 2015 To 11 Dec 2015	05	<u>1st Term Exams (Send – Up Exams)</u>	
18	14 Dec 2015 To 18 Dec 2015	02	<u>1st Term Exams (Send – Up Exams)/All Pakistan Prize Distribution Ceremony of Co-curricular Activities</u>	
19	21 Dec 2015 To 25 Dec 2015	-	<u>Winter Vacation</u>	
<u>2nd Term: 28 December 2015-12 April 2016 (75 Working Days)</u>				
20	28 Dec 2015 To 01 Jan 2016	05	<u>CHAPTER 23:- Chromosomes & DNA.</u> Chromosomal theory of inheritance + Morphology & chemical composition of chromosomes. <p align="right">(Contd.)</p>	Practical Revision XI
21	04 Jan 2016 To 08 Jan 2016	05	<u>CHAPTER 23:- Chromosomes & DNA.</u> DNA as hereditary material + DNA replication + Transcription + Genetic code. <p align="right">(Contd.)</p>	Practical Revision XI
22	11 Jan 2016 To 15 Jan 2016	05	<u>CHAPTER 23:- Chromosomes & DNA.</u> Translation + Regulation of gene expression + Mutation	Practical Revision XI
23	18 Jan 2016 To 22 Jan 2016	05	<u>CHAPTER 24:- Evolution.</u> Theory of special creation vs Evolution + evidence of evolution + Evolution from prokaryotes to eukaryotes. <p align="right">(Contd.)</p>	Practical Revision XI
24	25 Jan 2016 To 29 Jan 2016	05	<u>CHAPTER 24:- Evolution.</u> Lamarckism + Darwinism + Hardy-Weinberg theorem + Genetic drift. <p align="right">(Contd.)</p>	Practical Revision XII
25	01 Feb 2016 To 05 Feb 2016 [Kashmir Day]	04	<u>CHAPTER 24:- Evolution.</u> Speciation <u>CHAPTER 26:- Biotechnology.</u> Cloning of Gene + PCR. <p align="right">(Contd.)</p>	Practical Revision XII
26	08 Feb 2016 To 12 Feb 2016	05	<u>2nd Bimonthly Test</u>	

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27	15 Feb 2016 To 19 Feb 2016	05	<u>CHAPTER 26:- Biotechnology.</u> DNA sequencing + DNA analysis + HGP & Genomic maps + Tissue culturing. (Contd.)	Practical Revision XII
28	22 Feb 2016 To 26 Feb 2016	05	<u>CHAPTER 26:- Biotechnology.</u> Transgenic bacteria, plants & animals + Biotechnology & Health care. (Contd.)	Practical Revision XII 1st Test of Test Series
29	29 Feb 2016 To 04 Mar 2016	05	<u>CHAPTER 26:- Biotechnology.</u> Scope of Biotechnology. <u>CHAPTER 25:- Man & his Environment.</u> Biogeochemical cycle + The flow of energy. (Contd.)	Practical Revision XII 2nd Test of Test Series
30	07 Mar 2016 To 11 Mar 2016	05	<u>CHAPTER 25:- Man & his Environment.</u> Ecological pyramids + Ecological succession + Population dynamics. (Contd.)	Practical Revision XII 3rd Test of Test Series
31	14 Mar 2016 To 18 Mar 2016	05	<u>CHAPTER 25:- Man & his Environment.</u> Human impact on environment + Environmental resources & their depletion.	Practical Revision XII 4th Test of Test Series
32	21 Mar 2016 To 25 Mar 2016 [Pakistan Day]	04	<u>REVISION TESTS ONE EACH DAY</u>	
33	28 Mar 2016 To 01 Apr 2016	05	<u>Pre-Board Examination</u>	
34	04 Apr 2016 To 08 Apr 2016	05	<u>Pre-Board Examination</u>	
35	11 Apr 2016 To 15 Apr 2016	02	<u>Pre-Board Examination/ Prep Leave</u>	