

**CLASS: V**

THEME: - BE THE SPORT

***Holiday Home Work***



## Some useful tips for summer vacation

Some dos and don'ts during summer vacation:

### Do's

- ❖ Eat a nutritious diet with plenty of water. Include citrus fruits
- ❖ (orange, lemon, grapefruit) and vegetables which are rich in vitamin C, vitamin D containing foods (cheese, egg yolks) and zinc-containing foods (legumes, lentils, beans, and nuts).
- ❖ Wash your hands frequently, always with soap and water for at least 20 seconds or frequently use alcohol-based hand rub.
- ❖ Wear light cotton clothes.
- ❖ Protect yourself and others.
- ❖ Be a leader in keeping yourself, your school, family and community healthy.
- ❖ Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth and nose.
- ❖ Share what you learn about preventing disease with your
- ❖ family and friends, especially with younger children.



### Don'ts:

- ❖ Do not share cups, eating utensils, food or drinks with others.
- ❖ Do not have close contacts with a sick person.
- ❖ Do not participate in large gatherings.
- ❖ Do not touch your face, nose and eyes without washing hands.
- ❖ Don't dirty your place of living.
- ❖ Don't have junk food.
- ❖ Don't watch too much TV.
- ❖ Don't waste time being lazy.

Summer Vacation is probably the best time of the year for you all; it's time for loads of fun, though we can't go out but getting pampered to no end and of course bonding with distant cousins can be done virtually.

School is fun too, with learning happening at all times, summer vacation can also be a time for learning with lots of activities around.

Here are a few tasks for you to complete during the vacation. Do remember to complete the given tasks after reading them carefully.

### Some Tips to make this holiday special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.



Spend some quality time with an elderly person in the family



**English**

Q1. Collect 5 advertisements of 'Indian brands'(like - Maruti Suzuki, Patanjali etc.) from newspaper /magazine and paste it in your holiday homework notebook.

Q2. Create a memory book of the best moments of the summer breaks. For each memory write few lines also. Decorate your memory book with a colorful cover.

Q3. Write 5-5 lines about: (any two)in your holiday homework notebook.

a) Your favourite game

b) Your family

c) Your favourite pet .

and(paste picture also).

Q4. Be Your Favorite Sportsperson!

Imagine yourself as your favorite sportsperson—whether it's a cricketer, tennis player, hockey player, or any other athlete you admire. Get ready to inspire your fellow students with a motivational speech!

Instructions:

1.Choose Your Sportsperson: Pick a sportsperson you admire the most.

2. Dress the Part: Use costumes and props to look like your chosen sportsperson.

3. Write Your Speech: Craft a short speech to motivate your fellow students to dream big and work hard to achieve their goals. Share your success mantra!

4.Record Your Speech: Record a video of yourself delivering the speech.

Share: Share the video with your Class Teacher .

**Hindi**

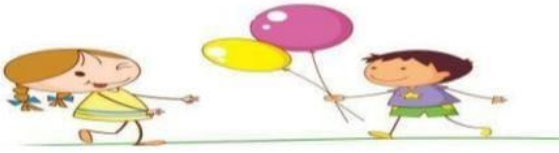
पत्र 1 एक परिवार वृक्ष बनाकर अपने परिवार के सभी सदस्यों की फोटो लगाइए और सभी के बारे में पाँच- पाँच लाइने लिखिए।

पत्र 2- अपने माता के साथ घर-परिवार के काम में सहयोग कीजिए और उसका विडिओ बनाकर भेजिए माता जी के कार्यों की सूची बनाकर लिखिए।

