



**Swaraj Public School, Damla**

Aff. No: 531727 School Code: 41704

Website: [www.spsdamla.edu.in](http://www.spsdamla.edu.in)

Session 2025-26

Summer Enrichment Programme

Class- V

***Summer's here, the sun shines  
bright***

***Time for holidays, and fun in  
sight***

***We'll play outside, from dawn  
till night***

***Making memories, that feel  
just right***

***We'll swim in pools, and oceans  
blue***

***Build sandcastles, and dreams  
anew***

***Ice cream treats, and laughter  
too***

***Summer's magic, for me and  
you***

❖ **Safety First**

1. Stay hydrated: Drink plenty of water.
2. Sun protection: Wear sunscreen, hats, and sunglasses.
3. Water safety: Swim with adult supervision.

❖ **Productivity**

1. Balance fun and tasks: Make time for chores and activities.
2. Set goals: Plan and achieve summer goals.
3. Learn something new: Engage in a hobby or online course.

❖ **Social**

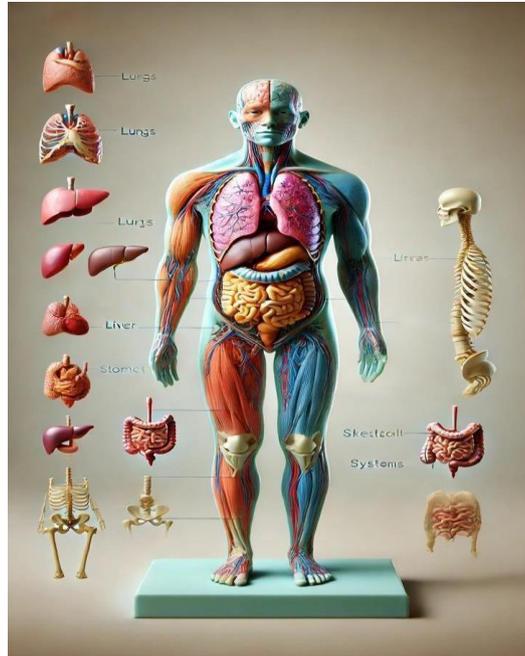
1. Respect others: Be kind and considerate.
2. Stay connected: Schedule regular check-ins with friends and family.
3. Make new friends: Join summer camps or clubs.

❖ **Fun**

1. Plan activities: Create a summer bucket list.
2. Try new things: Explore new interests.
3. Relax and recharge: Make time for self-care.

**HAPPY  
SUMMER  
HOLIDAYS**

# Theme: The orchestra of body



*The body's like an orchestra so fine,  
Each part working together in harmony divine.  
The heart beats like a drum, steady and strong,  
The lungs breathe like a flute, singing a happy song.*

*The brain's like the conductor, leading the way,  
Coordinating movements, night and day.  
The muscles move like strings, smooth and sweet,  
The nerves like wires, connecting every beat.*

*When all parts work together in perfect time,  
The body's orchestra plays a beautiful rhyme.  
So let's take care of our bodies with glee,  
And keep our inner orchestra playing wild and free!*

# General Instructions

- **Complete all assigned tasks:** Ensure you finish all holiday homework tasks.
- **Follow instructions carefully:** Read and follow instructions for each task.
- **Manage your time effectively:** Plan your holiday schedule to complete tasks on time.
- **Seek help when needed:** Reach out to teachers or parents if you need assistance.
- **Deadline:** Submit holiday homework on the designated date.
- **Format:** Follow specified format requirements (e.g., handwritten, typed).
- **Organization:** Keep your work organized and neatly presented.
- **Create a schedule:** Plan out your holiday homework schedule.
- **Stay focused:** Minimize distractions and stay focused on your tasks.
- **Review and revise:** Review your work and make revisions as needed.
- **Have fun:** Balance work and play during your holiday.
- **Stay safe:** Prioritize your safety and well-being.
- **Get enough rest:** Ensure you get sufficient rest and maintain a healthy routine.

