Here is the updated 26-week foundational curriculum for Grades 8, 9, and 10, tailored with concise, encouraging guidance. The descriptions for daily work, assignments, and milestones are kept strictly to a maximum of 3 to 4 words, with problem counts removed from assignments to highlight only the core topic.

Foundational Physics Curriculum (Weeks 1 to 26)

Week-wise Number	Topics for that Week	Daily Work to be Done	Assignment for that Week	Milestone of the Topics Covered for that Week
Week 01	Physical Quantities, Units, SI System, Vernier Calipers, Screw Gauge	Learn tools, practice measuring.	Measurement and error analysis.	Measure accurately with tools.
Week 02	Rest, Motion, Distance, Displacement, Speed, Velocity, Uniform Motion	Understand concepts, solve drills.	Straight line motion.	Master distance and velocity.
Week 03	Acceleration, Equations of Motion, Displacement-Time and Velocity-Time Graphs	Derive formulas, read graphs.	Equations and motion graphs.	Read motion graphs easily.
Week 04	Vertical Motion Under Gravity, Free Fall, Acceleration Due to Gravity	Apply signs, solve motion.	Free fall under gravity.	Solve free fall questions.
Week 05	Vectors,	Draw vectors,	Vector	Resolve

	Scalars, Addition Laws, Resolution into Components	practice components.	components and addition.	vectors with confidence.
Week 06	Force, Types of Forces, Balanced Forces, Inertia, Newton's First Law	Study inertia, draw forces.	Force and first law.	Understand inertia and balance.
Week 07	Momentum, Newton's Second and Third Laws, Free Body Diagrams	Draw diagrams, calculate forces.	Momentum and Newton's laws.	Apply force laws accurately.
Week 08	Friction, Static and Kinetic Friction, Limiting Value, Laws of Friction	Check limits, solve forces.	Friction types and applications.	Calculate friction with ease.
Week 09	Universal Law of Gravitation, Gravitational Constant, Variation of g	Study formulas, compare planets.	Gravitation and g variation.	Grasp gravity and weight.
Week 10	Mass, Weight, Apparent Weight in Lifts, Kepler's Laws of Planetary Motion	Solve lifts, explore orbits.	Weight and Kepler's laws.	Explain orbital motion clearly.
Week 11	Fluid Pressure,	Learn	Fluid pressure	Calculate liquid

	Thrust, Pascal's Law, Hydraulic Machines, Barometer	pressure, solve lifts.	and hydraulics.	pressure easily.
Week 12	Archimedes' Principle, Buoyancy, Law of Floatation, Relative Density	Balance forces, calculate densities.	Buoyancy and floatation.	Understand floating objects well.
Week 13	Work Done by Force, Angle Dependence, Kinetic Energy Concept	Learn formulas, calculate work.	Work and kinetic energy.	Solve work energy problems.
Week 14	Potential Energy, Conservation of Mechanical Energy, Electric Power	Balance energy, calculate power.	Potential energy and power.	Conserve energy in calculations.
Week 15	Temperature Scales, Heat Energy, Thermal Expansion in Solids	Convert scales, calculate expansion.	Thermal expansion and temperature.	Convert temperatures and expansions.
Week 16	Specific Heat Capacity, Principle of Mixtures, Latent Heat, Phase Changes	Balance heat, solve mixtures.	Calorimetry and phase changes.	Solve heat mixture problems.

Week 17	Waves, Longitudinal and Transverse Waves, Frequency, Wavelength, Speed	Sketch waves, calculate speeds.	Wave characteristics and speed.	Calculate wave speed easily.
Week 18	Speed of Sound, Reflection, Echo Calculations, Sonar, Ultrasound	Solve echoes, explore acoustics.	Echo and sound reflection.	Solve echo time questions.
Week 19	Rectilinear Light Propagation, Laws of Reflection, Plane Mirrors	Trace rays, find images.	Plane mirror reflection.	Trace plane mirror reflections.
Week 20	Spherical Mirrors, Focal Length, Ray Diagrams, Mirror Formula	Draw rays, apply formula.	Spherical mirror formula.	Use mirror formula accurately.
Week 21	Refraction, Snell's Law, Refractive Index, Apparent Depth, TIR	Apply Snell's law, sketch.	Refraction and Snell's law.	Apply Snell's law correctly.
Week 22	Convex and Concave Lenses, Lens Formula,	Draw lenses, solve powers.	Lens formula and defects.	Master lenses and vision.

	Power, Eye Defects			
Week 23	Electric Current, Potential Difference, Ohm's Law, V-I Graphs	Study circuits, plot graphs.	Current and Ohm's law.	Apply Ohm's law easily.
Week 24	Electrical Resistance, Resistivity, Series and Parallel Combinations	Simplify networks, find currents.	Resistor network calculations.	Solve complex resistor networks.
Week 25	Joule's Heating Law, Power, Magnetic Field Lines, Oersted Experiment	Calculate power, map fields.	Electric heating and magnetism.	Map magnetic fields confidently.
Week 26	Electromagnetic Induction, Simple AC Generator, Atomic Physics Basics	Review laws, practice questions.	Induction and modern physics.	Ready for senior physics.

