

SUNRISE GLOBAL SCHOOL

Holiday Homework- 2017-18

Class-X

Subject : Hindi

Topic	"संयमित जीवनाशैली"
Content Coverage	<ol style="list-style-type: none">1. संयमित आहार विहार।2. अनुशासित दिनचर्या।3. व्यायाम, योगासन।4. समय का सदुपयोग।
Nature of task	अपठित
Learning Objectives	<ol style="list-style-type: none">1. संयमित जीवन शैली की जानकारी।2. संयमित जीवन शैली के लाभ।3. छात्रों के वर्तमान और भविष्य के लिए उपयोगी।
Duration	ग्रीष्मावकाश
Task	व्यक्तिगत गतिविधि
Execution of task / Procedure	<ol style="list-style-type: none">1. छात्र 3 ए4 शीट लेंगे (पीली)।2. प्रथम शीट पर शीर्षक और मूल्यांकन विंदु लिखेंगे।3. दूसरी शीट पर पूरे पृष्ठ का अनुच्छेद लिखेंगे।4. तीसरी शीट पर 'संयमित जीवन-शैली' पर पाँच सचित्र स्लोगन लिखेंगे।
Criteria / Rubrics for assessment	<ol style="list-style-type: none">1. विषयवस्तु : 10 अंक2. भाषा शुद्धता : 5 अंक3. प्रस्तुतीकरण : 10 अंक <p>कुल अंक : 25</p>
Values imparted through the Activities	संयम और अनुशासन का महत्व समझ सकेंगे।
Follow up	<ol style="list-style-type: none">1. छात्रों को उनकी त्रुटियों की जानकारी।2. असफल छात्रों को पुनः अवसर।

Subject : English

Topic	Lifestyle Management
Content Coverage	Research on various aspects of Lifestyle Management
Nature of task	Post Content
Learning Objectives	Through this activity the students are expected to: <ul style="list-style-type: none">• Overcome writing anxiety and build up their confidence.• Research different kinds of lifestyle management related issues• Express experiences, thoughts, feelings and opinions in imaginative and factual writing.• Recount events chronologically, logically and coherently for thorough coverage of the content.
Duration	During Summer Vacation
Task / Tools/ Techniques	Research work and summing up the work with personal and individual understanding of the importance and need of leading a healthy lifestyle
Execution of task / Procedure	<ul style="list-style-type: none">• The components of research work and writing the summary are discussed in class.• The setting and theme are explained.• Research on various health related aspects like need for a healthy lifestyle, various health hazards, the awakening etc is done by the students, with assistance from the teacher.• They will support their research work with relevant pictures and relevant news lines from the newspapers.• The word limit for each section of research work will

	<p>be 80-100 words.</p> <ul style="list-style-type: none"> • The word limit for the summary will be 100-120 words • This will be done on colored sheets of A4 size paper, inserted in the project file along with the assignment of other subjects and submitted to the concerned teacher.
Criteria / Rubrics for assessment	<ul style="list-style-type: none"> • Content relevance and clarity of ideas -10 • Fluency of thought and correctness of sentence structure (grammar) - 5 • Use of appropriate setting, action, conflict/problem, and solution - 5 • Use of interesting entries, originality and creative use of vocabulary - 5
Values imparted through the Activities	<ul style="list-style-type: none"> • The students learn to research on a theme. • They learn about the need of leading a healthy life and its implications in real life. • They learn the nuances of converting their research into written form. • They develop the ability to write concise and meaningful sentences.
Follow up	<p>The students discuss each other's work and share ideas. The teacher gives feedback of the work and suggests ways to improve writing skills. Similar writing tasks can be given to deal with other exciting ideas.</p>

GENERAL GUIDELINES TO WORK ON THE PROJECT

Generally, the context in which an individual lives is of great importance for both his health status and quality of life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. According to the World Health Organization, the main determinants of health include the social and economic environment, the physical environment, and the person's individual characteristics and behaviors.

Keeping the above in mind, you can do your research on the following points:

- Introduction- Meaning and Need for lifestyle management (first page of the English project)
- Various health hazards and their cause (Second page of the English project)
 - Sedentary lifestyle has led to several easily avoidable diseases like obesity, anxiety, cardiovascular disease, depression, joint pains etc
 - The causes are sedentary lifestyle, lack of open space for physical activities, lack of time and desire for outdoor activities like walking, jogging, cycling, swimming etc, too many electronic gadgets and the attraction of living a virtual life.
- The Awakening (third and fourth page of the English project)
 - Metropolitan states like Delhi, Mumbai, Kolkatta, Chennai , all other states and union territories are slowly wakening up and realizing the importance of a healthy and an active lifestyle
 - Activities and events like Raahgiri, Mini Marathon, Duathlon, Triathlon, cycling, walking are being held round the year.
 - Healthy eating has become the new fad.
- Conclusion
- Remember to support your research work with relevant pictures and newspaper clippings
- Please remember to write the ruberics.

