

Holidays Home Work

CLASS: IX

Important Note

Winter Vacation commences w.e.f **25.12.2023 (Monday)** and school will reopen on **05.01.2024 (Friday)**.

Homework should be done neatly and in a proper way & it will be considered for Internal Assessment.

Kindly pay the fee (Jan-March, 2024) by 10.01.2024.

(Health and Activity)	<ul style="list-style-type: none">• Print the Health and Activity General Information PDF attached with the HHW.• Perform the activity and maintain the record and submit the complete file on the very first day. (Compulsory for all the students.)• Complete the PAT practical file and submit on the very first day. (Only for PAT students)
	<p>General Instructions for the holidays homework health and record file</p> <ul style="list-style-type: none">•Page1:Fill the required details mentioned according to the documents proof.•Page 2: SEVA(Social Empowerment Work In Action), you can spend some time in the Temple, Hospital, Clubs ,and Stadium for the social work contribution and maintain the record.•Page 3:complete the self analysis or evaluation performance.•Page 4 :The Personal Data record of your performance will be done in the school by the sports department.•You are requested to participate enthusiastically in the event to improve your health status.

Students are to solve the Subjective Questions (Section B) of the SET other than the one they had solved in the examination in all subjects.

Note- Solve the question paper in your respective notebooks.



HEALTH AND ACTIVITY RECORD

GENERAL INFORMATION



AADHAR CARD NO. OF STUDENT (optional):

NAME:

ADMISSION NO.:

DATE OF BIRTH:

M/F/T

BLOOD GROUP:

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MOTHER'S NAME:

Y.O.B WEIGHT HEIGHT BLOOD GROUP

AADHAR CARD NO.(optional):

FATHER'S NAME:

Y.O.B WEIGHT HEIGHT BLOOD GROUP

AADHAR CARD NO.(optional):

FAMILY MONTHLY INCOME

ADDRESS

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PHONE NO.:

CWSN, SPECIFY

SIGNATURE OF PARENTS/ GUARDIANS

DATE

MY SEWA Promise Form(Illustrative)

Dear student,

SEWA is a firm step to prepare you for life. It is a voluntary project experience. You have to complete My SEWA Promise and obtain prior approval for the activity/project. Selection of SEWA activity, development, implementation of the proposal and evaluation of the activity is the responsibility of each student. Signature of the parent indicates review and approval of this proposal.

Student's Name: Class:

(Print or Type)

Brief Description of the Activity :

Duration (Days and Time): Estimated Hours:

Name of Mentor Teacher:

Student Signature: Date :

Parent Signature: Date :

SEWA Hourly Schedule (illustrative)

Hour Count	Date and Day	Proposed Activity Plan
Hour 1		
Hour 2		
Hour 3		
Hour 4		
Hour 5		

Hour 6		
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SEWA Self Appraisal Form (illustrative)

The following questions should be addressed at the end of each activity/project. These are guiding questions. Candidates can either answer on this form or write a reflective, continuous text incorporating responses to these questions.

My Name _____

My Activity/Project _____

My Commitment Towards the Project/ Activity

I initially felt that the project could not have achieved its outcomes because.

The project has definitely changes me as a person in terms of behaviour, attitude and life skills because

The details of beneficiary(ies). Any significant comment received from them; please quote

The challenges I faced and the things I might do differently next time so as to improve?

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Personal Data (The Percentile are recorded from the table)				
Age				
Height in invest				
Weight				
Class				
	Trial One		Trial Two	
Pull ups for boys	Score	Percentile	Score	Percentile
Flexed arm stand for girls				
Sit ups				
Shuttle run				
Standing long jump				
50 Yard dash				
600 Yard run				

NOTE: The student is advised to conduct the AAHPER Physical Fitness Test for Ten students. After scoring six items the percentile score is recorded from the tables given on the pages given ahead. All the reading are recorded in score card from the specimen table.