



Banyan Tree School

Chandigarh

Holiday Assignment
Summer 2022-2023
CLASS- VII



Dear Children,

The theme of your Holiday Assignment is: **SPORTS AND FITNESS**. "The most important thing in any Game is not about winning but taking part in it, the essential thing in life is not conquering but fighting well." Complete all the activities during the vacation.

- All the work should be hand written.
- Original drawing/illustrations and creative use of materials will be appreciated.
- Parents are requested to just guide the children to complete the task on their own.
- Relax, enjoy, have loads of fun and come back refreshed.

MATHS:

Activity-1:

Research cricket match data of last 3 world cups and do the following:

- (a) Arrange highest score scored by 10 cricketers for these matches in descending order.
- (b) Find out who scored the maximum and minimum runs in last 3 world cups.
- (c) Find out the length and width of cricket pitch and calculate its perimeter.

Activity-2:

To prepare a maze.

Take any of your favourite player (Name/Paste picture) and help him/ her to reach the end of the maze prepared by you with questions related to addition/subtraction of decimals. Use the correct answers to guide your player to reach end of the maze.

Activity-3:

Solve the following riddles:

$$\text{Basketball} + \text{Basketball} + \text{Basketball} = 12$$

$$\text{Football} + \text{Football} + \text{Football} = 15$$

$$\text{Baseball} + \text{Baseball} + \text{Baseball} = 24$$

$$\text{Basketball} + \text{Baseball} \times \text{Football} = ?$$

Mathematics worksheet needs to be done in Mathematics notebook.

ENGLISH -

Activity- 1: Write Biography on any of the Olympic Champions.



Activity- 2: Make a list of the Olympic sports in alphabetical order and the famous player associated with it.

Activity- 3: Make a chart showing the achievements of sportsperson who have physical disabilities. Write about their achievements in 2-3 lines.

Activity- 4: Idioms- Find out the meaning of the following games related idioms and write them in sentence of your own.

- 1. On the home stretch**
- 2. Front runner**
- 3. The ball is in your court**
- 4. Par for the course**
- 5. Out of someone's league**
- 6. Two strikes/Three strikes and you're out**
- 7. Drop the ball**
- 8. Hit a home run/Knock it out of the park**
- 9. Strike out**
- 10. Out of left field**

SCIENCE -

Activity- 1: Science is creating super-athletes — and making sports unrecognizable to previous generations. Athletes are faster and stronger now than they've ever been. That's because "sports evolve over time," as Brooke Borel writes in the introduction to a discussion on TED.com of how science and technology are transforming sports. Collect the information about the different workouts that athletes can do before the game. You can collect the pictures of different exercises and paste the pictures in scrap book and write their benefits.

Activity- 2: Keeping in mind the importance of health holds in our lives, design a poster on "Eat Healthy, Stay Healthy."

Activity- 3: Write a paragraph on role of Nutrition in Sports. (to be done in Science notebook).

SOCIAL SCIENCE

Activity- 1: Make a report on Paralympics Games 2018 as per the given points: Location— Duration— Athletes— Inaugurated by— Number of participating countries— Show the participating countries on the world map.



Activity- 2: Design a poster on "Importance of Sports in Community".

Activity- 3: Write some historical facts about football. (to be done in SST notebook).

Activity- 4: Watch any movie on sports such as Chak de India, Mary Kom, Saina, M S Dhoni and write your views on the movie. (to be written in notebook).

HINDI-

- 1) जीवन में खेल- कूद का क्या महत्व है ? इस विषय पर 70-80 शब्दों में अनुच्छेद लिखे ।
- 2) नीचे लिखे राष्ट्रीय खेल रत्न पुरस्कारों पर प्रकाश डालिए ।
 - (१) द्रोणाचार्य अवार्ड
 - (२) राजीव गांधी खेल रत्न अवार्ड
 - (३) अर्जुन अवार्ड

(੪) ਸ਼ਾਇਲਾਨਾ ਅਬੁਲ ਕਲਾਮ ਆਜ਼ਾਦ ਟ੍ਰਾਫੀ

PUNJABI –

ਖੇਡ ਤੇ ਪੜ੍ਹਾਈ ਦੇਨੋਂ ਹੀ ਚੰਗੇ ਵਿਅਕਤੀਤਵ ਬਣਾਉਣ ਵਿੱਚ ਕੰਮ ਆਉਂਦੇ ਹਨ।
ਕੋਈ ਤਿੰਨ ਖਿਡਾਰੀਆਂ ਦੀ ਜੀਵਨੀ ਚਿੱਤਰ ਸਹਿਤ ਦਿਉ।

FRENCH-

Écrire quelques lignes sur le jeu national de France

COMPUTER- Make a PowerPoint Presentation on SPORTS and SPORTSMANSHIP.

- . PPT should include 10 slides.
- . It should include a school picture (first slide) and logo (on every slide).
- . Use different animations and transitions on every slide.

CRITERIA FOR EVALUATION- CONTENT, KNOWLEDGE AND RELEVANT DATA, PRESENTATION, CREATIVITY AND EXPLANATION.