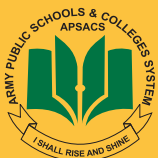


# APSACS WINTER HOLIDAY HOMEWORK GUIDE

COLD REGION  
SESSION 2024 - 2025



**ARMY PUBLIC SCHOOLS & COLLEGES SYSTEM**

**APSACS WINTER HOLIDAY HOMEWORK GUIDE**  
**COLD REGION**  
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1. **Introduction.** The APSACS Holiday Homework is designed to ensure that students remain engaged in meaningful learning while enjoying their break. It aims to:-

- a. Promote independent learning by encouraging students to take ownership of their education, the homework fosters self-discipline, time management, and organizational skills.
- b. Enrich Learning Beyond the Classroom through activities that are carefully crafted to help students explore their interests, conduct research, and engage in creative and hands-on projects that extend beyond the traditional curriculum.
- c. Maintain Academic Momentum by regular engagement with academic content ensures that students retain knowledge and skills, making the transition back to school smoother.
- d. The Holiday Homework is not just an academic task but a chance to learn, discover, and grow while nurturing a lifelong love for learning.

2. **Role of Parents**

- a. Children learn best when parents, teachers, and community members work together to support them. Schools alone cannot meet all of a child's needs; parental and community involvement are key to fostering academic success and overall well-being. Parents provide unique insights into their child's strengths and challenges. Collaboration with teachers ensures tailored support to maximize learning.

b. **Some tips for parents**

- (1) **Set a schedule.** To keep the learning going during the vacations, it is important for children to have a schedule. This will help them stay on track with their learning and activities.
- (2) **Be flexible.** Things don't always go according to plan, so be prepared to be flexible. If it rains, for example, you can plan a rainy-day activity instead of your original plan.
- (3) **Make it fun!** Vacation should be a time for children to have fun. So, make sure to include plenty of meaningful activities that they enjoy.
- (4) **Discuss together.** Parents can involve their children in local events, camps, or family-friendly destinations and can recommend educational or skill-building opportunities that are both enjoyable and enriching.
- (5) **Support child's learning.** Parents can encourage their children to pursue hobbies, explore new interests, or engage in educational programs. They can provide resources, such as books, art supplies, or online courses, to support their children's learning and development.

- (6) **Spend quality time**. Vacation offers a wonderful opportunity for parents to spend quality time with their children by planning family outings, game nights, or cooking together. Engaging in shared experiences strengthens the parent-child relationship and creates cherished memories by going on family trips or organizing special outings.
- (7) **Build self-confidence**. Parents can empower their children to make decisions, take responsibility, and explore their own interests. Encourage their children to participate in sports, go swimming, ride bikes, or simply engage in imaginative play, arts and crafts or science experiments.



**WINTER TIME ACTIVITIES FOR PRESCHOOL**  
**(EYS 2 – PRE 1)**

Ser	Task & Objective	Suggested Details	Resources
1.	<p><b>Task.</b> Nature Scavenger Hunt. <b>Objective.</b> Children will develop exploratory skills.</p>	<ul style="list-style-type: none"> <li>• Create a list of items to find in nature (leaves, rocks, flowers, feathers, etc).</li> <li>• Take children on a nature walk to a near-by park or home garden.</li> <li>• Encourage them to explore and collect items on the list.</li> <li>• When they return from their nature walk, have them create a collage or display their collected items on a paper plate / scrap book.</li> </ul>	<ul style="list-style-type: none"> <li>• Home garden / nearby park.</li> <li>• Paper plates.</li> <li>• Paper plate / scrap book.</li> </ul>
2.	<p><b>Task.</b> Counting Treasure Hunt. <b>Objective.</b> Enhancing numeracy skills.</p>	<ul style="list-style-type: none"> <li>• Hide small toys or objects around the house or backyard with numbers attached (1-20).</li> <li>• Create a list with the numbers and have kids find the corresponding objects.</li> </ul>	<ul style="list-style-type: none"> <li>• Toys and different objects for counting.</li> </ul>
3.	<p><b>Task.</b> Watching and narrating a Cartoon or Animated Movie. <b>Objective.</b> This activity promotes communication skills, listening, comprehension, and the ability to summarize and retell a narrative.</p>	<ul style="list-style-type: none"> <li>• Choose an age-appropriate cartoon or animated movie.</li> <li>• Watch a cartoon or animated movie &amp; narrate the story to your parents / grandparents.</li> <li>• Tell story to parents or grandparents in your own words.</li> </ul>	<ul style="list-style-type: none"> <li>• Cartoon or animated movie (age-appropriate and suitable for the student's interest).</li> <li>• TV or device for movie viewing.</li> </ul>
4.	<p><b>Task.</b> Religious Stories Morals. <b>Objective.</b> Moral learning through the sharing of religious stories to instill values, empathy, and critical thinking skills.</p>	<ul style="list-style-type: none"> <li>• Listen to some religious stories from your parents/grandparents.</li> <li>• Discuss the moral.</li> </ul>	<ul style="list-style-type: none"> <li>• Religious Stories.</li> </ul>
5.	<p><b>Task.</b> Cooking &amp; baking. <b>Objective.</b> Children will gain a sense of achievement.</p>	<ul style="list-style-type: none"> <li>• Make a simple treat, like a fruit salad or popsicles:-               <ul style="list-style-type: none"> <li>- Follow a simple recipe and have kids help with measuring and mixing.</li> <li>- Encourage kids to create their own recipe using winter ingredients.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Seasonal fruits.</li> <li>• Ice-cream sticks.</li> </ul>

