



RUKMANI BIRLA MODERN HIGH SCHOOL

Summer Holidays Assignment (2024-25)

CLASS-VII

Sr No	Subject	Topic
		Write about an Indian sportsman who has brought glory to the nation by participating in the Olympic games. Use the following rubrics: •achievements •personal details •any turning point in the career •training regime
1	English	Express how that sportsman inspired you. Choose any one of the following: 1. P.T. Usha 2. P.V. Sindhu 3. Yogeshwar Dutt 4. Mary Kom 5. Deepika Kumari 6. Priyanka Goswami Specifications: A4 size-coloured leaves
2	Hindi	राजस्थान राज्य से भारत का प्रतिनिधित्व करने वाले खिलाड़ियों के बारे में संक्षिप्त परिचय दीजिए एवं विगत वर्षों में आयोजित किए गए पैरालंपिक खेलों में राजस्थान से भारत का प्रतिनिधित्व करने वाले खिलाड़ियों के बारे में परियोजना तैयार कीजिए।
3	Mathematics	 Mention the dimensions of the following on International level: Swimming pool, Basketball court, Football ground, Lawn Tennis court, Badminton court. Reduce Length ÷ Breadth to its simplest form for each of the above. Keeping in mind the evacuation plan in case of emergency, design a model on any of the following: Basketball court/Swimming pool/Lawn Tennis/Badminton court/Athletic track/Cricket field/Football ground.
4	Science	Muscles & Organs Used in Olympic Sports Identify and research the specific muscles and organs commonly utilized in various Olympic sports. Create a comprehensive list detailing the muscles and organs involved in at least five different Olympic disciplines. Use diagrams or illustrations to demonstrate how these muscles and organs are utilized during the respective sports.

		Athlete Biographies
5	Social Science	1. Olympic Timeline - Create a timeline highlighting key events and milestones in the history of Olympics . Also include information about the ancient Olympics, modern Olympics and notable movements throughout the years.
		2. Research and present biographies of any five famous Olympic athletes discussing their achievements challenges and contribution to their sport.
	Sanskrit	1.ओलंपिक गेम्स में प्रयोग किए जाने वाले उपकरणों के संस्कृत नाम लिखते हुए सुंदर कोलाज तैयार
6		कीजिए। इन नामों का कक्षा परख हेतु स्मरण कीजिए।
		2.यदि भारत में आगामी ओलंपिक का आयोजन होता है तो उसके लिए बनने वाले शुभंकर हेतु संस्कृत की सूक्ति को सुसज्जित रूप में प्रस्तुत कीजिए ।
7	French	In abid to ignite the sportsmanship spark, prepare 5 tag lines to boost enthusiasm of your favourite team.
		Olympic E-Book
8	Computer	Compile an electronic book (e-book) that provides information, quizzes, and fun facts about the Olympics using e-book creation tools like Canva or Book Creator, flip book, PowerPoint.
	Fine Arts	1.OLYMPIC MEDAL DESIGN
		Theme- Olympic Games 2028
		Host City- Jaipur, India
9		. Design amedal- Gold Silver and Bronze in 2D or 3D for 2028 Olympic games
		 Design should be based on the culture, tradition and historical relevance of the host city. Specifications: Paper, Clay, Cardboard or any recyclable material
		2. MAKE A PAINTING for CBSE expression Series and submit after holidays.
		Choose Any one out of these-
		a) My views to make exams stress -free
		b)2 lessons I learnt in my class that helped me in my daily life
		Specifications: Size of the sheet - A4
		Colour Medium- Any
		Vocal , Instrumental and Dance
	Music	Theme: Imagine Olympic 2028
		Imagine Olympic Games 2028 and create a theme song for Olympic 2028
10		<u>Assignment-</u> Imagine that Olympics 2028 will beheld in India and Jaipur would be the host city. Create a theme song for the games,
		write the lyrics and set it to music. Also plan a programme for the opening
		ceremony which has a welcome song and dance.



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Do Your Assignments
But Do Not Forget To Read Books
Spend Time With Family & Friends
Help Birds & Stray Animals

Learn A New Skill, Sharpen Your Talent

Come Back Rejuvenated, Relaxed, Refreshed, Revived, Recharged

Classes
Nursery to VIII
IX to XII

Summer Vacation
6th May 2024 to 25th June 2024
25th May 2024 to 25th June 2024

