

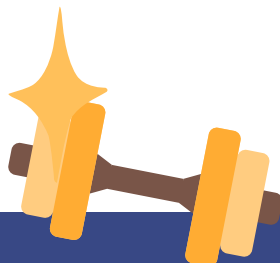
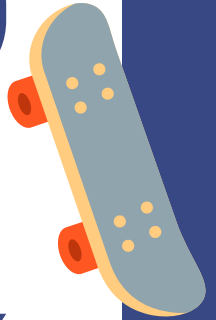


**CHILDREN'S ACADEMY, GHAZIABAD
SESSION 2025-26**

**SUMMER HOLIDAY HOMEWORK
CLASS IV**

***Sustainable Development Goals : 3
Good Health and Well-being***

**THEME
FUN, FITNESS, AND FAIR PLAY**





A Message from the Vice Principal

Dear Students,

Summer vacation is a joyful time to rest, have fun, and try new things beyond the classroom!

This year, your holiday homework is based on the exciting theme – "Fun, Fitness & Fair Play."

It's all about keeping your body active, your mind happy, and your heart kind.

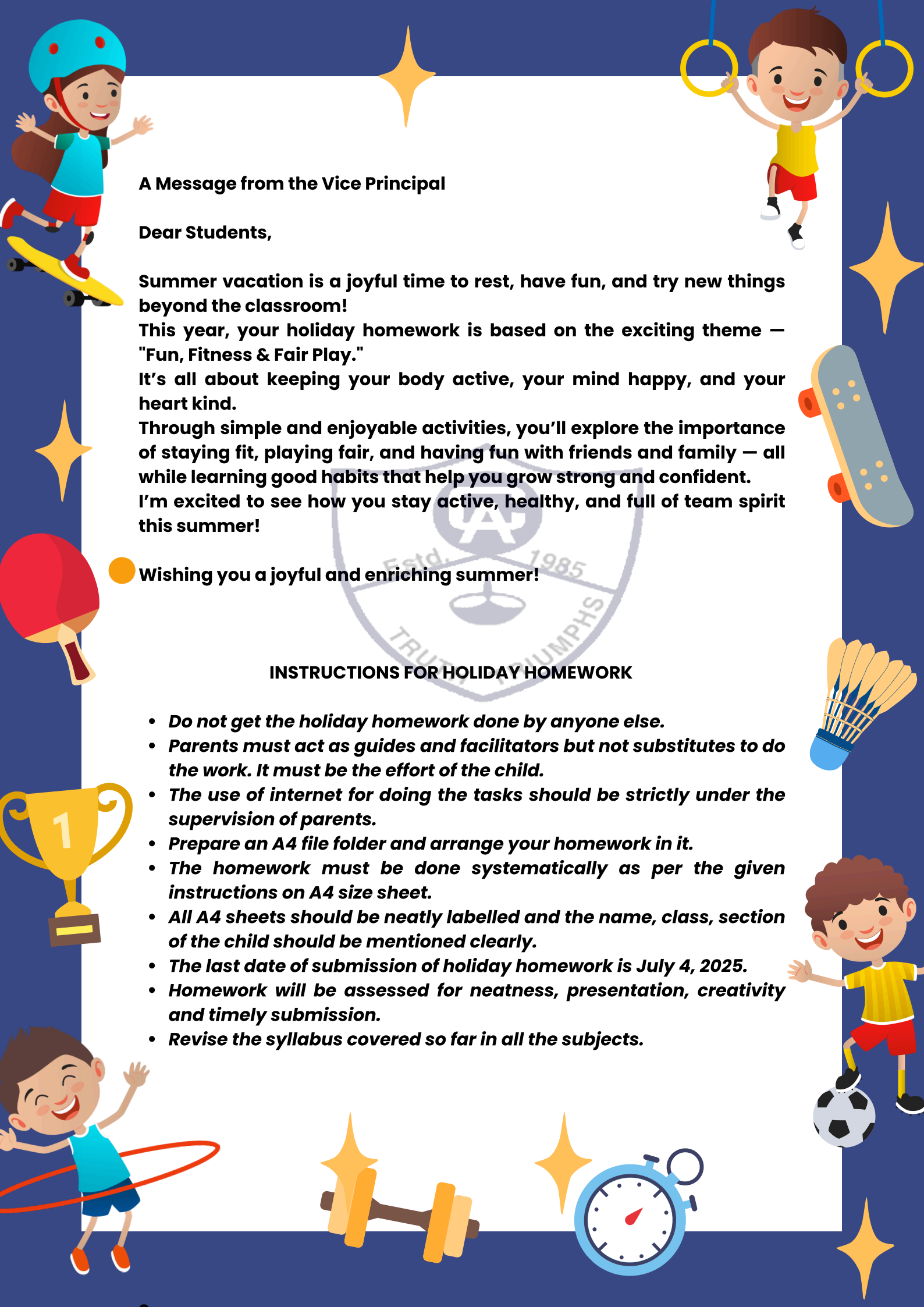
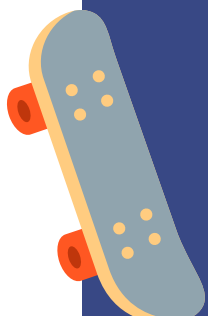
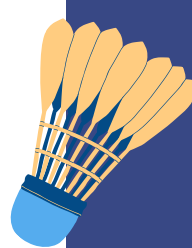
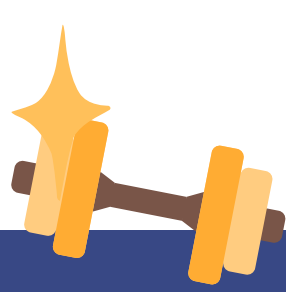
Through simple and enjoyable activities, you'll explore the importance of staying fit, playing fair, and having fun with friends and family – all while learning good habits that help you grow strong and confident.

