



ARMY PUBLIC SCHOOL GWALIOR
CLASS – VII
ACADEMIC SESSION 2023-24
HOLIDAY HOMEWORK



ENGLISH: -

1. Get a journal of yourself (You can also take a file). Cover it with colourful sheet and decorate this cover as an expression of self. Write diary entry of any five days during your summer vacation in this journal.
2. Choose any one author from the following and collect some interesting information about that author by using different sources.
 1. Robert Frost
 2. Leo Tolstoy
 3. William Wordsworth
 4. Frank Flynn
 5. Michael Rosen

हिंदी:-

ग्रीष्मकालीन-अवकाश हेतु गृहकार्य

1. भारत में बहने वाली प्रमुख नदियों के विषय में संक्षेप में लिखिए।
2. गरमियों में जब तुम्हारी लंबी छुट्टियाँ होती हैं, तो तुम्हारा दिन कैसे बीतता है? अपने विचार लिखिए।
3. अपनी पसंद की कोई एक कविता लिखिए जो आपकी पाठ्य पुस्तक में संकलित न हो।
4. निम्नलिखित विषयों पर एक सूची बनाइए—
 - (i) हिंदी कैलेंडर के 12 महीनों के नाम।
 - (ii) सप्ताह के दिनों के नाम (हिंदी में)।
 - (iii) 1 से 100 तक गिनती (हिंदी में)।
 - (iv) छः ऋतुओं के नाम।

ग्रीष्मकालीन अवकाश गृहकार्य की फाइल के मुख्य पृष्ठ पर निम्नलिखित बिंदु अवश्य अंकित करें-

- विद्यालय का नाम-
- छात्र/छात्रा का नाम-
- अनुक्रमांक (Roll no.)-
- वर्ग (Section)-
- अध्यापक का नाम-
- सत्र(Session)-
- प्रवेश क्रमांक (Adm.no.)-
- कक्षा-
- विषय-

MATHS:-

Q.1 Activity: The jumping frog

Description:

- i. Represent the given situation diagrammatically and mathematically
- ii. Use different colours for positive and negative integers.
- iii. In how many jumps will he come out of the well?
- iv. Which value do you learn from the frog?

Situation:

A frog is there in a 12m deep well. The frog wants to jump out of the well. Every time he jumps 3m and falls back by 1m.

Q.2 Activity: Supermarket sale

Description:

In the super market there are five shopkeepers A, B, C, D, E. If shopkeeper A sells his $\frac{2}{3}$ of products in a day, B sells $\frac{3}{7}$ of products, C sells $\frac{4}{5}$ of products in a day, D sells $\frac{5}{6}$ of products in a day and E sells $\frac{7}{8}$ of products in a day, who sells more products in a day? Cut 5 equal circles and represent each fraction on the circles and find the largest fraction and the smallest fraction.

Q.3 Activity: Plan your junk food

Description:

Take a small packet of wafers. List out the ingredients with their weights and calories.

- i. Find out total calorie's consumption.
- ii. Convert the weight of each ingredient in fraction and then decimal.
- iii. Why should we avoid junk food?
- iv. Name any two healthy foods.

SCIENCE:-

Q1. Activity : Go to a doctor or your nearest health centre. Observe the doctor taking the temperature of patients. Enquire:

- (a) Why does she dip the thermometer in a liquid before use?
- (b) Why is the thermometer kept under the tongue?
- (c) Whether the body temperature can be measured by keeping the thermometer at some place other than the mouth.
- (d) Whether the temperature of different parts of the body is the same or different.

You can add more questions which come to your mind.

Q2. Find out and write the names of various insectivorous plants that grow in our country . Make a colorful 3D model of any one of them . (You can use colorful chart papers, cardboard, thermocol etc.)

As per your requirement.

SOCIAL SCIENCE:-

- Prepare a rock cycle with waste material. Take the help from page number 9(Figure: -2.4) of your book.

SANSKRIT:-

- 1 क्रियाकलाप (Activities)
वृक्ष का चित्र बनाकर उसके अंगों के नाम संस्कृत में लिखिए। एवं हमारे जीवन में वृक्षों की उपयोगिता पर अनुच्छेद पाँच वाक्यों में लिखिए।
- 2 नीचे दिए गए शब्दों के शब्द-रूपों को संस्कृत में याद कीजिए।
(बालकः, लता, फलम्, मुनि, भानु)
- 3 पाँचों लकारों (लट्लकार, लङ्लकार, लृट्लकार, लोट्लकार, विधिलिङ्लकार) में गम् धातु के धातु-रूपों को याद कीजिए।
- 4 कक्षा-कक्ष में अध्यायपन कराये गए पाठों की पुनरावृत्ति एवं कंठस्थ(याद) कीजिए।

Health & Physical

1. Make a diagram of your games with measurement and write 5 skills (related to Football) & 5 Terminologies.
2. Five Fitness Exercises (Mainly involved in Football)

COMPUTER:-

- Make a presentation on 'Number system' which consist of 5 slides which will include introduction, decimal number system, binary number system, octal number system and hexadecimal number system. Apply different slide transition and animation effects on the slides

YOGA:-

1. Find out About 5 Asans that can be performed without using the yoga mat and paste the pictures of those Asans.
2. Make a Flow chart of Surya namaskar on a Chart paper and write about its History explaining its Benefits on individuals' health.
3. Lastly make a 2 minutes video of you talking about 'Surya namaskar'.

ART & WORK EDUCATION:-

- 1 . Make a Madhubani Painting on a A4 size sheet.

MUSIC/DANCE:-

- 1 Make a video performing a folk song or a folk dance of any state of India.