Foundational Chemistry Curriculum (Weeks 1 to 26)

Week-wise Number	**Topics for that Week**	**Daily Work to be Done**	**Assignment for that Week**	**Milestone of the Topics Covered for that Week**
Week 01	States of Matter, Particle	Compare states, review	States of matter	Understand particle

	Nature, Phase Changes, Evaporation Factors	heating.	properties.	behavior clearly.
Week 02	Pure Substances, Mixtures, Solutions, Colloids, Concentration Percentage	Classify mixtures, calculate percentages.	Solutions and concentration terms.	Calculate solution concentrations accurately.
Week 03	Separation Techniques: Distillation, Sublimation, Physical/Chemical Changes	Learn techniques, compare changes.	Separation of mixtures.	Choose right separation methods.
Week 04	Laws of Chemical Combination, Dalton's Atomic Theory, Atomic Mass	Verify ratios, learn postulates.	Chemical combination laws.	Verify mass combination laws.
Week 05	Molecules, Ions, Cations, Anions, Valency, Chemical Formula Writing	Memorize ions, cross valencies.	Chemical formula writing.	Write chemical formulas flawlessly.
Week 06	Mole Concept, Molar Mass, Avogadro Constant, Mass-Mole	Convert grams to moles.	Mole concept basics.	Convert moles and particles.

	Conversions			
Week 07	Molar Gas Volume, Elemental Percentage Composition, Empirical Formula	Calculate percentages and formulas.	Empirical and molecular formulas.	Find formulas from percentages.
Week 08	Cathode and Canal Rays, Thomson Model, Rutherford Scattering Model	Study experiments, compare models.	Early atomic models.	Understand the nuclear atom.
Week 09	Bohr Atomic Model, Electronic Shells, Valence Electrons, Isotopes	Draw shells, calculate isotopes.	Electronic structure and isotopes.	Draw electron configurations correctly.
Week 10	Dobereiner Triads, Newlands Octaves, Mendeleev Periodic Table	Check triads, review table.	Early periodic classification.	Understand early periodic tables.
Week 11	Modern Periodic Law, Groups, Periods, Valence Shells, Block Division	Locate elements, identify families.	Modern periodic table.	Locate elements across blocks.
Week 12	Periodic	Track trends,	Atomic radius	Predict atomic

	Trends: Atomic Radii, Ionic Radii, Metallic Property	compare sizes.	and trends.	size trends.
Week 13	Periodic Trends: Ionization Energy, Electron Affinity, Electronegativity	Compare energies, rank elements.	Electronegativity and ionization energy.	Rank reactivity from trends.
Week 14	Octet Rule, Ionic Bonding Mechanism, Lewis Dot Transfer, Lattice	Draw transfers, study crystals.	Ionic bonding structures.	Draw ionic bonds confidently.
Week 15	Covalent Bonding, Shared Pairs, Single/Multiple Bonds, Polarity	Draw sharing, check polarity.	Covalent bonding and molecules.	Master covalent Lewis structures.
Week 16	Chemical Reactions, Skeletal Equations, Balancing by Inspection	Balance equations, add states.	Balancing chemical equations.	Balance equations with speed.
Week 17	Combination, Decomposition, Single Displacement, Precipitation Reactions	Classify reactions, predict products.	Types of chemical reactions.	Identify all reaction types.

Week 18	Oxidation, Reduction, Electronic Transfer View, Corrosion, Rancidity	Track electrons, identify agents.	Oxidation and reduction reactions.	Identify redox electron transfers.
Week 19	Acids, Bases, Properties, Reactions with Metals, Color Indicators	Learn reactions, test colors.	Acids bases and indicators.	Predict acid base reactions.
Week 20	The pH Scale, Acid-Base Neutralization, Common Industrial Salts	Study pH, learn salts.	The pH scale salts.	Master pH and salts.
Week 21	Metals and Non-Metals, Physical Properties, Metal Reactivity Series	Order reactivity, predict reactions.	Metal reactivity series.	Predict metal displacement reactions.
Week 22	Basic Metallurgy, Ores, Roasting, Calcination, Refining, Alloys	Review roasting, study alloys.	Metallurgy and extraction processes.	Trace metal extraction steps.
Week 23	Carbon Bonding, Tetravalency, Catenation, Diamond, Graphite,	Compare diamond, study graphite.	Carbon allotropes and bonding.	Explain carbon allotrope structures.

	Fullerenes			
Week 24	Saturated and Unsaturated Hydrocarbons, Alkanes, Isomerism, IUPAC	Name chains, draw isomers.	Hydrocarbons and isomerism.	Name simple organic compounds.
Week 25	Functional Groups, Alcohols, Carboxylic Acids, Soaps, Detergents	Spot groups, balance reactions.	Functional groups and reactions.	Identify major functional groups.
Week 26	Gas Laws: Boyle's and Charles's Laws, Ideal Gas Basics, Salt Tests	Solve gas laws, review.	Gas laws and analysis.	Ready for senior chemistry.