I'm excited to see how you stay active, healthy, and full of team spirit this summer!

● Wishing you a joyful and enriching summer!

INSTRUCTIONS FOR HOLIDAY HOMEWORK

- *Do not get the holiday homework done by anyone else.*
- *Parents must act as guides and facilitators but not substitutes to do the work. It must be the effort of the child.*
- *The use of internet for doing the tasks should be strictly under the supervision of parents.*
- *Prepare an A4 file folder and arrange your homework in it.*
- *The homework must be done systematically as per the given instructions on A4 size sheet.*
- *All A4 sheets should be neatly labelled and the name, class, section of the child should be mentioned clearly.*
- *The last date of submission of holiday homework is July 4, 2025.*
- *Homework will be assessed for neatness, presentation, creativity and timely submission.*
- *Revise the syllabus covered so far in all the subjects.*

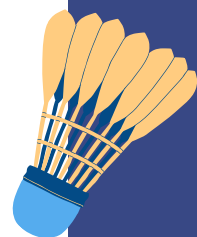
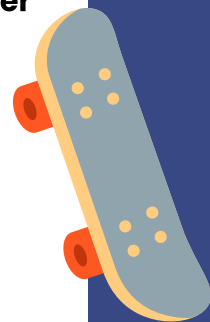
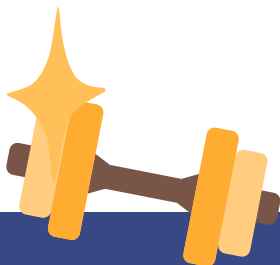




Together we play, learn, and grow—spreading fitness and fairness wherever we go!

WHAT YOU CAN DO

Let's jump, let's run, come out and play—
Move your body every day!
Games are fun and help us grow,
Strong in mind and head to toe.
Work as a team, take turns, be kind,
Fair play shows a thoughtful mind.
Win or lose, we always cheer,
With healthy hearts, we persevere!
Respect the rules, include each friend,
That's how kindness starts to trend.
From soccer fields to skipping ropes,
We learn to share our dreams and hopes.
So grab a ball or ride your bike,
Try something new—do what you like!
Let's play smart and live this way
With fun, fitness, and fair play!





