

KPS/ CLASS IX & X /HEALTH AND PHYSICAL EDUCATION /HOLIDAY HOMEWORK /2019-20

STRAND 1: Team Game & Individual Game

Under this strand each student has to prepare a Project based on Team Game and Individual Game selected by the student.

Instructions:

- 1) The project should comprise of 25 to 30 pages
- 2) It should be hand written
- 3) Paste pictures and clippings wherever required
- 4) Your project will be on both team game and individual game selected by you
- 5) The project must include:
 - A) The history of the game
 - B) Rules
 - C) Dimensions of the court/ field
 - D) Famous sports personality pursuing the game selected by you
- 6) The project file must include:
 - A) Cover Page
 - B) Acknowledgement
 - C) Index
 - D) Certificate

STRAND 3: SEWA (Social Empowerment through Work Education and Action)

Under this strand each student has to opt for any one activity from the topics mentioned below and prepared a report.

SWACHCHA VIDYALAYA SWACHCHA BHARAT

or

PLANTATION OF SHADE/ FUEL/ ORNAMENTAL /AVENUE TREES

or

LIFE SKILLS

Instructions:

- 1) Prepared ten days itinerary for the activity you have opted.
- 2) Each page of the report should cover on one task undertaken on each day comprising the objective, procedure, number of hours devoted and learning experience.
- 3) Report should be hand written only
- 4) Click the photographs while conducting the activity

SWACHCHA VIDYALAYA SWACHCHA BHARAT

Following task can be undertaken under 'Swachcha Vidyalaya Swachcha Bharat'.

- 1) Creating sensitization amongst community members about personal hygiene
- 2) Cleaning the society/ community
- 3) Spreading awareness about sanitized and clean toilets
- 4) Generate awareness about proper garbage disposal in society- Green and Blue Bins
- 5) Make a Society Compost pit- for vegetable waste
- 6) Creating sensitization amongst community members about cleaning of water tanks and water coolers
- 7) Interaction with City Sanitary Workers
- 8) Creating sensitization amongst community members about alternatives of plastic bags
- 9) Generate awareness about cleaning the drains and not to throw plastics into drains
- 10) Adopt a Park/ Lake/ Pond

PLANTATION OF SHADE/ FUEL/ ORNAMENTAL /AVENUE TREES

Be meticulous and perform the following activities to express your love and harmony with nature and environment.

ACTIVITY	ACTION PLAN
Fixing a plant	Medicinal plant viz tulsi, mint, etc
Beautify neighborhood	Locate barren ground plant saplings
Compost Formation	Use vegetable waste
Visit to Nursery/ Botanical Garden	Collect and paste various plant species / samples
Vertical kitchen Garden	Use seeds
Tips for vertical garden maintenance	Contact concerned for information
Model making	Design robot agricultural field
Plant survey	Number and types of plant in your neighborhood
Spreading Awareness	Neighbour
Questionnaire	How to preserve environment-

LIFE SKILLS: SELF AWARENESS:

Self awareness includes our recognition of Self, our Character , Strengths & Weaknesses , Desires & Dislikes so explore your inner self on the following parameters and describe yourself and your action plan with photographs and experiences on A4 size sheets(Minimum 10).Mention Title, Day and Date on separate sheets.

SELF INTROSPECTION...	EXPRESSIONS...
1. AS I THINK I AM	My Name and each alphabet stands for...
2. I AM UNIQUE	Appearance, Nature, Purpose of life ,Strength & Weakness
3. SOCIAL ME [S.M.]	How I treat my family, friends, relatives and neighbours
- 4. INNER ME [I.M.]	Qualities that help me to handle situations.
5. TREAT YOUR SELF AS A SPECIAL PERSON	I am a good cook/son /daughter etc .
6. TODAY I EXPLORE	Visit garden, hill station, restaurant etc – observe, sound, smell-taste, touch,ambience.
7. ACT POSITIVE AND FEEL POSITIVE	Finishing a task, Accepting Responsibility, Decision Making etc
8. MILESTONE FOR IMPROVING TALENT	Singing,Dance,Swimming,(Joined Academy,Rehersals etc.)
9. STAYING IN TUNE	My Needs , Values and beliefs for quality life.
10. IF I WERE...	Personality, I would have...

SELF ASSESSMENT:

- My learning from this activity.
- My plans to use this learning in my personal life.