Foundational Mathematics Curriculum (Weeks 1 to 26)

Week-wise Number	**Topics for that Week**	**Daily Work to be Done**	**Assignment for that Week**	**Milestone of the Topics Covered for that Week**
Week 01	Real Number Classification, Decimal Expansions, Laws of Exponents	Simplify powers, practice rules.	Real numbers and exponents.	Simplify complex exponents easily.
Week 02	Surds, Radical Expressions,	Rationalize surds, practice	Surds and rationalization.	Master surds and proofs.

	Denominator Rationalization, Proofs	proofs.		
Week 03	Euclid Division Algorithm, Fundamental Theorem of Arithmetic, HCF, LCM	Find factors, solve applications.	Euclid's lemma and HCF.	Calculate HCF LCM rapidly.
Week 04	Polynomial Types, Degrees, Standard Algebraic Expansion Identities	Expand identities, simplify terms.	Algebraic identities and expansions.	Expand identities without errors.
Week 05	Factor Theorem, Remainder Theorem, Factoring Quadratics and Cubics	Divide polynomials, factor cubics.	Remainder and factor theorems.	Factor higher degree polynomials.
Week 06	Linear Equations in One and Two Variables, Graphs of Lines	Solve equations, draw lines.	Linear equations and graphs.	Graph linear equations accurately.
Week 07	Pair of Linear Equations, Elimination Method, System Consistency	Eliminate variables, check consistency.	Simultaneous linear equations.	Solve linear pairs quickly.

Week 08	Word Problems: Speed-Distance, Upstream-Downstream, Work Rates	Translate wordings, solve systems.	Linear system word problems.	Frame equations from words.
Week 09	Ratio, Continued Proportion, Componendo-Dividendo, Variations	Apply proportions, solve variations.	Ratio proportion and variation.	Simplify proportions with ease.
Week 10	Quadratic Equations, Factoring Method, Completing Square, Formula	Apply formula, solve roots.	Quadratic equation roots.	Solve any quadratic equation.
Week 11	Discriminant, Nature of Quadratic Roots, Sum and Product of Roots	Check discriminants, evaluate roots.	Discriminant and root relations.	Classify roots by discriminant.
Week 12	Arithmetic Progression (AP), Common Difference, General nth Term	Find terms, deduce patterns.	Arithmetic progression general term.	Find sequence terms quickly.
Week 13	Sum of n Terms of an AP, Introduction to	Sum series, explore GP.	AP sum and GP.	Calculate finite progression sums.

	Geometric Progressions			
Week 14	Logarithms Definition, Product, Quotient, Power, Base Change Rules	Learn rules, simplify logs.	Logarithm laws and equations.	Solve basic logarithmic equations.
Week 15	Cartesian Coordinate Plane, Distance Formula, Geometric Polygons	Plot points, find distances.	Coordinate distance formula.	Calculate plane distances easily.
Week 16	Section Formula, Midpoint Formula, Triangle Centroid, Planar Area	Divide segments, calculate areas.	Section formula and area.	Find division coordinates accurately.
Week 17	Lines, Transversals, Alternate and Corresponding Angles, Triangles	Trace angles, prove lines.	Lines and parallel angles.	Chase geometric angles accurately.
Week 18	Triangle Congruence Criteria: SAS, ASA, SSS, RHS, Isosceles Theorems	Write proofs, check criteria.	Triangle congruence proofs.	Prove triangle congruences formally.

Week 19	Triangle Similarity Criteria, Thales Basic Proportionality Theorem	Set ratios, prove similarity.	Similar triangles and Thales.	Apply similarity ratio rules.
Week 20	Circle Chords, Center Bisectors, Equidistant Chords, Subtended Angles	Solve chords, check angles.	Circle chords and arcs.	Solve chord geometry problems.
Week 21	Tangents to Circles, Radius Perpendicularity, Cyclic Quadrilaterals	Draw tangents, prove angles.	Circle tangents and quadrilaterals.	Master circle tangent theorems.
Week 22	Mensuration: Sectors, Segments, Surface Areas, Composite Volumes	Calculate areas, convert shapes.	Surface areas and volumes.	Calculate composite solid volumes.
Week 23	Trigonometric Ratios, Right Triangle Values for Standard Angles	Memorize ratios, evaluate values.	Trigonometric ratios and values.	Recall standard trig ratios.
Week 24	Fundamental Trigonometric Identities, Heights and Distances Sight	Prove identities, solve heights.	Trigonometric identities and heights.	Prove identities and heights.

Week 25	Statistics: Mean, Median, Mode, Grouped Frequency Distributions	Calculate averages, plot curves.	Measures of central tendency.	Compute grouped data averages.
Week 26	Probability: Sample Spaces, Simple Events, Fundamental Counting Rule	Map outcomes, take review.	Probability and event chances.	Ready for senior math.

Would you like me to do a more in-depth research instead and propose a research plan?