THEME:

Fun, Fitness and Fairplay

This summer, our theme is 'Fun, Fitness, and Fair Play.' We'll learn how to take care of our bodies and minds, help others stay healthy, and make sure everyone feels happy and included. This connects to **SDG 3 – Good Health and Well-being**, which reminds us that when we care for ourselves and each other—physically and emotionally—we make our home, school, and the world a better, brighter place for everyone.



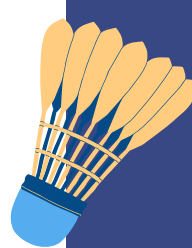
EMPOWERING ENGLISH



GAME ON FROM A TO Z

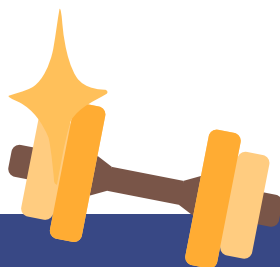
Let's explore the world of sports while having fun with letters! Create a Sports Pictionary using one sport-related word for each alphabet from A to Z.

Guidelines:

- Choose one sports-related word for each letter (A to Z). Example: A – Athlete, B – Baseball, C – Coach
 - For each word, include – the word, simple meaning and a picture (hand-drawn or pasted)
 - Use colors, headings, and neat layout to make your work attractive and clear.
 - You may use newspapers, magazines, or the internet (with parents' help) to find suitable words and pictures.
 - On an A4 sheet, arrange the alphabets in order and staple the sheets as a booklet.
 - Choose words that reflect the theme "Fun, Fitness, and Fair Play" and support SDG 3 – Good Health and Well-being.
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REFERENCE LINK:

<https://www.enchantedlearning.com/wordlist/sports.shtml>



HARSHATI हिंदी

बने सुपर स्पोर्ट्स कमेंटेटर!

क्या आप कभी सोचते हैं कि कमेंट्री बॉक्स में बैठकर आप भी बोलें – "और ये गया चौका!"? अब मौका है अपनी मस्ती और जोश से भरपूर कमेंट्री बनाने का! अपनी पसंदीदा खेल की कमेंट्री लिखें, उसे रिकॉर्ड करें और सुनाएँ!

निर्देश:

- सबसे पहले अपना पसंदीदा खेल चुनें – क्रिकेट, फुटबॉल, बैडमिंटन, या जो भी खेल आपको पसंद हो।
- उस खेल की रोचक घटना सोचें और उसकी 7-8 पंक्तियों में मजेदार कमेंट्री लिखें।
- कमेंट्री में जोश, उत्साह और मनोरंजन भरें, जैसे आप टीवी पर देख रहे हों!
- फिर, अपनी कमेंट्री को ऑडियो या वीडियो में रिकॉर्ड करें।
- अब इस रिकॉर्डिंग को अपनी कक्षा की शिक्षिका को भेजें।
- ध्यान रखें कि आपकी कमेंट्री में "फेयर प्ले", "टीम भावना", और "स्वस्थ जीवनशैली" का संदेश हो।
- यह कार्य SDG 3 – स्वास्थ्य और कल्याण से जुड़ा है, जो हमें बताता है कि खेलों से न केवल शारीरिक, बल्कि मानसिक स्वास्थ्य भी मजबूत होता है!
- फाइनल का नाम ऐसे रखें:
 - नाम_कक्षा और सेकशन_विषय
 - उदाहरण: Aarav_4B_Hindi

सन्दर्भ के लिए:

<https://youtube.com/shorts/X5VSgyzITuM?si=BRoXNUwIHWvMX-58>

MAGNETIC MATHS

MY GAME, MY WAY

This activity combines creativity, learning, and fun while helping you build a healthy and sharp mind.

