

**आचार्यकुलम्**

शिक्षा  
संस्कारः



अभ्युदयः  
निःश्रेयसः

**Acharyakulam**

A Vaidic Integrated BSB affiliated Residential (Co-ed) Educational Institute.

## Theme

**Sports: Building  
Fitness, Discipline  
& Team Spirit**

**ENGLISH**

**SANSKRIT**

**HINDI**

**MATHEMATICS**

**SCIENCE**

**SOCIAL SCIENCE**

**I.C.T.**

**SUMMER  
HOLIDAY  
HOMEWORK  
(2026-2027)**

**VI**



**THEME - SPORTS: BUILDING, FITNESS,  
DISCIPLINE AND TEAM SPIRIT**

**CLASS VI  
SUMMER HOLIDAY HOMEWORK  
2026-27**

# SUBJECT- ENGLISH

## Instructions-

- Complete the homework neatly in an English notebook or on A4 size sheets.
- Use colours, drawings and creative presentation wherever required.
- Maintain proper headings and structured work.
- Show originality, use real-life examples, and add creative elements where possible.
- Revise and practice all work done in class along with this holiday homework.
- Focus on creativity, research, and conceptual understanding.

**NOTE: ATTEMPT ANY THREE OF THE FOLLOWING TASKS**

### Part 1: Activity-Based Questions

1. **Poster Making:** Design a creative poster on an A4 sheet combining the message of the poem I Dream a World with core sports values: **Equality, Teamwork, and Discipline.**

### Part 2: Writing Section Questions

2. **Analytical Paragraph:** Write a paragraph (100–120 words) on: “The Role of Sports in Shaping Character.” Critically analyze how sports build resilience, shift focus from "me" to "the team," and teach players to handle both victory and defeat with grace.
3. **Informal Letter:** Write a letter to your friend explaining how a fair sports match reminds you of the equal, bias-free world described in Langston Hughes’ poem I Dream a World.
4. **Assembly Speech:** Draft a 1-minute speech to be delivered in the school assembly on the topic: “Sports Beyond Winning: Building a Healthier Mind and Body.”

**Note: Reflection: Write exactly 5 lines detailing what you personally realized about your own fitness habits while completing this holiday project.**

## विषय – संस्कृत

कृपया समस्त कार्य पृथक् टिप्पणी पुस्तिका में लिखकर लायें

1. अपने परिवार के दस सदस्यों के नाम एवं उन के वर्ण-विच्छेद कर के लिखें ।
2. सामूहिक यज्ञ और सामूहिक योग प्रशिक्षण देकर उस के सामूहिक फोटो लेकर एक A4 sheet पर चिपकाकर उसका विवरण लिखें ।
3. अपनी रसोई में उपलब्ध खाद्य सामग्री के पात्रों (डिब्बों) पर उन के नाम संस्कृत में लिखकर तथा उन के साथ अपनी फोटो खींचकर A4 sheet पर चिपकाकर लायें ।
4. पढाये गये गीता के श्लोकों को स्मरण एवं पुनरावृत्ति करें ।  
गीता जी का लिंक-  
<https://youtu.be/Bn7RDxdrSiA?si=lua0YVW3dJJU9a-M>
5. खेल में प्रयुक्त होने वाली सामग्री का चित्र सहित संस्कृत नाम लिखें ।
6. व्याकरण की पुस्तक रुचिरा भाग-1 के पाठ-2 'संस्कृतवर्णमाला' में दिए गये स्वर तथा व्यंजन शब्दों का चित्र सहित अर्थ लिखें ।  
जैसे- अ - अश्वः = घोड़ा ।
7. अर्थ सहित भोजन मंत्र एवं ईश्वर स्तुति लिखें ।
8. क्रियाकलाप-

क्रम.सं	दिनाङ्कः	अभिवादनम्	योगः	यज्ञः	भोजनमन्त्रः	संस्कृतवाक्यम्	शयनमन्त्रः	अभिभावक -हस्ताक्षरम्
1.	27.05.26							
2.	28.05.26							
3.	29.05.26							
4.	30.05.26							
5.	31.05.26							

6.	1.06.26							
7.	2.06.26							
8.	3.06.26							
9.	4.06.26							
10.	5.06.26							
11.	6.06.26							
12.	7.06.26							
13.	8.06.26							
14.	9.06.26							
15.	10.06.26							
16.	11.06.26							
17.	12.06.26							
18.	13.06.26							
19.	14.06.26							
20.	15.06.26							
21.	16.06.26							
22.	17.06.26							
23.	18.06.26							
24.	19.06.26							
25.	20.06.26							
26.	21.06.26							
27.	22.06.26							

