





GD GOENKA PUBLIC SCHOOL MODEL TOWN

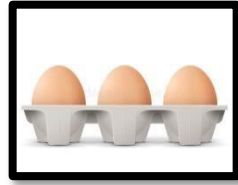
HOLIDAY ASSIGNMENT/GRADE 3/2024-2025

Sustainable Development Goal: Good Health and Well Being

“Health is a state of mind; Wellness is a state of being”

SUBJECT	CONTENT	RESOURCE BOOK PAGES
EVS	<p><i>INTEGRATED WITH ENGLISH AND PHYSICAL EDUCATION.</i></p> <p><u>FITNESS MANTRA</u></p> <p>Practice yoga during summer break. Choose any one yoga asana which you like the most. Ask your parents to click your picture while performing the asana. Prepare a write-up highlighting the following points –</p> <ul style="list-style-type: none">•Name of the asana•Steps to perform the asana•Benefits of the asana <p>Please note: Learn the health benefits of any one yoga asana that you liked performing during the summer break and present the same in the class.</p> <div style="display: flex; justify-content: space-around; align-items: center;"></div>	Pg 4
English	<p><i>INTEGRATED WITH PHYSICAL EDUCATION AND ART.</i></p> <p><u>FAMILY TIES</u></p> <p>Fathers are the most ordinary men turned by love into heroes, adventurers, storytellers and singers of song. Father’s Day is celebrated in the month of June. Celebrate this day by performing any exercise with your father Write a poem dedicated to your father on an A4 size sheet and learn it for the Poem Recitation after Summer Break.</p> <div style="display: flex; justify-content: space-around; align-items: center;"></div>	Pg 2 and 30

<p>MATH</p>	<p><i>INTEGRATED WITH ART.</i></p> <p><u>MY HEALTH CART</u></p> <p>Visit to a market with your parents and purchase any ten healthy food items which cost not more than ₹100. Paste their pictures and write the prices of the items purchased on a A4 size sheet. Then, find its:</p> <ol style="list-style-type: none"> 1. Predecessor and Successor 2. Expanded Form 3. Number Names 4. Ascending / Descending Order 5. Add the total amount spent on them 6. Sum of the cheapest and the most expensive product. 	<p>Pg 2,3 and 5</p>
<p>HINDI</p>	<p><i>INTEGRATED WITH EVS AND ART.</i></p> <p>प्रश्न 1. स्वस्थ रहने तथा मन, शरीर व आत्मा को एक करने के लिए हम योग के विभिन्न प्रकार के आसनों को अपने जीवन में अपनाते हैं , उन्हीं आसनों को A-3 size sheet पर दर्शाते हुए दो नारे लिखिए या योगा की महत्त्वता पर एक स्वरचित कविता लिखिए व याद कीजिए।</p> <p>प्रश्न 2. पेज़ नंबर (8-12) तक सुलेखन की किताब में अभ्यास कीजिए।</p>	<p>Pg 26</p>
<p>COMPUTER</p>	<p>Learn 5-8 lines on any two hardware like printer, monitor, light pen etc. or software Windows 10, Ms Word, PowerPoint etc. and present the same in Computer class.</p>	
<p>ART</p>	<p>Ensure healthy lives and promote well-being for all at all ages. Draw and colour a beautiful drawing showing how good health and well-being can be achieved and purpose of doing it etc. You can use an A3 size sheet with any colour medium. Your drawing should be innovative and informative.</p>	



- **Revise and learn all the topics covered so far in all subjects for UT-I.**
- **Kindly note that all the holiday homework will be assessed after the summer break and Inter- House Activities.**