Guidelines:

- Design your own game using cardboard.
- Give your game a creative name that matches it's theme.
- Make sure your game includes any mathematical element such as addition, subtraction, multiplication, division.
- *Clearly write how to play the game:*
 - How many players can play?
 - What do players do on their turn?
 - What is the goal of the game?
- *List the rules of the game:*
 - Number of turns or moves per player.
 - What happens when a player plays incorrectly?
 - Include any bonus, penalty or fun challenge elements!
- Play the game with your family or friends to test it out and enjoy learning together.
- Click a picture of you playing the game with your family or friends and paste it on your A4 sheet.

Decorate your A4 sheet neatly with:

- Game name
- Instructions
- Rules
- Picture(s) of gameplay



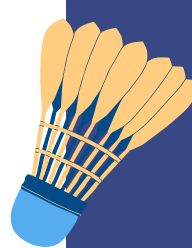


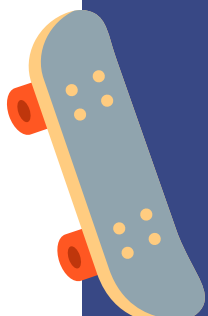
REFERENCE LINKS:

<https://youtube.com/shorts/9TYyzKoye8k?si=R6NewGJzLW7wRxF7>

<https://bit.ly/4dcr0qd>



SPECTACULAR SCIENCE



STRONG BODY, SHARP MIND – SCIENCE HELPS US SHINE!

Physical games are not just fun—they also help our body and brain stay active and strong! In this task, you will choose and play any outdoor or indoor physical game of your choice, then reflect on your experience by presenting it creatively on one A4 sheet.

Guidelines:

- Choose any one physical game or activity you enjoy like skipping rope, hopscotch, football, hula hoop, badminton, yoga, etc.
- Play the game with family members, friends, or by yourself.
- Create fun rules or a twist in the game! Example: Set a timer, add a dance step, or include a small challenge like clap 5 times after each jump etc.
- On an A4 sheet include the following:
 - Name of the Game
 - Give your sheet a caption like:
Fitness is Fun!
Play More, Feel Better!
Move to Stay Health
- Why you chose this game (Example: I love this game because it makes me laugh, helps me move my body etc.).
- How it helps you to stay healthy (Mention benefits like it improves strength or flexibility, makes you feel happy, reduces screen time, keeps your heart healthy etc.).
- In 4–5 lines describe how the game is played, what you did to make it exciting, and who played with you.
- Click and paste a picture of you playing the game (alone or with family/friends).
- Bring it to school on the submission date.

REFERENCE LINK:

<https://www.youtube.com/watch?v=qCQ7BcTG4yQ>

SASSY SOCIAL SCIENCE

INDIA'S GAME, MY RESEARCH FRAME!

India is proud of its national sports teams who make our country shine across the world! In this task, you will explore one Indian sport based on your roll number and present your research on an A4 sheet.

Guidelines:

- Identify your assigned sport based on your roll number:
 - Roll Numbers 1–10: HOCKEY
 - Roll Numbers 11–20: CRICKET
 - Roll Numbers 21 onwards: FOOTBALL
- Research and present the following on an A4 Sheet:
 - Name of the sport assigned
 - Number of players in the team
 - Names of Indian Teams (e.g., Indian Men's Hockey Team, Indian Women's Cricket Team)
 - Any 2 National or International Awards won with year and event
 - Name of the current coach (Men's or Women's team – any one)
 - One eminent player of the sport with 4–5 lines about achievements and awards
 - Name of any one movie based on the sport
 - Mention one moment from the movie that shows team spirit or fair play.
 - Use colours, pictures or sports symbol to make your work attractive.

REFERENCE IMAGE:



A DAY FOR DAD

STAYING FIT AND HEALTHY WITH DAD!

Father's Day is celebrated on 15 June every year and is all about celebrating the wonderful bond you share with your father.