28.	23.06.26							
29.	24.06.26							
30.	25.06.26							

**धातव्य-**

1. भो छात्र ! प्रतिदिन आपको उपरोक्त क्रियाकलाप अवश्य करने हैं और प्रतिनित्य अपने अभिभावकों के हस्ताक्षर इस आशय से कराने हैं कि आपने उनके समक्ष किया है ।
2. प्रतिदिन किये गये क्रियाकलाप को चित्र के माध्यम से प्रमाण सहित उपस्थित करना अनिवार्य है ।
3. **संस्कृत वाक्य** में प्रतिदिन अपने अभिभावकों को एक-एक संस्कृत का वाक्य सिखाना है ।
4. इस गृहकार्य के अंक आपके आंतरिक मूल्यांकन(**Internal Assessment**) के क्रियाकलाप(Activity) में जोड़े जायेंगे ।

## विषय- हिन्दी

1. हॉकी के दिग्गज खिलाड़ी (मेजर ध्यान चंद व धनराज पिल्लै) के बारे में सचित्र वर्णन कीजिए।
2. आपका पसंदीदा खेल व खिलाड़ी से मिली प्रेरणा के बारे में लिखिए।
3. अपने माताजी व पिताजी के पसंदीदा खेल के बारे में जानकारी प्राप्त कर लिखिए।
4. आपके जीवन में खेल किस प्रकार महत्वपूर्ण है। 125 -150 शब्दों में लिखिए

### ध्यातव्य बिंदु:-

समस्त गृहकार्य अलग फाइल में स्वच्छ-सुंदर अक्षरों में लिखकर लाएं।

# SUBJECT: MATHEMATICS

## Instructions:

- Do all work in a separate holiday homework notebook or on A4 sheets.
- Use graph sheets for drawing graphs and diagrams.
- Write a 5-line paragraph at the end: "What I learned about fitness, discipline and team spirit from sports and math."
- Last Date of Submission: First day after holidays.
- Write your name, class, section, subject, date of submission and roll number on cover page.

## SECTION 1: THREE ACTIVITIES

**ATTEMPT ANY TWO ACTIVITIES FROM THE FOLLOWING THREE ACTIVITIES**

Do these with family/friends. Paste photos or draw sketches on A4 Sheets.

### Activity A: Fitness Yoga & Angles

- 1) Perform 5 Yoga Asanas: Tadasana, Trikonasana, Vrikshasana, Bhujangasana, Sukhasana.
- 2) Click photos or draw stick figures.
- 3) Use a protractor to measure the main angle formed by arms/legs in each asana.
- 4) Make a table: | Asana Name | Angle Type (Acute/Obtuse/Right) | Angle Measure |

### Activity B: Fitness Jump Challenge

- 1) Do skipping or jumping jacks for 1 minute daily for 7 days.
- 2) Record number of jumps each day in a table.
- 3) Draw a line graph on graph paper: Days on X-axis, Jumps on Y-axis.

### Activity C: Team Spirit Collage

- 1) Collect 10 pictures/news cuttings of Indian teams: cricket, kabaddi, hockey, relay, football.
- 2) Paste them and count total players shown.
- 3) Find what fraction of players belongs to each sport. Convert each fraction to percentage.

- 4) Draw a pie chart to show the data.

## SECTION 2: COMPETENCY BASED & CRITICAL THINKING QUESTIONS

<b>ATTEMPT ALL OF THE FOLLOWING</b>
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### Q1. Stadium Attendance Case Study

Source: IPL 2025 Wankhede Stadium data for 4 matches: 33,108; 32,860; 33,105; 33,000

- Arrange the numbers in ascending order.
- Find total attendance. Round off to nearest 10,000.
- If 1 water bottle is given to every 4 people, how many bottles are needed? What value of discipline is shown when we avoid wasting water?

### Q2. Yoga Discipline

Riya does Surya Namaskar. 1 round = 12 poses, takes 45 seconds.

- If she does 6 rounds daily, how many minutes does she spend on yoga in 1 week?
- Doctors recommend 20 minutes yoga daily. Is Riya meeting the target?
- Critical Thinking: If Riya misses yoga for 2 days, how should she adjust the next 5 days to meet her weekly target without over-exercising?

### Q3. Relay Race & Team Spirit

In 4×100m relay, Team A times: 12.8s, 13.1s, 12.9s, 13.2s. Team B times: 13.0s, 12.7s, 13.3s, 12.8s.

- Find total time for each team. Which team won?
- What is the difference in time? Express as a fraction of a second.
- Value Q: If Player 3 of Team A slipped but still passed the baton, what quality did they show? Why is it important?

### Q4. Javelin & Measurement

Source: World Athletics – Javelin sector angle is  $28.96^\circ$

- Draw this angle with a protractor. Name the type of angle.
- Neeraj Chopra's throws: 87.12m, 88.44m, 86.95m. Find his average throw.
- If foul line is 30m from throw point, what fraction of his best throw is the foul distance?

### Q5. Fractions & Sharing

A school yoga team of 15 students has 6 yoga mats.

