

DAV CENTENARY PUBLIC SCHOOL, PASCHIM ENCLAVE, N.D.-87

HOLIDAY HOME WORK (2018-19)

CLASS VI

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 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 discussing 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.

SCIENCE

- i) 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.
- ii) 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.
- iii) 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?

MATHS

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

YEAR 2010

| S.No | Name of sport | Gold Medals | | Silver Medal | | Bronze Medal | |
|-------|---------------|-------------|--------|--------------|--------|--------------|--------|
| | | Male | Female | Male | Female | Male | Female |
| 1. | Atheletics | | | | | | |
| 2. | Archery | | | | | | |
| 3. | Boxing | | | | | | |
| 4. | Shooting | | | | | | |
| 5. | | | | | | | |
| TOTAL | | | | | | | |

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

TASK 2. Draw two triple Bar Graphs as follows:

- To represent Gold, Silver and Bronze medals won by male players in the years 2010, 2014 and 2018.
- To represent Gold, Silver and Bronze medals won by female players in the years 2010, 2014 and 2018.

SOCIAL SCIENCE

Make a scrap book with pictures of India's achievers in COMMONWEALTH GAMES 2018, medals won by them and locate the states they belong to in the political map of India.

HINDI

- कॉमनवेल्थ खेलों में 'तिरंगे की शान' विषय पर लेख लिखिए। (चित्र सहित)
- 'किसी मैच का आँखों देखा वर्णन' विषय पर अनुच्छेद लिखिए।
- अभ्यास सागर में आई व्याकरणिक इकाइयों जैसे लिंग, वचन, पर्यायवाची शब्द, विलोम शब्द, अनेकार्थी शब्द, समरूपी भिन्नार्थक शब्द, वाक्यांश के लिए एक शब्द, मुहावरों का संकलन कीजिए। (अलग कॉपी में)
- 10 सुलेख करें

SANSKRIT

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

MORAL EDUCATION

आर्य समाज के 1, 2 नियम को याद करें। गीता के कोई दो श्लोक अर्थ सहित ए-4 चार्ट लिखें। जीवन मूल्यों पर आधारित एक कहानी लिखें और उस से क्या शिक्षा मिलती है लिखें।

DRAWING

(FOR SECTION A & B) - Use old Newspaper/Brown paper. Make a Basket - Size Height 6" width 12".

(FOR SECTION C & D) - Use old Newspaper/brown paper. Make a Square vase size height 2F width 6". Colour it using arylc colour.

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

Manju Malik
Principal