



INSPIRE • INNOVATE • SUCCEED

IMPERIAL HERITAGE SCHOOL
SECTOR-102, GURUGRAM



Dear Parents,

Summer Vacation is a time for the children to enjoy and relax. These days are precious and can be made most from if judiciously used. We should always remind ourselves that children will not remember us for the gifts we shower upon them but will always cherish the time we spent with them. It's time to nurture young minds, inculcate moral values, and narrate family anecdotes to keep them in touch with their roots.

A few tips to make the vacation a fruitful time for your child.

- ❖ Encourage your child to take up yoga or any other form of healthy activity during the vacation. Involve children in household chores.
- ❖ Create a summer diary- Encourage your child to keep a summer diary, paste photographs of special days, and write about them.
- ❖ Enjoy walking with them in parks and appreciate nature.

Make two practice notebooks- one for English and Hindi writing and the other for Math sums. Practice both daily and bring them to school along with your Holiday Homework.

- ❖ Present your work in an attractive folder with your name and class written at the top.
- ❖ We are not expecting a work of art completed by parents, just help your ward and encourage him/ her to do the task themselves.
- ❖ All the work should be hand-written.
- ❖ Original drawings/illustrations and creative use of material will be appreciated.
- ❖ Original work by the child shall be acknowledged.
- ❖ The school will re-open on 1st July.
- ❖ Submit your H.W. on 5th July

The work will be evaluated for all the subjects on the following parameters.

- ❖ Idea and content
- ❖ Presentation
- ❖ Ability to answer the questions
- ❖ Innovativeness
- ❖ Creativity

The theme for the Holiday Homework is **SPORTS OF INDIA.**

Be safe, stay hydrated, and enjoy the holidays.

Best Regards,

Ms. Neelu Sharma
Principal

ENGLISH:

ACTIVITY 1:

Inspired by your favourite sports person, imagine yourself to be a cricketer, tennis player, hockey player, etc., and record yourself giving a short speech to motivate the students of our country to think and dream big and to make an effort to fulfill their dreams. Remember to share your success mantra with them.

Upload the video on MS Teams under the heading **ENGLISH HOLIDAY HOMEWORK.**

INSTRUCTIONS:

- The video should be of 3- 4 minutes.
- Dress up as the player and use the appropriate sporting equipment as a prop.
- The speech has to be in English.
- Learn the speech and deliver it. You cannot read it from a paper.

ACTIVITY 2:

Newspapers are a source of information and cover a variety of topics from national and international headlines to financial news to sports news. Get your research skills on and create the sports page of a newspaper.

MATERIAL REQUIRED:

- A3 size sheet
- Colours
- Black sketch pen

INSTRUCTIONS:

- See a newspaper as an example.
- Your sports page should have the name of the newspaper along with the date and city name.
- Write at least four short articles of 70- 100 words on any sports/ tournaments.
- Two of the articles should have either relevant drawings or pictures pasted.
- Make your sports page look interesting enough for readers to read.

Recommended Reading List

- My Nana is a Nutcase by Ranjit Lal
- The Swiss Family Robinson by Johann Wyss
- How to Train Your Dragon by Cressida Cowell
- The Demon Headmaster by Gillian Cross
- Charlotte’s Web by E B White
- Those Dreadful Children by Enid Blyton
- The Famous Five Series
- The Happy Prince by Oscar Wilde
- Harry Potter and the Philosopher’s Stone by JK Rowling
- Books by Children Book Trust
- Books by National Book Trust

HINDI:

प्रश्न - 1. एक A4 साइज की शीट लीजिए और उस पर निम्नलिखित देशों के साथ उनके राष्ट्रीय खेलों के नाम लिखिए - भारत, इंग्लैंड, अमेरिका, जापान, फ्रांस, इटली, बांग्लादेश, ईरान, रूस, स्कॉटलैंड, भूटान, कनाडा, मलेशिया, चीन, ऑस्ट्रेलिया ।

प्रश्न - 2. एक A4 साइज की शीट लीजिए और उस पर सुंदर लेख में खेलों का महत्व दर्शाती एक कविता लिखिए तथा उसे सुसज्जित कीजिए ।

प्रश्न - 3. एक A3 साइज की प्लेन शीट लीजिए । उस पर किसी खेल का चित्र बनाकर तथा खेलों से संबंधित एक स्लोगन लिखकर सुंदर व रंगीन पोस्टर तैयार कीजिए ।



MATHEMATICS:

'Playing sports enhances one's skills as well as talents'

ACTIVITY 1:

Given below are the names of some sports. Decode the letters as A=1, B=2, C=3, D=4 and so on. Look at the example and make this table on A4 sheet and complete it.

Sport	Values	Sum
FOOTBALL	$6+15+15+2+1+12+12$	63
B__MI__TO__		
__R__KET		
H O__KE__		
B A__ _E T__A__L		
SO__ _ER		
__K A T__N__		

ACTIVITY 2:



The **Commonwealth Games**, is an international multi-sport event for member of the Commonwealth of Nation also known as **Asiad**, is a continental multi-sport event held every 4th year among athletes from all over Asia.

Do a research analysis for the India's medals tally at the last 10 Commonwealth Games and record it in a tabular form categorically.

