

#### AGI GLOBAL SCHOOL

LEARN TODAY, LEAD TOMORROW

Summer Vacation Home Engagement Activity
Grade: IV



Art Integrated Project
Health & Physical Awareness





#### SUMMER VACATION

Let's shout!

As Schools Out!

It's time to have fun,

**Escaping from the Sun.** 

Getting myself to read a book,

Going to the mall and getting a new look,

Or just hanging out with friends

And checking the new trends!

Try to create by innovation

'Cause it's a Summer Vacation.

#### **Dear Parents**

Warm greetings from the AGI GLOBAL SCHOOL family! Summer Vacation is a much awaited break, not only for the students and teachers but also for the parents, as it is the longest time of the year, you get to spend with your ward.

We have planned some meaningful activities for the students so that there is learning beyond books. Kindly assist your ward with the materials needed and ensure that all the tasks are completed.

This year we have assigned marks/ grades for the Holiday Homework shall be reflected in the progress report of the child.

We wish a very refreshing summer break and look forward to see our students back to school on Tuesday, 1st July 2025.

**Yours in Education** 

HarleenMohanty

**Director** 



#### DAILY REGIME

- Keep your child well hydrated and make him/her drink lots of water.
- Help your child learn new things through exploring their interest.
- Ensure that he/she eats a platter of fruits with high water content daily.
- **\*** Keep limited screen time.
- ❖ Involve your child in household activities like watering the plants, filling the water bottles, putting the toys etc.
- Have a bedtime story session with your ward with vivid illustrations to enhance their imagination.
- Spend some quality time with your Grandparents.
- Play board games, solve puzzles and have a card game challenge with family – fun without stepping out.

#### **LEARNING GOOD ETIQUETTES**

Teaching manners to the students help foster the kindness and a sense of responsibility. By practicing proper manners and etiquette your child will learn to appreciate the other more, be pleasant to be around and likely develop a positive Teaching manners is not difficult if you put you into practice early and reinforce polite behavior daily. Let's share some tips to make these holidays a fruitful and happy period for them.

- Use 4 magical words: Please, Sorry, Excuse Me and Thank You
   me as a part of basics of good manners.
- Learn to listen.
- Show gentle care towards animals.
- Help your mother by filling water bottles and place them nicely in refrigerator.
- Keep your used plates back in the kitchen.



## **HEALTH AND FITNESS** Encourage your ward to do the following activities:-Perform yoga asanas like Tadasana, Bhujangasana, Padmasana to increase flexibility. Play some indoor games (Chess, Ludo and Carrom board to increase fine motor skills. Ride bicycle everyday to enhance balancing. Play different obstacle games to develop reasoning skills.

#### IMPORTANT DAYS FOR OF THE MONTH OF JUNE

DATE AND DAY	<u>ACTIVITY</u>
3 <sup>rd</sup> June World Bicycle Day	Paddle for a better Planet
5 <sup>th</sup> June World Environment Day	Maintaining own kitchen garden
15 <sup>th</sup> June Father's Day	Making healthy salad with dad
<u>21th June</u> <u>World Yoga Day</u>	Group yoga with Family and Friends
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#### DIVE INTO SUMMER READING

As we embark on the summer break, we encourage all our students to cultivate the wonderful habit of reading. Reading not only enhances vocabulary and comprehension but also fosters imagination and creativity.

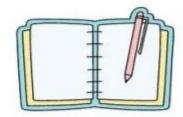
To make the most of this summer, we are assigning some Summer Reading Tasks.

#### Suggested books for Grade IV

- Wings of Fire by Sutherland
- English for Success by Sally Burt
- The Secret Garden by Frances Hodgson Burnett
- Harry Potter and the Sorcerers Stone by J.K. Rowling







ead:	Autho	Author:		
Date	Genre	Pages Read		
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### ART INTEGRTED LEARNING HEALTH AND PHYSICAL AWARENESS

Note: The entire Holidays homework needs to be done in a Scrapbook and handover to the Class Teacher on 1<sup>st</sup> July 2025.

English

Hindi

Computer Science

Health And Physical Awareness

Punjabi

Social Science

Science

Maths

#### **ENGLISH**

**Activity 1:** A body strong, a mind so bright,

Health's a treasure, shining light

Awareness keen, a mindful stride,

In healthy living, we confide.