# SCIENCE

## Roll No: 1-3

With the help of 3D model of human anatomy represent how the body is organized into various systems.

<https://pin.it/5hHBJELx6>

## Roll No: 4-6

The body's framework, comprised of bones, cartilage, ligaments, and tendons. Express this with the help of 3D model of skeletal system and study about the importance and functions.

[https://youtu.be/n\\_FyjKvy3Q?si=rAMp\\_ERMrkaSGsQ9](https://youtu.be/n_FyjKvy3Q?si=rAMp_ERMrkaSGsQ9)

## Roll No: 7-9

Explain the system responsible for the movement and posture with the help of working model.

<https://www.youtube.com/watch?v=G8F4pBtWXfc>

## Roll No: 10-12

When we take our food, our body absorb the nutrients from it and rest undigested food pass out as stool.

Explain the system involved in the process with the help of working model.

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

## Roll No: 13-15

With the help of working model, explain the biological system in living organisms that facilitates gas exchange.

<https://www.youtube.com/watch?v=zLW45KLaoSA>

## Roll No: 16-18

It is very necessary to remove the waste products and toxins from body. Make 3-D model of system involved for the process.

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

## Roll No: 19-22

Make a 3-D model to represent human circulatory system.

<https://www.youtube.com/watch?v=Onzfh9ym32I>

## Roll No: 23-26

Make a 3-D model of complex and fascinating organ that enables us to detect sound waves and maintain balance.

<https://howtofunda.com/ear-model-making-for-science-fair-project/>

<https://www.youtube.com/watch?v=JgMM8Q2QLIM>

## Roll No: 27-30

Represent the vital, fist- sized muscular organ that pumps blood throughout the body, with the help of 3-D model.

<https://www.youtube.com/watch?v=Edffcem4h-k>

## Roll No: 31-34

Make 3-D model of complex sensory organ responsible for vision, enabling us to perceive and interpret light and colours.

<https://www.youtube.com/watch?v=4tbOM9Bnm58>

<https://www.youtube.com/watch?v=i5UxtQWA59s>

# Social Science

## Roll No: 1-6

### "My Amazing Body System Scrapbook"

\* Theme: Exploring different organ systems and their importance.

\* Task: Create a scrapbook about the major organ systems of the human body (e.g., digestive, respiratory, circulatory, skeletal, muscular).

\* Content for each organ system page:

\* Name of the System: Clearly written and decorated.

\* Key Organs: Drawings or cut-outs of the main organs involved (e.g., stomach, lungs, heart, bones, muscles).

\* Function: A simple explanation of what the system does for our body in their own words.

\* Interesting Facts: One or two fascinating facts about the system (they can research these!).

\* How to Keep it Healthy: Ideas on how to take care of this organ system (e.g., eating healthy food for the digestive system, exercising for the circulatory system).

## Roll No: 7-12

### "Organ System Superheroes!"

\* Task: Imagine each organ system as a superhero with a special power based on its function. Create a comic strip or a series of character profiles.

\* Superhero Name: A catchy name related to the organ system (e.g., "Digesto the Great," "Breatheasy," "Cardio Captain," "Bones Strong," "Muscle Max").

\* Superpower: Describe their special ability based on the system's function (e.g., Digesto can break down any food, Breatheasy can provide oxygen to the whole body, Cardio Captain can pump blood with incredible force, Bones Strong has an unbreakable skeleton, Muscle Max has super strength).

## Roll No: 13-18

### "The Good and Bad for My Body Systems" Chart

\* Task: Create a simple chart with two columns: "External Factors" and "Affected Organ System(s) and How". In the "External Factors" column, list things from their environment and daily life. In the other column, they explain which organ system is affected and in what way (good or bad).