Subject : History

Topic	Life Style Management
Content Coverage	Work, life and leisure Place – London Time Period – 19 th and 20 th century
Nature of task	Post content individual activity
Learning Objectives	To enable the learner to appreciate the importance of lifestyle management in London during the process of urbanization.
Duration	Summer vacations
Task	<i>Individual Activity</i>
Execution of task / Procedure	<ol style="list-style-type: none"> 1. 3 to 4 A-4 size sheets. 2. Each student will describe the city of London with the help of following information, facts and data. <ol style="list-style-type: none"> a. Map of the city b. Town planning- layout of the houses, with special reference to the poor sections c. Condition of children – refer to books such as David Copperfield and Oliver Twist by Charles Dickens d. Types of job opportunities especially women e. Leisure activities 3. The presentation should contain written information, pictures and maps.
Criteria / Rubrics for assessment	<ol style="list-style-type: none"> a. Content clarity 10Marks b. Quality of presentation 5 Marks c. Originality 5 Marks d. Correctness of facts 5 Marks
Values imparted through the Activities	This activity will help the children in understanding the importance of urbanization and its effects on the life of people.
Follow up	A detailed discussion on the topic will be done by the teacher in the class.

Subject : Chemistry

Topic	Lifestyle management and chemistry
Content Coverage	Ch. 1. Chemical reactions and equations
Nature of task	Post content
Learning Objectives	<p>To enable the students to –</p> <p>To learn role of physical changes and chemical reactions.</p> <p>To learn about causes /effects of chemical reactions which make life uncomfortable or harm the resources.</p> <p>To know about the remedies of some common ailments like headache /toothache/infection.</p> <p>To know about the applications like prevention of corrosion /photography /white washing/purification of water etc.</p>
Duration	Summer vacations
Task	<i>Poster making /slogan writing and brief report</i>
Execution of task / Procedure	<p>On an A-4 sheet each student will make a colourful poster depicting “Life will be a mystery without chemistry” and will write a slogan also.</p> <p>On sheet -2, he/she will list 5 chemical reactions which support life.</p> <p>On sheet-3, he/she will list 5 chemical reactions which degrade sustenance of life.</p>
Criteria / Rubrics for assessment	Content coverage -10, presentation- 5 , creativity and innovation -10.
Values imparted through the Activities	Students are able to recapitulate the content done. They are able to understand the use of such reactions in their daily life. They are able to prevent loss of resources.
Follow up	Students who are not able to do will be guided by the teacher.

Subject : Mathematics

Topic	Lifestyle management
Content Coverage	Linear equations
Nature of task	Post content
Learning Objectives	<p>Health is wealth. Balanced diet, discipline in daily routine, exercising regularly , having a good sleep is the key to healthy life.</p> <p>Through this activity, students will be able to</p> <ol style="list-style-type: none"> 1. Understand what it means to have a balanced diet, as well as explore the causes and effects of healthy and unhealthy eating habits. <ul style="list-style-type: none"> • Understand the concept <p>Students will evaluate their diets to see if they are getting the correct amount of calories.</p>
Duration	During summer vacations
Task	Individual activity
Execution of task / Procedure	<p>Each student will do the assigned task on A-4 size sheets and attach them in the spiral file.</p> <ol style="list-style-type: none"> 1. Eating a burger gives 360 calories and drinking a 200 ml bottle of Cola gives 80 calories. Anil consumed 6400 calories on eating Burgers and drinking Cola in the first week of vacations. The number of cola bottles he consumed is half the number of burgers he ate in the first week. Represent the above statements in the form of linear equations and solve them graphically to find the number of burgers and cold drink bottles he consumed in first week. 2. In addition to having cold drinks and burgers Anil was also very fond of eating Chocolates, French fries ,watching TV for long hours and gained weight. Suggest five tips for Anil so that he can improve his lifestyle. Write 5 healthy habits you follow to improve your lifestyle 3. Anil's friend suggested that he should jog and swim regularly to burn the excess calories. Anil started swimming for 180 minutes and jogging for 120 min in a week and lost 2400 calories. In the next week he lost 3200 calories by

	swimming for 2 hours and jogging for 4 hours. Represent the above statements in the form of linear equations and solve them algebraically to find the calories burnt in swimming in an hour and jogging in an hour.
Criteria / Rubrics for assessment	<ul style="list-style-type: none"> a. Graph 10Marks b. Value based question 5Marks c. Algebraic solution 5Marks d. Work ethics 5Marks
Values imparted through the Activities	Awareness about the importance of healthy food, exercise and discipline in daily routine and its benefits for maintaining a good lifestyle.
Follow up	The activity and its conduct will be discussed by the teacher in the class.

Subject : Information technology (IT)

Topic	Advantages and disadvantages of Social Networking
Content Coverage	Power Point Presentation
Nature of task	Post Content
Learning Objectives	To test their application of Power Point Presentation
Duration	
Tools	Power Point Presentation
Execution of task / Procedure	<p>Make A PRESENTATION on the topic 'Social Networking' with a minimum of 10 slides. The presentation is to be made in Powerpoint .</p> <p>Your presentation should include</p> <ul style="list-style-type: none"> • Different Background/Colour Schemes for each slide • Movie clip (optional) • Clip Art / Photos • Animations • Transition Effect
Criteria / Rubrics for assessment	<p>The presentation will be judged out of 25 Marks based on the following</p> <ul style="list-style-type: none"> • Backgrounds/Colour Schemes used (5 Marks) • Movie clip/Clip Art/ Photos, Animations and Transition effects (10marks) • Content (10marks)
Values imparted through the Activities	<ul style="list-style-type: none"> • Advantages and disadvantages of Social Networking .
Follow up	Will be done after assessment