



Datta Meghe World Academy, Airoli

Holiday Homework 2025-26

Grade VIII

| Sr. No | Subject | General Topic | Materials Required | Integrated Topic | English/Hindi/Marathi/Sanskrit/Maths/Science/ Social Science |
|--------|----------|---|---|--|--|
| 1 | English | Make a fitness diary and write 5-7 lines every day about what fitness activities you did on daily basis like yoga, jogging, zumba, dance, skipping, playing any sport, etc. How did it help you in your daily life. Talk to your diary about the importance of a healthy lifestyle and a healthy mind. | Make a diary using pages from Old notebook. Use Sketch pens and make a creative piece of writing. | Physical Education | |
| 2 | Hindi | 1. (1 to 20 roll No) 5 ऐसे व्यायामों के नाम और चित्र खोजिए जो रोजाना किए जाएं तो शरीर स्वस्थ रहता है। 2. (21 to 43 roll no) "स्वस्थ आहार (Balanced Diet)" का एक चार्ट बनाइए। | A4 size chart paper, Sketch pens, Colours | EVS, PE, Art, | HINDI |
| 3 | Marathi | कोलाज तयार करा: मासिकांतून/पेपरमधून निरोगी जीवनशैली दर्शवणारी चित्रे कापून एकत्र करून कोलाज बनवा. तुम्ही दररोज कोणते आरोग्यविषयक सवयी अंगीकारल्या आहेत, त्याबद्दल १० वाक्यांत लिहा. (मराठीच्या वहीत लिहिणे.) | पेपर व मासिकातील कात्रणे, पेपर, कलर पेन, कलर्स, फेविकॉल, इ. | चित्रकला, सामाजिक शास्त्र, आरोग्यशास्त्र, पर्यावरणशास्त्र. | |
| 4 | Sanskrit | Maintain a daily record of one healthy food item you eat each day during the holidays. For each day, mention: The name of the food item The key nutrients it provides (such as vitamins, proteins, etc.) Holiday Homework Worksheet Name: _____ Class: _____ Roll No.: _____ Instructions: Each day, record one healthy food item you eat. Identify the main nutrients it provides (e.g., vitamins, proteins, minerals, etc.). Make a table as Day Date Food item Eaten Key nutrients (e.g., vitamins, proteins, minerals, etc.) Health benefits (Note: Try to write in Sanskrit language where ever possible) | Google sheet | Science, Evs, environment, | |

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|---|----------------|--|--|------------------------------------|-----------------------------|
| 5 | Science | <p>Family Fitness Time:</p> <ul style="list-style-type: none"> • Spend time doing a fitness activity (walking, cycling, dancing, etc.) with your family once a week. • Click a photo also write activities you did and what are the benefits of it. <p>Attach all the photograph in pdf file and put in your school mail id.</p> <p>Healthy Eating Diary:</p> <ul style="list-style-type: none"> • Maintain a “Healthy Meals Diary” for two weeks. • Write down what you eat for breakfast, lunch, dinner, and snacks. • Highlight meals that are especially healthy (e.g., fruits, vegetables, nuts, whole grains). | Diary, colour pens, pictures | Art,ICT | Science |
| 6 | Mathematics | <p>1. (Daily activity) Students will make a routine of daily walk(morning or evening) and they will record number of steps taken, distance covered and time taken during walk date wise Students will represent this in Tabular form on a A3 sheet and at the end of summer break they will answer the following questions (i) Did they walk uniformly daily? (ii) On which day they covered maximum distance during walk? (iii) Mentions the dates they skip walking if any.(cheat code) OR</p> <p>2.(Project Based) Students need to plan a 4-5 days trip(real or imaginary). It should include (i) Days and dates of the trip. (ii) Mode of transportation(bus, Car, flight, train etc) (iii) Expenses for transportation, hotel bookings, Food, Sightseeing and Shopping At the end they will calculate total expenses made during trip. Students are supposed to perform this activity on a A4 sheet.</p> | <p>1. For Daily Activity A3 paper, Pen, Scale</p> <p>2. Project Based A4 Paper, Pen, Scale</p> | Data Handling, Rational Numbers | Science, Physical Education |
| 7 | Social Science | <p>Create a colorful and creative scrapbook on the topic "Ancient Fitness Routine". Instructions: 1.Research fitness practices from ancient civilizations such as: India: Yoga poses (e.g., Surya Namaskar etc) Draw or paste pictures of yourself (or printed images) performing each exercise. Label each move clearly and write one health benefit for each. Decorate your scrapbook creatively and neatly.</p> | <p>* Scrapbook or A4 sheets (colored or white) stapled or spiral-bound * Printed pictures of yoga poses, (or your own clicked photos) * Drawing sheets (optional, if you want to sketch) *Color pencils, sketch pens, or crayons for coloring and decorating</p> | | |

Rajeev Kumar

Principal