\* Example Chart:

| Breathing in clean air | Respiratory System: Keeps lungs healthy and working well. Circulatory System: Gets good oxygen. |

| Eating lots of oily food | Digestive System: Can make the stomach upset. Circulatory System: Too much fat can be bad. |

| Playing outside in the sun | Integumentary System (Skin): Can get sunburned if not careful. |

| Drinking plenty of water | Urinary System: Helps kidneys clean waste. Circulatory System: Keeps blood flowing well. |

| Exercising regularly | Muscular System: Makes muscles strong. Circulatory System: Makes the heart healthy. |

| Eating fruits and vegetables | Digestive System: Provides important nutrients. Immune System: Helps fight off germs. |

## Roll No: 19-24

### "Problem and Solution: Keeping My Systems Healthy" Poster

\* Task: Students create a poster that identifies one or two external factors that can harm a specific organ system and suggests ways to minimize the negative impact.

\* Example (Respiratory System Poster):

\* Problem: Air Pollution (from traffic, factories, etc.)

\* How it Harms: Makes breathing difficult, can cause coughing and lung problems.

\* Solutions: Plant more trees, avoid burning trash, walk or cycle for short distances, wear a mask when air quality is poor.

## Roll No: 25-29

### Chart: Pollution's Attack on My Lungs!

\* Theme: Understanding how different types of pollution harm our breathing.

\* Task: Create a chart that shows various types of pollution and their negative effects on the respiratory system.

## Roll No: 30-34

### Model/Chart: "My Body's Shield"

- \* Theme: Visualizing how organ systems protect us from external threats.
- \* Task: Create a large poster or a series of smaller charts that show organ systems as "shields" against harmful external factors.
  - \* Divide the poster/charts into sections, each representing a different organ system (e.g., Respiratory, Digestive, Integumentary (skin)).
  - \* For each system, draw the main organs involved in a simplified way.
  - \* Around the organs, draw or paste pictures representing common external threats (e.g., for the respiratory system: polluted air, smoke; for the digestive system: germs in unclean food, sugary drinks; for the skin: sun, sharp objects).
  - \* Draw "shields" or barriers around the organs to show how the organ system protects us (e.g., for the respiratory system: draw tiny hairs in the nose filtering air; for the digestive system: draw "good bacteria" fighting off "bad bacteria"; for the skin: draw a layer representing sunscreen).
  - \* Add short labels explaining each threat and how the organ system defends against it.
- \* Example Section (Respiratory System):
  - \* Draw simple lungs.
  - \* Draw pictures of smoke, dust, and pollen around the lungs.
  - \* Draw tiny hairs in the nose and mucus lining the airways as "shields."
  - \* Labels: "Smoke - nose hairs and mucus trap it," "Dust - nose hairs and mucus trap it," "Pollen - can cause allergies, but our body tries to fight it."
- \* Example Section (Digestive System):
  - \* Draw a simple stomach and intestines.
  - \* Draw pictures of germs on food and sugary drinks.
  - \* Draw "good bacteria" in the intestines as "shields."
  - \* Labels: "Germs on food - stomach acid kills many of them," "Sugary drinks - can upset the balance, but good bacteria help."
- \* Example Section (Integumentary System - Skin):
  - \* Draw a simple outline of a person.
  - \* Draw the sun and sharp objects around the person.
  - \* Draw a layer representing sunscreen as a "shield."
  - \* Labels: "Sun - sunscreen protects us from sunburn," "Sharp objects - skin protects us from cuts."

# HINDI

## Roll No: 1-5

मानव शरीर के विभिन्न अंगों के चित्र बनाएं तथा अंगों के बारे में विस्तार से लिखें।

## Roll No: 6-10

स्वास्थ्य और देखभाल हड्डियों के स्वास्थ्य के लिए क्या आवश्यक है (कैल्शियम, विटामिन डी, व्यायाम) लिखें।

## Roll No: 11-15

मानव मांसपेशियां तंत्र के प्रति एक कार्य का चित्र सहित विस्तार से वर्णन करें।

## Roll No: 15-20

पाचन तंत्र का एक स्वच्छ और नामांकित चित्र बनाएं चित्र में अंगों को स्पष्ट रूप से दर्शाएं और उनके नाम हिंदी में लिखें।