## रचनात्मक कार्य

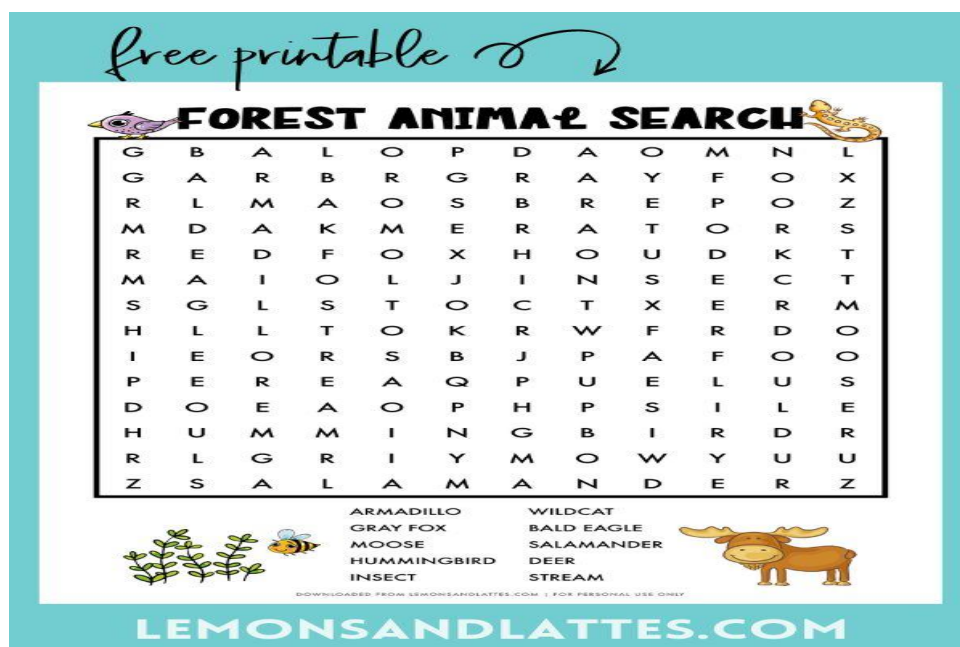
1. भारत के 10 दर्शनीय स्थलों के चित्र स्कैप बुक में चिपकाइए, उनके नाम व वे किस राज्य के किस शहर में स्थित हैं लिखिए।

2. अपने घर या आस-पास के क्षेत्र में एक कोई भी पौधा (तुलसी, करीपत्ता, एलोवेरा) लगाइए एवं उसकी प्रतिदिन देखभाल कीजिए। उसके साथ अपना चित्र खींचकर स्कैप बुक में लगाइए।



ACTIVITY 1 Collect pictures of healthy food and junk food paste them in A4 sheet.

ACTIVITY 2: Do it in A4 sheet.



ACTIVITY 3: Draw the diagram of seed or stages of germination in a chart paper and colour it.

ACTIVITY 4: Take a box and divide it into 4 parts. Sow seeds of pea, maize, gram and beans in separate parts. Find out how long each kind of seed takes to germinate.

ACTIVITY 5: Write down in table form the diseases caused by deficiency of Vitamin A, B, C and D also write the symptoms of these diseases. (In chart paper or in A4 sheet).

\*Theme based activity: - Stay Active, Stay Healthy

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. Design your own fitness plan for activities like brisk walking, running, yoga etc.

Record a week's data on an A4 sheet as per the given format and write a paragraph summarizing how you felt after doing these exercises for a week.

Days	Jogging (time duration)	Jumping Jacks(no. Of repeatation)	Rope skipping (no. Of repeatation)
Sunday			

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

**SOCIAL SCIENCE**

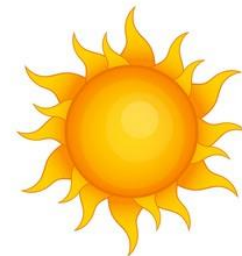
Q1. Write the name of all the states on the way going from west to East. (A4 sheet)



Q2. Write five measures to avoid heat in summers and cold in winters. (A4 sheet)



Q3. Sun has great importance in our life, it helps us in many ways such as drying cloths etc. Write ten such works where the sun helps us. (A4 sheet)



Q4. If night were to be six months, what would have changed in our lives? Write in brief. (A4 sheet)



Q5. Make a map of your route from your home to school and mark the main places like shop, medicine shop etc. in the map.



Q6. Spotlight Story

The Padma Bhushan is a prestigious award given by the Indian government to recognize outstanding contributions in fields like sports, arts, literature, and science. Choose a Padma Bhushan Awardee from last 5 years. Collect information related to the chosen awardee like -

1. birth, education and career
2. part of India they belong to
3. achievements and challenges
4. how have they made difference to the world
5. add pictures to make your work attractive

**Maths**

Q1. Make a square of 10x10. write blank number in Roman numeral and fill colour in it.