Health and Physical Awareness means taking care of our body by eating good food, staying active and keeping ourselves and our surroundings clean..Health is a state of complete harmony of the BODY, MIND AND SPIRIT. A healthy mind resides in a healthy body.

**Morning walk activity**: Dear students make a daily regime of going for a morning walk to a park, a garden or a field with your parents or grandparents and notice all the various things and activities on your way. Capture a few 'Happy Morning Walk' moments and paste it in your scrap book .Also **write a poem** based on your observations.

#### **Comprehension:**

Read the following passage and answer the following questions in your scrap book.

Good health is the key to a happy life. To stay healthy, we should wake up early, eat balanced meals, and drink clean water. Fresh fruits, vegetables, and regular meals keep our body strong.

Physical awareness means taking care of our body. We should exercise, play sports, and do yoga every day. It keeps us active and protects us from diseases. Clean habits like washing hands and staying neat help us stay well.

When we are healthy, we can study better, play happily, and feel joyful. So, we must always take care of our health.

Questions:

- 1. What helps us stay healthy?
- 2. Name two healthy foods.
- 3. What is physical awareness?
- 4. How can we protect ourselves from diseases?
- 5. Why is good health important?



#### HINDI

Activity1: \*अपनी स्क्रैप बुक के एक पेज के चारों ओर "स्वस्थ आहार" अथवा सब्जियों और फलों से संबंधित बॉर्डर बनायें। उस पर "स्वस्थ जीवन" से संबंधित एक कविता लिखो ।

\*अकबर बीरबल की कोई एक कहानी पढ़ो और उसे अपने शब्दों में अपनी अभ्यास पुस्तिका में लिखो। निम्नलिखित गद्याश को पढ़कर प्रश्नों के उत्तर लिखो।

#### स्वस्थ शरीर, खुशहाल जीवन

स्वस्थ शरीर में ही स्वस्थ मन निवास करता है। अच्छा स्वास्थ्य पाने के लिए हमें रोज़ाना सही समय पर सोना, उठना और संतुलित आहार लेना चाहिए। हमें ताजे फल, हरी सब्ज़ियाँ और साफ पानी का सेवन करना चाहिए।

शारीरिक जागरूकता भी बहुत जरूरी है। हमें रोज़ व्यायाम, खेल-कूद और योग करना चाहिए। इससे हमारा शरीर मजबूत और मन प्रसन्न रहता है। बीमारियों से बचने के लिए हमें स्वच्छता का ध्यान खना चाहिए और समय-समय पर डॉक्टर से जांच करवानी चाहिए।

जब हम स्वस्थ होते हैं, तो पढ़ाई, खेल और हर काम में मन लगता है। इसलिए हमें स्वास्थ्य के प्रति हमेशा जागरूक रहना चाहिए।

- अच्छा स्वास्थ्य पाने के लिए हमें क्या करना चाहिए?
- 2. हमें कौन-सा भोजन करना चाहिए?
- 3. शारीरिक जागरूकता से क्या लाभ होता है?
- 4. बीमारियों से बचने के लिए क्या करना चाहिए?
- 5. स्वास्थ्य हमारे जीवन को कैसे प्रभावित करता है?

#### **PUNJABI**

#### Activity1:

ਤੰਦਰੁਸਤੀ ਜੀਵਨ ਦਾ ਗਹਿਣਾ ਹੈ।ਇੱਕ ਮਸ਼ਹੂਰ ਕਹਾਵਤ ਅਨੁਸਾਰ ਸਿਹਤਮੰਦ ਸਰੀਰ ਵਿੱਚ ਸਿਹਤਮੰਦ ਮਨ ਦਾ ਨਿਵਾਸ ਹੰਦਾ ਹੈ। ਪਰਮਾਤਮਾ ਵਲੋਂ ਬਖਸ਼ੀ ਸਿਹਤ ਦਾ ਧਿਆਨ ਰੱਖਣਾ ਸਾਡਾ ਫ਼ਰਜ਼ ਹੈ।

 ਕੁੱਝ ਸਮਾਂ ਤੁਸੀਂ ਆਪਣੇ ਘਰ ਦੇ ਬਜ਼ੁਰਗਾਂ (ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ) ਨਾਲ ਬਿਤਾਓ। ਉਹਨਾਂ ਤੋਂ ਸਿਹਤ ਦੀ ਤੰਦਰੁਸਤੀ ਸੰਬੰਧੀ ਨੁਸਖੇ ਪੁੱਛੋ ਤੇ ਉਹਨਾਂ ਦੀ ਸਿਹਤ ਦਾ ਖਿਆਲ ਰੱਖੋ। ਸਰੀਰ ਨੂੰ ਤੰਦਰੁਸਤ ਰੱਖਣ ਸੰਬੰਧੀ ਨੁਸਖੇ ਲਿਖੋ।