## Roll No: 21-25

स्वास्थ्य श्वसन तंत्र बनाएं रखने के लिए आप कौन सी 10 अच्छी बातें अपना सकते हैं प्रत्येक आदत के महत्व को समझाइए।

## Roll No: 26-30

परिसंचरण तंत्र से संबंधित किन्हीं चार बीमारियों जैसे (उच्च रक्तचाप, दिल का दौरा) का उल्लेख करें इन बीमारियों के कारण लक्षण और बचाव के उपाय क्या है विस्तार से लिखें।

## Roll No: 31-34

उत्सर्जन तंत्र के प्रत्येक कार्य का चित्र सहित विस्तार से वर्णन करें।



Roll No: 16-20

Prepare a chart on Day Reflexion. Choose Best days and Sad Day of your Summer Vacations.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Any Day's REFLECTION

Today is:

How I feel about today:



My act of kindness:

Reason for my rating

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Something new I learned today:

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## Roll No: 21-25

Read any Fantasy Story of your choice and prepare a Review of 100 words. Write it in a beautiful way on a chart.

## Roll No: 26-30

Yes, I am The Writer

Write A Funny story, or A Funny Puzzle or Some Jokes by own. Present it on Flip Book.

## Roll No: 31-34

Create a 2d chart writing internal and external organs of human body. Write their names using adjectives words with them.

Eg. A sharp Brain  
A healthy Heart

# MATHEMATICS

## Roll No: 1-5

- Do these questions on assignment sheet
  1. The digestive system can process a certain amount of food per hour. If it can digest 200 grams of carbohydrates in 2 hours. How many grams of carbohydrates can it digest in 5 hours?
  2. The human brain weighs approximately 1.4 kg. If a person's body weight is 70 kg. What percentage of body weight is the brain?
  3. A person's kidney filter 150 litres of blood in the morning and 180 litres in the afternoon. How many litres of blood do kidney filter in total?
  4. The table shows the time food spends in different parts of the digestive system:

Part of Digestive System	Time (hours)
Mouth	0.5
Esophagus	0.1
Stomach	2
Small Intestine	4
Large Intestine	12

- a) What is the total time food spends in digestive system?
- b) Which part of Digestive system takes the longest time to process the food?
- c) How does the time spent in the stomach compared to the time spent in the small intestine?

## Roll No: 6-10

- Do these questions on assignment sheet

1. The human heart beats approximately 1,00,000 times per day. If the average span is 70 years how many times will the heart beat in a lifetime?
2. The trachea (windpipe) is approximately rectangular in shape with the length of 10 centimetre and breadth 2 centimetre. What is the perimeter of trachea?
3. The biceps muscle has 240 muscle fibres. Can this number be divided by 4, 6 or 8 show it by divisibility rule.
4. A group of students were monitored during exercise and at rest. Their breathing rate in breaths per minute was recorded and summarised in table:

Condition	Breaths per Minute
Rest	16
Light Exercise	24
Moderate Exercise	32
Vigorous Exercise	40

- a) Calculate the average breathing rate across all conditions
- b) What is the increase in breathing rate when moving from rest to vigorous exercise?
- c) Represent data using bar graph.

## Roll No: 11-15

- Do these questions on assignment sheet
  1. The heart beats 72 times per minute and lungs take in oxygen 90 times per minute. Find the HCF and LCM of 72 and 90.
  2. The human spine has 33 vertebrae. Create a factor tree of 33.
  3. The human skeleton is made up of 206 bones. If 206 bones are in spine, what percentage of bones are in spine?
  4. A group of students were monitored during exercise and at rest. Their breathing rate in breaths per minute was recorded and summarised in table:

Condition	Breaths per Minute
Rest	16
Light Exercise	24
Moderate Exercise	32

- a) Calculate the average breathing rate across all conditions.
- b) What is the increase in breathing rate when moving from rest to vigorous exercise?
- c) Represent data using bar graph.