1		3		5		7		9	
	12		14		16		18		20
21		23		25		27		29	
	32			35			38	39	
41	42		44		46			49	
		53			56		58		60
	62		64			67	68		
71						77			80
		83		85				89	
	92		94		96				



Q2. Draw a beautiful calendar of your birthday month (2024) in A4 size sheet.

Q3. Add and subtract your mother and father's Mobile number.

Q4. Make a shopping list with help of your mother and find out total expenses. ( A5 sheet)

Sr. No.	Item name	Rate	Uniting (gram, mg,kg,liter,ml)	Amount

Q5. With the help of mandala art make drawing on A-4 sheet and fill it with different colours.

Q6. Maths Meets Sports

Sports are not just about physical activity; they teach us discipline, teamwork, and the spirit of competition. Math, on the other hand, sharpens our minds and helps us solve problems logically. This summer, we bring to you an exciting task that combines the thrill of sports with the analytical power of math!

Research 5 famous sports grounds in India and gather the following information about them:

1. Write down the names of the sports played at each sports ground.
2. Mention the city or state where each sports ground is located.
3. When was the sports ground built?
4. Compare the length and breadth of the 2 biggest grounds out of the 5 grounds selected by you.
5. Find out their seating capacity.
6. Paste pictures of the chosen grounds to make your work look attractive.

Drawing

Q.1 Colour the picture of folk art on the page (no.13) have fun !

Q.2 Make the corn activity pg (no .14) read the following steps.

Q.3 Detach the geese and fold on the dotted lines pg no (15) and make the geese family.

Q.4 Colour the dancing ballerinas. Now make their beautiful dress with pencil shaving as shown. Pg no (17)

- Q1. A. add picture of device used in that generation
- B. write any two features about it.
- C. write 2 examples that is name of computers used.



**GENERATION OF COMPUTERS**

<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>First Generation of Computers</b></p> <p>1. _____</p> <p>2. _____</p> <p>Examples are: _____, _____</p>	<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>Fourth Generation of Computers</b></p> <p>1. _____</p> <p>2. _____</p> <p>Examples are: _____, _____</p>
<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>Second Generation of Computers</b></p> <p>1. _____</p> <p>2. _____</p> <p>Examples are: _____, _____</p>	<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>
<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>Third Generation of Computers</b></p> <p>1. _____</p> <p>2. _____</p> <p>Examples are: _____, _____</p>	<p><b>Device used</b></p> <p>paste picture of device used in this generation</p>	<p><b>Fifth Generation of Computers</b></p> <p>1. _____</p> <p>2. _____</p> <p>Examples are: _____, _____</p>

Q2. Windows 10 Desktop is the collection of icons, Start button, Action Center, Task view, Taskbar, Cortana box. Name the different components of Windows 10.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

F. \_\_\_\_\_

G. \_\_\_\_\_

\*Freedom Of Expression

Using MS Word create an eye-catching poster showcasing your favourite sport.

Employ shapes, colors, cropping tools, text formatting like

**\*Mindful moral values**

**Values Through Sports**

Sports not only provides physical fitness and entertainment but also teaches us valuable life lessons. Think of a sport that you enjoy playing or are interested in.

1. Identify 2 values that you think are important while playing that sport.

Write a short paragraph explaining how each value plays an important in our life.

## Activity Corner

Q 1. To keep you and your family members fit it's important to do yoga daily.

We celebrate YOGA DAY on 21st June on that day all the family members should do yoga and send the pictures and videos to the class teacher on personal Whatsapp

# CALM DOWN YOGA



**I am strong.**  
WARRIOR 2 POSE



**I am kind.**  
TREE POSE



**I am wise.**  
HERO POSE



**I am brave.**  
CHAIR POSE



**I am friendly.**  
DOWNWARD-FACING DOG POSE


2) Surprise your father by a DIY keychain (Be creative) with the help of your mum.


Reference Material: Beads, tassels, figurines, ribbons, pictures, fabric etc



Dear students

As summer vacation has started, this is the time to do some constructive work. The basic bones of a story are setting, character, plot, conflict, and theme. These elements work together to create the basic structure of a story.

 Listen to the story from your parents, grandparents and try to make it your own and write in the A4 sheet

 \*Select any poem or song from your Hindi book and convert word by word into English and write it in your Holiday homework Work\*