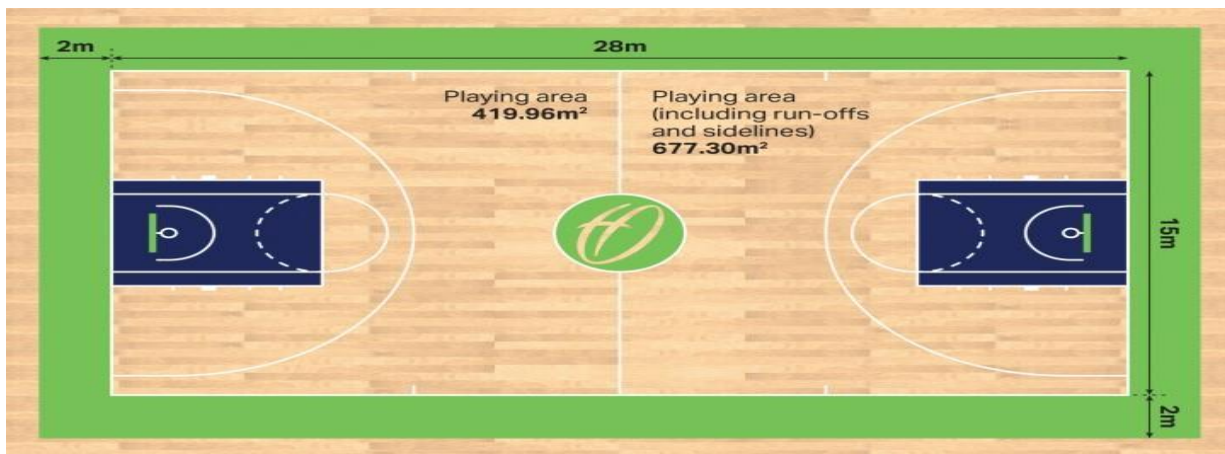
Arrange the numbers in ascending and descending order (category wise like: Gold Medal, Silver Medal & Bronze Medal).

ACTIVITY 3:

A pitch or a sports ground is an important factor of an outdoor playing area for various sports. A sports ground is considered as a soul of the game and one can't be imagining a game without a ground. So, here we have some tasks related to various sports.

Using 2D shapes, prepare a playground on a chart following the dimensions of 30 cm x 25 cm according to your roll numbers as mentioned below.

- i) Roll no.(1-4) Cricket playground
- ii) Roll no.(5-8) Volleyball ground
- iii) Roll no.(9-12) Football ground
- iv) Roll no.(13-17) Badminton court/ ground
- v) Roll no.(18-23) Hockey ground



NOTE- Attached one basketball ground pics for the reference. Use colorful florescent sheet to decorate the different area of the ground.


ACTIVITY 4.


Learn tables from 2 to 20.


EVS

Task 1: Let's Craft Your Ideal Athlete's Plate!


Students, are you ready to fuel your body like the champions? Let's create the ultimate athlete's plate together!

 **Protein:** Your muscles' best friend! Choose lean options like chicken, fish, or beans to power you through.

 **Minerals:** Build a foundation of leafy greens and colorful veggies for strong bones and peak performance.

 **Fats:** Healthy fats are your secret weapon for sustained energy.

Avocados, nuts, and olive oil are your go-to choices.

 **Carbs:** Don't skip this essential fuel! Whole grains, fruits, and veggies provide the energy you need to crush your goals.

Mix and match these elements to create your perfect plate.

Remember, balance is key!

Instructions:

- Take a paper plate and divide into four parts.
- Choose the right amount of food items that contains all the nutrients required by our body.
- Take a printout or you can draw those food items to display it on the paper plate.
- Your balanced diet plate is ready to serve.



Task 2: Be sporty

Sports and health go hand in hand, so in this summer vacation, let's free ourselves from TV and mobiles, reduce our screen time and get indulged in some outdoor exercises. For that design your own fitness plan for activities like Brisk Walking, Running, Yoga etc.

Record a weekly data in the scrapbook and paste pictures while doing the activities in the given format

Week	Activity-1 (Brisk Walking) Mention duration	Activity2 (Jumping Jacks) Mention repetitions	Activity3 (Your own choice)	Rest Day (Yes/No)	Water Intake (Mention glasses)
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					

Task 3: 3D model challenge

Unleash Your Creativity!

Get ready to unleash your imagination and creativity! For this project, you will design and create a 3D model of a game using your own innovative ideas or modify an existing game to make it more efficient.

Choose Your Path:

1. Create a new game: Design a completely new game concept, including its rules, objectives, and gameplay mechanics.
2. Modify an existing game: Take a popular game and modify it to make it more efficient, sustainable, or inclusive.

Instructions:

- Use recycled or eco-friendly materials for your 3D model
- Incorporate environmental or social responsibility themes into your game design
- Showcase your creativity and imagination in your game's design and mechanics
- Be prepared to present your game to the class and explain its rules, objectives, and unique features

Task 4: Traditional games v/s Modern games

‘Life is more fun if we play games’. Games are very popular throughout the world and everyone i.e. Right from the children to adults prefers to participate in them. Various traditional games are part and parcel of Indian tradition. A number of leading traditional games which had Indian origin are hop-scotch, kabbadi, kho-kho, gilli-danda, martial art etc. The Modern Era games which originated overseas primarily witnessed the rise of hockey, cricket, badminton, wrestling, boxing, and shooting, in India.

Make a scrapbook by pasting the pictures of at least 5 traditional games and 5 modern games of India and also gather information and write 3 - 4 lines on each game.



ICT

Utilize Story jumper's platform to narrate a story highlighting the Sports around the world and make it creative. The students can use online pictures and multimedia. Students need to upload the story link on Microsoft Teams.