## Roll No: 16-20

• Do these questions on assignment sheet

1. A person's lungs take in  $\frac{3}{4}$  of the oxygen they breathe. If they breathe 100 litres of air. How many litres of oxygen do their lungs take in?
2. The human hand has 27 bones. Create a factor tree of 27.
3. The shape of muscle fibre approximated as rectangle with a length of 10 cm and width of 4 cm. What is perimeter of this muscle fibre?
4. The table shows the time food spends in different parts of the digestive system:

Part of Digestive System	Time (hours)
Mouth	0.5
Esophagus	0.1
Stomach	2
Small Intestine	4
Large Intestine	12

- a) What is the total time food spends in digestive system?
- b) Which part of Digestive system takes the longest time to process the food?
- c) How does the time spent in the stomach compared to the time spent in the small intestine?

## Roll No: 21-25

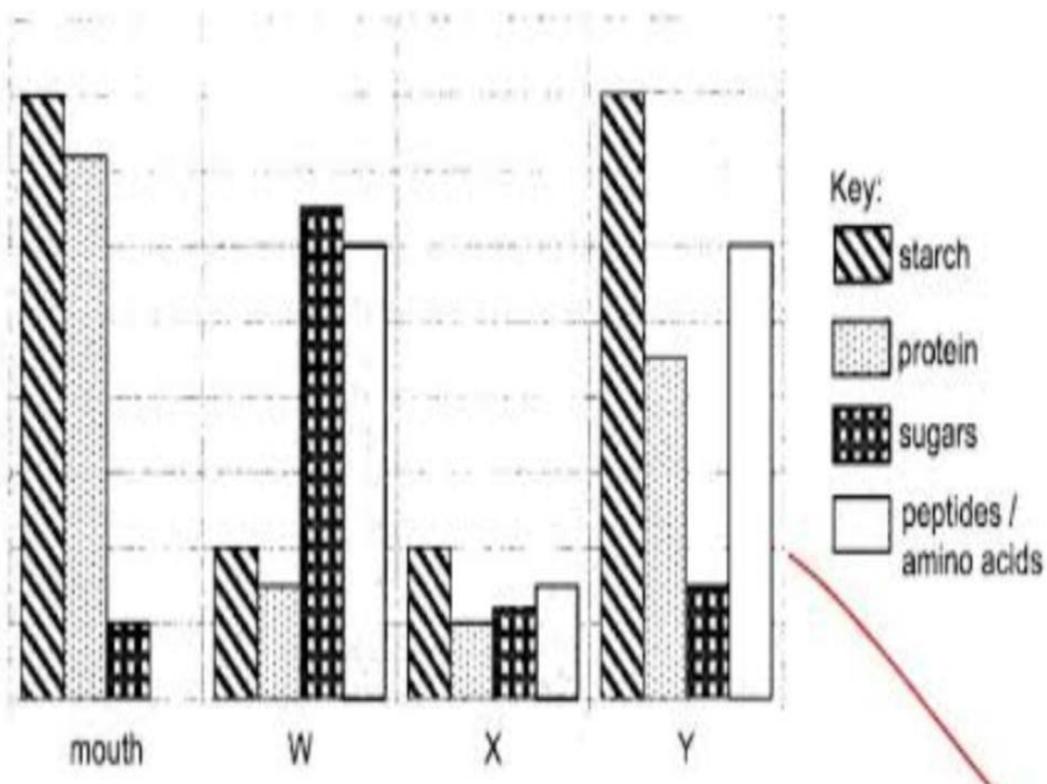
- Do these questions on assignment sheet

The stomach digests food for 240 minutes. Find the sum of successor and predecessor of 240.

The digestive system can process a certain amount of food per hour. If it can digest 200 grams of carbohydrates in 2 hours. How many grams of carbohydrates can it digest in 5 hours?