Guidelines:

- Choose a physical activity you do with your father like walking, jogging, cycling, stretching, dancing, yoga etc.
- Present your experience on an A4 Sheet:
 - Name of the Activity
 - Add a small picture, drawing, or any visual related to the activity.
 - Health benefits of the activity
 - Share one memorable or fun moment you had while doing this activity with your father.
 - Write 4-5 lines about how your father inspires you to stay healthy, active, and positive.
 - Add a picture of you and your father doing the activity and paste it on the sheet.

REFERENCE IMAGE:



REFERENCE LINK:

<https://l1nq.com/u77Bh>

MOVE TO MINDFULNESS – YOGA IN ACTION

On International Yoga Day – 21st June, take action to improve your family's health and well-being!

- Practice 3-5 simple yoga poses (e.g. tree pose, butterfly, cobra).
- Ask family members to join and turn it into a mini "Home Yoga Session."
- Click a photo of you doing yoga and share it with your class teacher on 21st June itself.



Dear Parents,

People from various regions speak different languages, but what truly matters is speaking any language correctly. Among the many languages, Hindi and English are particularly important for our children to master. Since English is a universal language understood worldwide, it is essential for our children to become proficient in it. To achieve this, we kindly request your full support and cooperation. Please consider the following guidelines:

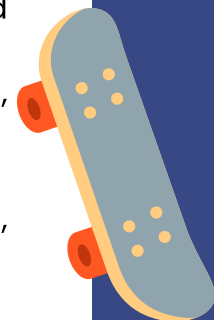
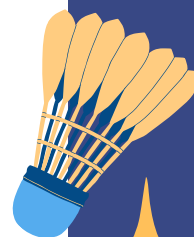
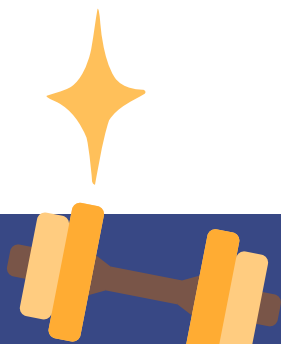
1. Encourage English Conversations: Speak with your child in English and foster a reading habit.
2. Read and Discuss: Read storybooks with your child, and after finishing, engage in a discussion about the story to develop understanding.



Our teachers are focusing on helping children use simple words, phrases, and sentences in daily communication, such as:

- May I go to play?
- May I borrow your pencil/eraser/sharpener?
- I have finished my work. Ma'am, may I go to the washroom?
- Ma'am, may I drink water?
- Ma'am, may I come in, please?
- Ma'am, may I wash my hands?
- Ma'am, may I sit in the front row as I can't see from the back?
- Ma'am, please repeat the concept; I'm unable to understand it.
- Ma'am, I have lost my shoes/blazer/tiffin box/water bottle, etc.
- Ma'am, I came late as I missed my bus.
- Ma'am, I'm sorry. I forgot to bring my book/ notebook/ pencil/ eraser/ drawing book, etc.
- Ma'am, I'm sorry I couldn't complete my homework as I was unwell.
- Ma'am, may I borrow a pencil/eraser/ruler, etc., from my partner as I've forgotten it today?
- I am sorry for the delay.

Children can be encouraged to use basic words and sentences in daily conversations at home. Here are some examples:

- Mummy, can I help you in the kitchen?
- Mummy, can I set the table today?
- Papa, can I help you wash the car?
- Mummy, can I bring you a glass of water?
- Mummy, may I have some more ice cream from the fridge?



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- Papa, please teach me how to ride a bicycle.
 - Mummy, should I chop the salad today?
 - Mummy, I'll make a cup of tea for you. Where are the tea leaves?
 - Didi, can you help me find my English notebook?
 - Papa, can we go cycling today?

Additionally, encourage them to greet people properly:

- Hello Uncle / Aunty, how are you?
- Good Morning, Good Afternoon, Good Evening, and Good Night to parents and elders.

If we, as teachers and parents, make a consistent effort and pay attention to these simple yet important aspects, we can help our children learn, understand, and speak English more confidently at an early age. Take advantage of the summer break and enjoy spending quality time with your children.

Best Wishes

Children's Academy