- a) What fraction of a mat does each student get if shared equally?
- b) If  $\frac{2}{5}$  of students bring their own mats, how many mats are still needed for others?
- c) Team Spirit: Why is sharing equipment a good habit in sports? Give 1 example.

## SUBJECT: SCIENCE

### Instructions:

1. Complete all the activities neatly on A4 sheets.
2. Draw tables properly using scale and pencil.
3. Fill the remaining blank spaces with your own observations and answers.
4. Use colored pens/pencils for headings and decoration.
5. Paste relevant pictures wherever required.
6. Word Limit for written answers: 30–50 words in each blank row.
7. Submission Date: After Summer Holidays.

### Activity – 1

#### Observe Different Physical Activities and Complete the Table

Activity / Observation	Day / Sport / Exercise	What Happened in the Body?	Benefit Observed
Running	Monday Morning Run	Heartbeat became faster and breathing increased	Improved stamina
Yoga			
Cycling			
Skipping			
Walking			
outdoor games			

## Activity – 2

### Identify the Body Parts and Fitness Components Used During Exercise

Fitness Components are- Strength, endurance, flexibility, Balance and stamina

S.No.	Exercise Name	Body part used	Muscles Involved	Fitness Component Improved
1	Push ups	Arms and Chest	Biceps and chest muscles	Strength
2				
3				
4				
5				

## Activity – 3

### Study Yoga Asanas and Their Scientific Benefits

S.No.	Yoga Asana	Steps to Perform	Benefits for Body	Benefits
1	Tadasana	Stand straight and raise arms upward	Improves posture	Increases concentration
2				
3				
4				
5				

### Activity – 4

#### Observe Different Food Items and Their Importance in Fitness

S.No.	Food item	Nutrient Present	Importance for athlete	Healthy/Unhealthy
1	Milk	Protein and Calcium	Help in muscle growth	Healthy
2				
3				
4				
5				

### Activity – 5

#### Explore the Science Behind Different Sports

S.No.	Sport Name	Equipment used	Science concept involved	Safety measure
1	Cricket	Bat and Ball	Force and Motion	Wear helmet and pads
2				
3				
4				
5				

**Note: Students must revise and practice all the work completed in the class along with the above homework.**

## **SUBJECT: SOCIAL SCIENCE**

### **Instruction:**

- Complete the work neatly on A4 sheets and map sheets wherever required.
- Arrange all the sheets and maps properly and submit them in a stick file.

### **Q1. Structured Report on A4 sheets (200–300 words)**

- **Sports & Economy:** How can sports create career opportunities and national pride? Mention 1 government scheme (e.g., Khelo India, Fit India Movement) with its goals.

### **Q2. Map work-**

- Mark major stadiums and sports academies on the map of India.
- Also, explain why these are located in certain regions (climate, popularity of games, government investment).(100-150 words)

### **Q3. Write Answers (100-120 words) of the following on A4 sheet**

- a) Mention traditional Indian games played in villages and their health benefits.
- b) Discuss the role of Yoga and physical training in ancient Gurukul education.
- c) Give a detailed note on sports patronage during the Mauryan and Gupta period.
- d) Explain how sports became a medium of national integration during the freedom struggle.

**Note: Students must revise and practice all the work completed in the class of science along with the above homework.**

# SUBJECT: ICT

## Prepare a MS Word document on Sports: Building fitness, discipline and team spirit

### General Instructions

- Complete all tasks in an MS Word document.
- Use **Calibri** or **Cambria** font.
- Set headings to **font size 14 (Bold)**.
- Set body text to **font size 12**

### Task 1: Building Fitness (The 7-Day Challenge)

- Create a table in MS Word tracking your daily physical activity for one week.

### Requirements

- Log at least 30 minutes of daily exercise.
- Include activities like running, cycling, or yoga.
- Calculate your average daily active minutes.

### Word Formatting Feature to Use

- Go to **Insert > Table** to create your tracker.
- Apply a professional **Table Style** from the Design tab.

### Task 2: Discipline (The Athlete's Routine)

- Research your favorite sports personality and write a 150-word biography focusing strictly on their daily discipline.

### Requirements

- Describe their practice schedule and dietary habits.
- Explain how discipline helped them overcome a major career challenge.
- Paste a high-quality picture of the athlete.
- **Word Formatting Feature to Use**
- Wrap text around the image using **Format > Wrap Text > Tight**.
- Add a caption under the photo using **References > Insert Caption**.

### Task 3: Team Spirit

- Analyze a famous sporting event where team spirit turned a losing game into a victory.

### **Requirements**

- Write a three-paragraph summary of the match.
- List three key qualities that define good team spirit.
- Use a bulleted list for these qualities.

### **Word Formatting Feature to Use**

- Use the **Bullets** or **Numbering** tool under the Home tab.
- Set line spacing to **1.15** for readability.

### **Submission Guidelines**

- Submit Colour copy of the document.

**Note: Students must revise and practice all the work completed in the class of ICT along with the above homework.**