

FIZIKA
(haftasiga 2 soatdan jami 68 soat)

VII SINF

| Darslar tartibi | Mavzu nomi | Soat | Taqvimiy muddat |
|-------------------|--|------|-----------------|
| I CHORAK | | | |
| 1-dars | Mexanika bo'limida nimani o'rganamiz? Mexanikaning rivojlanish tarixidan ma'lumotlar | 1 | |
| 2-dars | Jismlarning harakati | 1 | |
| 3-dars | Fazo va vaqt | 1 | |
| 4-dars | Kinematikaning asosiy tushunchalari | 1 | |
| 5-dars | Skalyar va vektor kattaliklar hamda ular ustida amallar | 1 | |
| 6-dars | Masalalar yechish | 1 | |
| 7-dars | To'g'ri chiziqli tekis harakat haqida tushuncha | 1 | |
| 8-dars | To'g'ri chiziqli tekis harakat tezligi | 1 | |
| 9-dars | Masalalar yechish | 1 | |
| 10-dars | 1-NAZORAT ISHI | 1 | |
| 11-dars | To'g'ri chiziqli tekis harakatning grafik tasviri | 1 | |
| 12-dars | Notekis harakatda tezlik | 1 | |
| 13-dars | Tekis o'zgaruvchan harakatda tezlanish | 1 | |
| 14-dars | Tekis o'zgaruvchan harakat tezligi | 1 | |
| 15-dars | Tekis o'zgaruvchan harakatda bosib o'tilgan yo'l | 1 | |
| 16-dars | Masalalar yechish | 1 | |
| 17-dars | 2-NAZORAT ISHI | 1 | |
| 18-dars | 1-laboratoriya ishi: Tekis tezlanuvchan harakatlanayotgan jism tezlanishini aniqlash | 1 | |
| II CHORAK | | | |
| 19-dars | Jismlarning erkin tushishi | 1 | |
| 20-dars | Yuqoriga tik otilgan jismning harakati | 1 | |
| 21-dars | Jismning tekis aylanma harakati | 1 | |
| 22-dars | Aylanma harakatni tavsiflaydigan kattaliklar orasidagi munosabatlar | 1 | |
| 23-dars | Masalalar yechish | 1 | |
| 24-dars | Markazga intilma tezlanish | 1 | |
| 25-dars | 3-NAZORAT ISHI | 1 | |
| 26-dars | Masalalar yechish | 1 | |
| 27-dars | Jismlarning o'zaro ta'siri. Kuch | 1 | |
| 28-dars | Nyutonning birinchi qonuni inersiya qonuni | 1 | |
| 29-dars | Jism massasi | 1 | |
| 30-dars | Nyutonning ikkinchi qonuni | 1 | |
| 31-dars | 4-NAZORAT ISHI | 1 | |
| 32-dars | Masalalar yechish | 1 | |
| III CHORAK | | | |
| 33-dars | Nyutonning uchinchi qonuni | 1 | |

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| 34-dars | Harakat qonunlarining aylanma harakatga tatbiqi | 1 | |
| 35-dars | Masalalar yechish | 1 | |
| 36-dars | Elastiklik kuchi | 1 | |
| 37-dars | Masalalar yechish | 1 | |
| 38-dars | 2-laboratoriya ishi: Prujina bikrligini aniqlash | 1 | |
| 39-dars | Butun olam tortishish qonuni | 1 | |
| 40-dars | Og'irlik kuchi | 1 | |
| 41-dars | Jism og'irligi | 1 | |
| 42-dars | Yuklama va vaznsizlik | 1 | |
| 43-dars | Masalalar yechish | 1 | |
| 44-dars | 5-NAZORAT ISHI | 1 | |
| 45-dars | Yerning tortishish kuchi ta'sirida jismlarning harakati | 1 | |
| 46-dars | Yerning sun'iy yo'ldoshlari | 1 | |
| 47-dars | Ishqalanish kuchi. Tinchlikdagi ishqalanish | 1 | |
| 48-dars | Sirpanish ishqalanish. Dumalanish ishqalanish. | 1 | |
| 49-dars | 3-laboratoriya ishi: Sirpanish ishqalanish koeffitsientini aniqlash | 1 | |
| 50-dars | Tabiatda va texnikada ishqalanish | 1 | |
| 51-dars | 6-NAZORAT ISHI | 1 | |
| 52-dars | Masalalar yechish | 1 | |
| IV CHORAK | | | |
| 53-dars | Impuls | 1 | |
| 54-dars | Impulsning saqlanish qonuni | 1 | |
| 55-dars | Reaktiv harakat | 1 | |
| 56-dars | Masalalar yechish | 1 | |
| 57-dars | Mexanik ish | 1 | |
| 58-dars | 4-laboratoriya ishi: Jismni ko'tarishda va shu masofaga gorizontal ko'chirishda bajarilgan ishni hisoblash | 1 | |
| 59-dars | Potensial energiya | 1 | |
| 60-dars | Kinetik energiya | 1 | |
| 61-dars | 7-NAZORAT ISHI | 1 | |
| 62-dars | Mexanik energiyaning saqlanish qonuni | 1 | |
| 63-dars | 5-laboratoriya ishi: Jism kinetik energiyauning uning tezligi va massasiga bog'liqligini aniqlash | 1 | |
| 64-dars | Quvvat. Masalalar yechish | 1 | |
| 65-dars | Tabiatda energiyaning saqlanishi. Foydali ish koeffitsiyenti | 1 | |
| 66-dars | 7-sinf bo'yicha umumlashtiruvchi dars | 1 | |
| 67-dars | 8-NAZORAT ISHI | 1 | |
| 68-dars | O'quv sayohati. | 1 | |