

Shaheed Rajpal D.A.V.Public School , Dayanand Vihar
Holidays Homework (Class VI) 2014-15

English

1. Read 'Treasure Island'. On the basis of your reading, write character sketch of your favourite character.
2. Design a colourful book –jacket for the title 'Treasure Island'
3. Reading is food for mind .In this vacation, invest your time in reading newspaper, quality magazines, short stories etc. Prepare a dictionary of new words learnt.

Submit all Holidays Homework on A4 sized sheets. Use a separate diary or a small notebook for making the dictionary.

Science

1. Give an example of food chain using pictures from following habitats:
1. Forest 2. Polar region 3. Desert 4. Pond or Sea
2. Waste disposal is the biggest menace to the environment,so to reduce this problem we should follow **3R's** rule i.e **Reduce, Recycle** and **Reuse**. You can also contribute to this cause by recycling waste paper.Make your own handmade sheet by using waste paper (You can use the technique of "Papier Mache")
3. Make a small soft toy of your own choice and make maximum use of different fabrics. Also label the type of fabric you have used.
4. Write the ingredients of your favourite food item or recipe and find out the nutrients you get from each ingredient.

NOTE: Homework 1 and 4 has to be done in science notebook.

Maths

- Q1. Write whole numbers from 0-50 and colour prime numbers in red ,composite numbers in green , even number in blue and odd numbers in yellow. (Do on A4 sheet).
- Q2. Learn and write tables from 11-20 (10 times).
(Do on A4 size sheets)
- Q3. Design a beautiful maths magazine comprising maths poems , puzzles , Sudoku and designs in circle (Minimum 10 pages).
- Q4. Make a scenery on a chart paper using different geometrical shapes.
- Q5. Revise syllabus(Done in the class before vacation)

Social Studies

- Read the story of Ramayana and Mahabharata .Write about your favourite character(A4 sheet)
- On political map of India mark all the states and their capitals.
- On physical map mark India's Neighbouring countries and water bodies surrounding it.
- Prepare a sketch of the route between your house and your school.

विषय - हिन्दी

1. राष्ट्रीय एकता एवं अखंडता पर आधारित निम्नलिखित महापुरुषों के विषय में ए-4 साइज़ शीट में इनके चित्र बनाइए और इनके विषय में वर्णन कीजिए।
क) महाराणा प्रताप - अनुक्रमांक - 1 से 17
ख) शिवाजी - अनुक्रमांक - 17 से 34
ग) रानी लक्ष्मीबाई - अनुक्रमांक - 35 से 52
2. अपनी मनपसंद कहानियों की पुस्तकें पढ़िए और नवीन शब्दों की जानकारी एकत्रित कीजिए।
3. ज्ञान सागर एवं अभ्यास सागर के पठित पाठों की पुनरावृत्ति कीजिए।

विषय - संस्कृत

1. पाँच संस्कृत के शिक्षाप्रद श्लोकों को एकत्र करके ए-4 साइज़ शीट पर अर्थ सहित सुन्दर तरीके से लिखें एवं कण्ठस्थ करें।
2. दस पशुओं के, दस पक्षियों के संस्कृत में चित्र सहित नाम लिखें।

नोट: प्रस्तुतीकरण अत्यंत सुरुचिपूर्ण एवं सुन्दर होना चाहिए।

Wellness Programme for Summer Break 2014

To ensure healthy lifestyle, students are advised to follow wellness Programme during the summer break. Healthy habits make healthy human beings.

Week-1

- 1) **Walking:** Concentrate on breathing, try to co-ordinate hands and leg movements along with rhythmic breath. Elbows should be swinging at 90⁰ forward / backward. (10 minutes)
- 2) **Free hand exercises:** (25 minutes)
 - (a) Arms rotation forward/backward (16 times each)
 - (b) Stretching – standing, side wise arms bending, open legs knee stretching (16 times each)
 - (c) Bending – forward and backward bends, keeping your knees straight, feel the stretch (16 times each)
 - (d) Jumping – spot jump, broad jump, alternate single leg jump (20 times each)
- 3) **Cooling Down:** Seating / lying on a clean and airy space, breath deeply and slowly. Concentrate on breathing and relax.

Week-2

- 1) Walking (10 minutes)
- 2) Jogging (10 minutes)
- 3) Free hand exercises (10 minutes)
- 4) Practice simple yogasanas (30 minutes)

Week-3

- 1) Jogging (10 minutes)
- 2) Skipping (10 minutes)
- 3) Free hand exercises (15 minutes)
- 4) Stretching exercise (15 minutes)
- 5) Cooling down meditation (10 minutes)

Week-4

- 1) Walking / Cycling (10 minutes)
- 2) Jogging (10 minutes)
- 3) Practice simple yogasanas twice (30 minutes)
- 4) Meditation (10 minutes)

Week-5

- 1) Cycling / Jogging (10 minutes)
- 2) Running (10 minutes)
- 3) Free hand exercises (20 minutes)
- 4) Push-up / Sit-ups (16 times each) (10 minutes)
- 5) Cooling down – Meditation (10 minutes)

Week-6

- 1) Jogging (05 minutes)
- 2) Running (10 minutes)
- 3) Stretching exercises (15 minutes)
- 4) Push-ups & Sit-ups (20 times each) (10 minutes)
- 5) Yogasana & Meditation (30 minutes)

Notes

- Do your exercise in clean and open space. Do regular exercise with proper rest between each.
- Never over-do any exercise.
- Warming up before and cooling down after is mandatory.
- Increase or decrease timing / repetitions of exercise / intensity of exercise according to individual capability
- Take proper diet, wholesome nutritious and fiber rich foods. Increase fluid intake, fresh and seasonal fruits and vegetables. Avoid junk food.
- Consult doctor's / medical expert's immediately if any medical problem feel / arise during or after practice.