ਅਖ਼ਬਾਰ,ਕਿਤਾਬ ਜਾਂ ਮੈਗਜ਼ੀਨ ਵਿੱਚੋਂ (ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ) ਸਿਹਤ ਦੀ ਤੰਦਰੁਸਤੀ ਸੰਬੰਧੀ ਕੋਈ ਲੇਖ (Article) ਲੱਭ ਕੇ ਪੜ੍ਹੋ।





#### ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਅਣਡਿੱਠੇ ਪੈਰੇ ਨੂੰ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਲਿਖੋ।

ਚੰਗੀ ਸਿਹਤ ਪਰਮਾਤਮਾ ਵੱਲੋਂ ਬਖਸ਼ਿਆ ਵਰਦਾਨ ਹੈ। ਇਸ ਲਈ ਸਾਡਾ ਵੀ ਫਰਜ਼ ਬਣਦਾ ਹੈ ਕਿ ਅਸੀਂ ਆਪਣੀ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਦਾ ਧਿਆਨ ਰੱਖੀਏ। ਸਿਹਤਮੰਦ ਸਰੀਰ ਨਾਲ ਹੀ ਅਸੀਂ ਸਿਹਤਮੰਦ ਜੀਵਨ ਦੀ ਕਲਪਨਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਸਾਨੂੰ ਆਪਣੇ ਜੀਵਨ ਵਿੱਚ ਖਾਣ-ਪੀਣ ਸਬੰਧੀ ਚੰਗੀਆਂ ਆਦਤਾਂ ਅਪਣਾਉਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ। ਸੰਤੁਲਿਤ ਭੋਜਨ ਵਿੱਚ ਉੱਚਿਤ ਪੇਸ਼ਕ ਤੱਤ ਹੁੰਦੇ ਹਨ ਜੋ ਕਿ ਸਰੀਰ ਵਿੱਚ ਰੋਗਾਂ ਨਾਲ ਲੜਨ ਦੀ ਸ਼ਕਤੀ ਨੂੰ ਵਧਾਉਂਦੇ ਹਨ। ਰੋਜ਼ਾਨਾ ਕਸਰਤ ਕਰਨ ਨਾਲ ਸਰੀਰ ਅਤੇ ਮਨ ਚੁਸਤ ਰਹਿੰਦਾ ਹੈ। ਸਿਆਣੇ ਕਹਿੰਦੇ ਹਨ ਕਿ 'ਤੰਦਰੁਸਤ ਸਰੀਰ ਵਿੱਚ ਤੰਦਰੁਸਤ ਮਨ ਦਾ ਨਿਵਾਸ ਹੁੰਦਾ ਹੈ।' ਇਸ ਲਈ ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਪੱਖੋਂ ਤੰਦਰੁਸਤ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ।

- 1. ਸਿਹਤ ਪ੍ਰਤੀ ਸਾਡਾ ਕੀ ਫਰਜ਼ ਹੈ?
- 2. ਚੰਗੀ ਸਿਹਤ ਪਰਮਾਤਮਾ ਵੱਲੋਂ ਬਖਸ਼ਿਆ ਹੈ। ਖ਼ਾਲੀ ਸਥਾਨ ਭਰੋ।
- 3. ਸੰਤੁਲਿਤ ਭੋਜਨ ਵਿੱਚ ਕੀ ਹੁੰਦਾ ਹੈ?
- 4. ਇਸ ਪੈਰੇ ਵਿੱਚ ਕਿਹੜੀ ਕਹਾਵਤ ਦਾ ਜ਼ਿਕਰ ਕੀਤਾ ਗਿਆ ਹੈ?

#### **MATHS**

Activity 1: Role Of Maths In Physical Activities

Draw or Paste the pictures in the scrap book on the topic 'Using Maths in Physical Activities' to describe how the following topics play an important role in physical education

- Mathematical Operations (+, -, ×, ÷)
- Fraction
- Measurement
- Geometry

Activity2: Write any 5 benefits of Physical Activities

#### SCIENCE

**Activity: My Healthy Summer Recipe!** 

"To keep the body in good health is a duty otherwise we shall not be able to keep the mind strong and clear." – Buddha

Make a healthy recipe this summer. Take help of your parents. It can be a salad, smoothie, fruit chart, sprout mix or any healthy snack of your choice. Capture a few moments of the preparation for the dish and paste the picture in the scrap book. Also make a 'Nutrition Table' that mentions all the nutrients present in it like vitamins, minerals, proteins etc.