A person's lungs take in  $\frac{3}{4}$  of the oxygen they breathe. If they breathe 100 litres of air. How many litres of oxygen do their lungs take in?

Figure shows bar chart representing proportion of nutrients in food sample obtained at the end of digestion in each region of alimentary canal. Letters W, X, and Y represent regions of alimentary canal.



- Which section of bar chart is for sample obtained for duodenum .
- Explain your answer.

## Roll No: 26-30

- Do these questions on assignment sheet
1. A muscle study recorded 234,567 muscle contractions in a month. Round off 234567 to nearest ten thousand.
  2. The human face has bilateral symmetry. If one side of face has 5 features (eyes, eyebrows, nostrils, mouth corner and dimple). How many features would both side of the face have in total.
  3. Food takes 4 hours and 30 minutes to digest in stomach. Convert 4 hours 39 minutes to minutes.
  4. The table shows the time food spends in different parts of the digestive system:

Part of Digestive System	Time (hours)
Mouth	0.5
Esophagus	0.1
Stomach	2
Small Intestine	4
Large Intestine	12

- a. What is the total time food spends in digestive system?
- b. Which part of Digestive system takes the longest time to process the food?
- c. How does the time spent in the stomach compared to the time spent in the small intestine?

## Roll No: 31-34

- Do these questions on assignment sheet.
1. The small intestine is approximately 65 metre long . If it is divided in 5 equal parts. What is the length of each part ?
  2. The human brain weighs approximately 1400 grams and average weight of human liver is 1500 grams. What is difference in weight between the liver and the brain.
  3. The heart beats 72 times per minute and lungs take in oxygen 90 times per minute. Find the HCF and LCM of 72 and 90.
  4. A group of students were monitored during exercise and at rest. Their breathing rate in breaths per minute was recorded and summarised in table:

Condition	Breaths per Minute
Rest	16
Light Exercise	24
Moderate Exercise	32
Vigorous Exercise	40

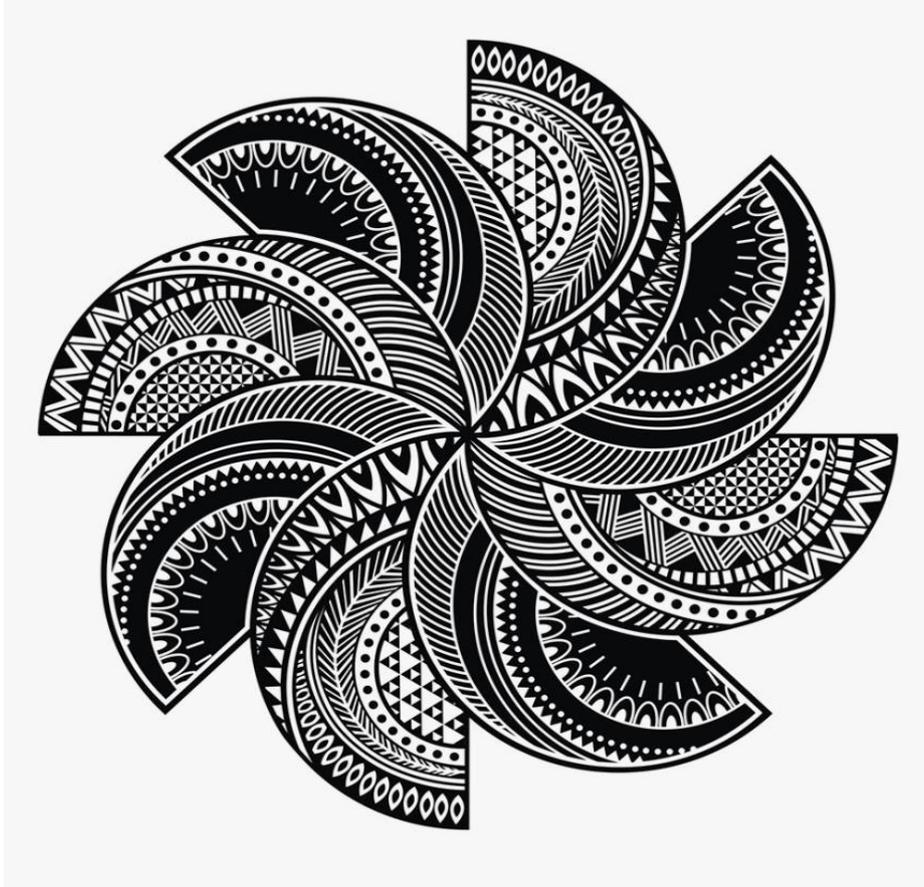
a) Calculate the average breathing rate across all conditions.  
What is the increase in breathing rate when moving from rest to vigorous exercise?  
Represent data using bar graph.

