

DAV CENTENARY PUBLIC SCHOOL, PASCHIM ENCLAVE, N.D.-87
HOLIDAY HOME WORK (2018-19)

CLASS V

Dear parents

The summer break is round the corner and this is the time for kids to revive, recuperate and rejuvenate their energies. This is the time for them to indulge in new activities and experiment with skills that will groom their personalities qualitatively. During this break,

1. Do not let the child waste the morning hours. Teach them to get up early and go for a nature walk. They can enjoy an afternoon nap/siesta later on.
2. Allow them to play outdoors (morning/evening), get hurt and get dirty. It's okay to fall down and experience a little pain once in a while.
3. Allow them to plant at least one sapling and take care of it or adopt a tree and water it every day.
4. Get some story/comic books for your child and let them read during the long afternoons.
5. Keep away from TV, mobiles, computers for long hours. They waste creative energies of the child.
6. Avoid giving chocolates, jellies, chips, cakes, aerated drinks and fried snacks to your child.
7. Teach them to prepare/cook their own healthy snacks, salads, lemonades, shakes at home.
8. Encourage them to do little household chores themselves - lay the table before meals and clean them after meals, refill water bottles, water the plants, dust the furniture, put utensils in the sink, fold the clothes, arrange their cupboards, clothes, bookshelves etc.
9. Spend some quality time with your child every day. Talk about home, friends, relationships, dreams, God, good habits, patriotism, honesty, truth, respect for women, love for all creatures etc.
10. Inspire your child by giving examples of role models, great personalities etc.
11. Prepare for Cycle Test 1 to be held in July 2018.

THEME : COMMONWEALTH GAMES 2018 : INDIA'S PERFORMANCE IN SPORTS & FUTURE PROSPECTS

ENGLISH

(to be done in a separate English HHW notebook)

1. **Dialogue Writing:** Your friend has invited you to his house to watch the recording of Table Tennis match of Indian Women Team. Write Dialogues between you and your friend (at least 5 each) discussing about Indian Women's performance in Commonwealth Games-2018.
2. **Paragraph Writing:** Write a paragraph on the given topic using the given hints.
Importance of Sports
Hints: Games - Important role - maintain a healthy body, mind and soul - various types - Indoor games like Table tennis - outdoor games like football - foster spirit of friendship and cooperation - must play fair game - in right spirit - play games for better and healthy life.
3. Read at least two new storybooks. Write their summary in the HHW notebook.
4. Learn **VOCAB LIST 1** for dictation. Find the meanings of all the words from the dictionary and write in the HHW notebook.

HINDI

- 1 'मेरा प्रिय खेल' विषय पर कविता लिखिए। (चित्र सहित)
2. खेलों का महत्त्व बताते हुए मित्र को पत्र लिखिए।
3. भाषा अभ्यास में आई व्याकरणिक इकाइयों जैसे लिंग, वचन, पर्यायवाची शब्द, विलोम शब्द, वाक्यांश के लिए एक शब्द का संकलन कीजिए। (अलग कॉपी में)
4. 10 सुलेख करें

SANSKRIT

COMMON WEALTH GAMES 2018 इत्यासु क्रीडासु ये विजेतारः अभवन् तेषु/तासु कोऽपि षट्-विजेतृणाम् नामानि लिखित्वा तेषां/तासां विषये (चित्रसहितम्, स्क्रेप पुस्तके) 5 वाक्य लिखत।

SOCIAL SCIENCE

Prepare a Project Report on 'Commonwealth Games 2018', with special focus on India's Performance and its Achievements.

- Use A4 size sheets
- Use World and India's Maps
- Use Picture Clippings
- Flags of the countries which participated
- Medal Tally

MATHS

TASK 1. Collect data for different medals won by Indians in different sports in "COMMONWEALTH GAMES" in 2010, 2014 and 2018.

Year 2010

S.No.	Name of sport	Gold Medals	Silver Medal	Bronze Medal
1.	Athletics			
2.	Archery			
3.	Boxing			
4.	Shooting			
TOTAL				

This is a sample table. Make similar table for all the three years (2010, 2014 and 2018).

TASK 2. Make pictograph (for three years separately) representing number of medals of each type.

MEDALS	Number of Medals
GOLD	
SILVER	
BRONZE	

This is a sample table. Make similar table for all the three years (2010, 2014 and 2018).

SCIENCE

- Choose any one Indian sports personality, who had participated in Commonwealth Games 2018. Search for the diet plan followed by the player during practice and draft a table mentioning the name of food, nutrients present in food and importance of the nutrients for the body.
- Visit the market and find out the nutritional supplement products available in the market. Name any two available products, paste their label and mention the nutrients present in them.
- Make a table. Write your five favourite food items and their nutritional value. In front of each food item, give five star rating (*/**/***/****/*****) according to nutrients present in them. According to the stars, decide which food item/s you should eat less and why?

MORAL EDUCATION

आर्य समाज के पहले नियम को याद करें ।
गायत्री मन्त्र अर्थ सहित याद करें ।
ऋषि महिमा गीत को ऋषि दयानन्द के चित्र सहित ए-4 साइज के चार्ट पर लिखें ।
जीवन मूल्यों पर आधारित एक कहानी लिखें और उस से क्या शिक्षा मिलती है लिखें ।

DRAWING

BEST OUT OF WASTE - Make a useful article using old boxes, newspaper, water bottles, old shoes, old CD, pipes etc. Colour it using acrylic colour.

CLASS V-A Make a Table - Size 2^F to 3^F CLASS V-B Make an Animal - Size 2^F to 3^F
CLASS V-C Make a Doll - Size 1^F to 1 ½^F CLASS V-D Make a Bird - Size 2^F to 3^F
CLASS V-E Make a Bowl - Size 2^F to 1 ½^F

Hope you have a fun-filled summer break. Happy holidays!

Manju Malik
Principal