#### **Nutrition Table**

S.No.	Items Nutrients	Salad	Smoothie	Sprout
1.	Vitamins			
2.	Minerals			
3.	Fats			
4.	Carbohydrates			
5.	Proteins			

#### SOCIAL SCIENCE

**Activity: "Nature Walk and Observations"** 

Go on a nature walk with your father or mother and observe the tallest tree, the thickest trunk, the longest or shortest distance you covered and the biggest and smallest object you see. Write down all these observations in your scrap book.



Activity: "Good health helps us enjoy life and feel great". Make a flash card with healthy activity quotes in a word document and take a print out and paste in the scrap book.

#### **MUSIC**

**Learn these songs:** 

- 1. Papa kehte hain bada naam karega (<a href="https://youtu.be/E8ytXrzkTNs?si=xdk\_gVWl1koz9emG">https://youtu.be/E8ytXrzkTNs?si=xdk\_gVWl1koz9emG</a>
- 2. Happy Father's Day

https://youtube.com/watch?v=SG\_TvhN6fBo&feature=shared

3. English Prayer: Make a channel of your peace

https://youtu.be/ihhvm6eLWZI?si=EPDtAZ-o8Agt5Imm

#### **DANCE**

Follow this link and learn:

https://youtu.be/bi5oVX0Sp9s?si=Mn96A3Kj2vBFaGbh

#### **SPORTS**

Follow this link and perform these yoga exercises daily in the morning:

https://youtu.be/149Iac5fmoE?si=81Cr5f7VZO6nDOLz

#### <u> 3<sup>rd</sup> June – World Bicycle Day</u>

- Activity: "Pedal for a Better Planet!"
- Create a colorful page on the theme "Why Bicycles are Better" and Include at least 3 health benefits, 2 environmental benefits, and 1 personal safety tip.

#### 5<sup>th</sup> June – World Environment Day

Activity on World Environment Day (5<sup>th</sup> June): Maintaining my own alluring kitchen garden

"God Almighty first planted a garden. And indeed, it is the purest of human pleasures."

Dear Students let us connect with the plants this summer. Try to maintain a small kitchen garden or use earthened pots available at your home. Grow small plants like coriander, tomato, aloe vera, money plant, ornamental flowers or any other plant of your choice. Water it daily and observe it growth every day. Take the picture of the first day of sowing the seed and mention it as Day 1. Now take the click on the day the plant is full grown and mark it as the final day. Paste both the pictures in the scrapbook and mention all the efforts you took to nurture the baby plant in points.

#### 15th June – Father's Day

Activity: 'Salad with Dad'

Prepare a healthy and delicious salad with your dad using fruits and vegetables. Take pictures while making salad and paste in the scrap book.

#### 21st June – International Yoga Day

- Practice yoga outdoors early in the morning with your family or friends.
- Learn 3–5 beginner-friendly asanas and do them for a week.

Also do Yoga with your dad and click pictures and paste in your scrap book.

#### **CREATING SOCIAL AWARENESS**

#### **Dear Parents**

During holidays instead of taking kids to movies, shopping etc. please try to do the following activities:

- 1. Go to the nearest bank and show them the functioning of the banks, how ATMs work and what is the benefit of it.
- 2. Take time out and visit orphanage, home for the aged and make a small donation.
- 3. Give them saplings and ask them to plant them and water them to see them grow. These can be gifted to friends and relatives.
- 4. Take them to all the places of worship for exposing them to diversity.
- 5. Take them to your hometown/village and let them spend time with their grandparents, uncles, aunts, cousins. Let them experience the affection and good times of being with the family. Show them what is agriculture/farming and the difficulties a farmer goes through in providing the food that we are eating and that we should not waste food.
- 6. Take them to restaurant and teach them how to order and table manners.

Regards

Ms Aarti Sharma

**Principal** 





# WISHING YOU & VERY HAPPY AND SAFE SUMMER VACATION

LOOKING FORWARD TO SEE YOU ON TUESDAY 1st JULY 2025