- Roll no 31 ( VA, VB , VC) Make a Model of Cool and confusing clock  
Link: <https://www.youtube.com/live/S6RR7sYtLzE?si=Ho7MBYgTfmu9sRly>

Roll no 32,33,34 ( V B) Make a working model of Measurement.  
Link: [https://youtube.com/shorts/eRdVPt3KvD8?si=TbsQsAA\\_32blfz0n](https://youtube.com/shorts/eRdVPt3KvD8?si=TbsQsAA_32blfz0n)

# ART AND CRAFT

- Create a mandala art on A3 size sheet.



- Create a best out of waste from socks (Puppets).



# SPECIAL DAY ACTIVITIES

## World Environment Day

June 5, 2025

'Reduce Global Plastic Pollution'



1. Reduce Single-Use Plastics: Refuse plastic bags, straws, and water bottles.
2. Recycle and Compost: Properly dispose of plastic waste and organic materials.
3. Use Eco-Friendly Alternatives: opt for reusable bags, stainless steel water bottles, and bamboo straws.
4. Participate in Beach Cleanups: Join local initiatives to clean up plastic waste in oceans and waterways.
5. Carry a Reusable Bag: For grocery shopping and other errands.
6. Use a Refillable Water Bottle: Reduce plastic bottle waste.
7. Choose Products with Minimal Packaging: Support companies with eco-friendly

### Activity:

Take a vow to reduce plastic pollution. Write beautifully on a chart Paper and send the photograph by holding the vow chart in your hands.

## Father's Day

### ***Father: An Epitome of love***

*On the occasion of Father's Day, create a customized item for your father and express the gratitude and love by writing a heartfelt letter for him.*

*# Record the movement by taking help of your family members , add music to the video and send it to your class teacher.*



## Yoga Day

**# On the occasion of international yoga day organize a group yoga session in a park or community center to promote and disseminate knowledge and practice of yoga among the people for the improvement of their health and well-being.**



# EBSB Project

**SWARAJ PUBLIC SCHOOL, DAMLA**  
**'EK BHARAT SHRESHTHA BHARAT'**  
**Project**  
**Session 2025-26**

**Titel Page**

**Name of Student:**

**Roll No.:**

**Class & Section:**

**1st Page**

**Make a colourful & beautiful map of the state Telangana**

**2nd Page**

**Name of the state: Telangana**

**Symbols of Telangana:**

**Capital:**

**Emblem:**

**No. Of Districts:**

**Mammal:**

**Language:**

**Bird:**

**Chief Minister:**

**Flower:**

**Governor:**

**Fruit:**

**Area:**

**Tree:**

**Sport:**

**3rd Page:**

**Learn and write 5-10 alphabets of Telangana**

**4th Page**

**Write about history of Haryana and Telangana**

**5th Page**

**Traditional dresses of Haryana and Telangana \_**

**6th Page**

**Explain about famous Food of Haryana and Telangana \_**

**7th Page**

**Languages spoken by people of Haryana and Telangana**

HAPPY  
HOLIDAYS