6.	<p><b>Task.</b> Winter Word Search.</p> <p><b>Objective</b> Enhancement of Literacy skills.</p>	<ul style="list-style-type: none"> <li>• Create a simple word search with winter-themed vocabulary (e.g., sun, beach, ice cream).</li> <li>• Have kids find and circle the words.</li> </ul>	<ul style="list-style-type: none"> <li>• Winter related words.</li> </ul>
7.	<p><b>Task.</b> Geometrical shapes in Nature.</p> <p><b>Objective.</b> Explore geometrical shapes in their surrounding environment. Observe and identify geometrical shapes present in nature and man-made structures.</p>	<ul style="list-style-type: none"> <li>• Explore geometrical shapes through nature walk.</li> <li>• Visit to the park, river, shopping mall and any other famous place in the locality.</li> <li>• Find similar geometrical shapes in object like swings, trees, buildings, sun etc.</li> <li>• Take pictures/draw objects.</li> <li>• Make portfolio of geometrical shapes in nature.</li> </ul>	<ul style="list-style-type: none"> <li>• Camera or smartphone.</li> <li>• Scissors, glue or tape paper and cards.</li> <li>• Writing materials (pencils, pens, markers).</li> </ul>



## ACTIVITIES FOR JUNIOR LEVEL (CLASS I- III)

Ser	Task & Objective	Suggested Details	Resources
1.	<p><b>Task.</b> Family birthday calendar.</p> <p><b>Objective.</b> Foster a sense of belonging, strengthen family relationships, and develop calendar awareness skills.</p>	<ul style="list-style-type: none"> <li>• Make a colorful birthday calendar for your family.</li> <li>• Take a large chart paper and divide it into twelve equal sections or boxes, write the twelve months of the year.</li> <li>• Draw or glue small photos or printed images next to the month of your family members' birthday. OR draw relevant interesting pictures followed by coloring them beautifully.</li> <li>• Decorate the calendar with colors, stickers, or other decorative materials to make it visually appealing.</li> </ul>	<ul style="list-style-type: none"> <li>• Large poster paper/chart paper.</li> <li>• Markers, colored pencils, /crayons.</li> <li>• Stickers/ decorative materials.</li> <li>• Family photos/ printed images.</li> <li>• Glue or tape.</li> </ul>
2.	<p><b>Task.</b> Storytelling through drawings.</p> <p><b>Objective.</b> Storytelling through drawings and express creativity.</p>	<ul style="list-style-type: none"> <li>• Draw a short story on any of the following topics:-               <ul style="list-style-type: none"> <li>- Helping others, healthy living protecting the environment.</li> <li>- Using drawing paper or a sketchbook and the necessary drawing materials. Enhance illustrations and make the story visually engaging.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Drawing paper/ sketchbook.</li> <li>• Pencils, colored pencils, markers, or crayons.</li> </ul>
3.	<p><b>Task.</b> Reading a Book and Writing a Book Review.</p> <p><b>Objective.</b> Promote reading comprehension, critical thinking, and effective communication skills.</p>	<ul style="list-style-type: none"> <li>• Choose a level appropriate book and after reading, share and write your review about it, in few sentences.</li> <li>• Read the chosen book under the guidance of any elder family member.</li> <li>• Jot down important events &amp; characters.</li> <li>• Write what was liked or disliked, names of the favorite characters, memorable moments, or any connections to personal experiences.</li> </ul>	<ul style="list-style-type: none"> <li>• Variety of books at different reading levels.</li> <li>• Writing materials (pencils, pens, paper, or digital devices).</li> </ul>
4.	<p><b>Task.</b> Writing 5 sentences every day.</p> <p><b>Objective.</b> To improve writing skills including handwriting.</p>	<ul style="list-style-type: none"> <li>• Learn 5 words everyday through phonics and use them in sentences about your daily routine, tasks or events that happened throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Papers/ rough notebook.</li> <li>• Pencils.</li> <li>• Eraser.</li> </ul>
5.	<p><b>Task.</b> Planting Flowers and Monitoring Growth.</p> <p><b>Objective.</b> Hands-on gardening experience to promote scientific inquiry and develop observation skills.</p>	<ul style="list-style-type: none"> <li>• Plant some flowers, take ownership by taking care of them and monitor their growth. Day wise, take notes of your observations.</li> <li>• Fill pots with soil, seeds or potted flowers.</li> <li>• Water them regularly, place in</li> </ul>	<ul style="list-style-type: none"> <li>• Flower pots/ containers.</li> <li>• Soil.</li> <li>• Flower seeds / small potted flowers.</li> <li>• Watering cans/</li> </ul>

		<p>adequate sunlight, maintain cleanliness around the pots and record changes in leaf color, stem growth, bud formation, and any other notable developments.</p> <ul style="list-style-type: none"> <li>• Create visual representations of their plant's growth through drawings, photographs, or charts.</li> </ul>	<p>spray bottles.</p> <ul style="list-style-type: none"> <li>• Gardening tools (trowels, gloves, etc).</li> <li>• Notebook/journal.</li> <li>• Pencils or pens.</li> <li>• Camera/smart phone.</li> </ul>
6.	<p><b>Taks.</b> Learn vocabulary. <b>Objective.</b> To improve subject – related vocabulary.</p>	<ul style="list-style-type: none"> <li>• Prepare 5 words daily for dictation.</li> </ul>	<ul style="list-style-type: none"> <li>• Textbooks of all subjects.</li> </ul>
7.	<p><b>Taks.</b> Grammar Reinforcement. <b>Objective.</b> To revise &amp; practice grammar concepts.</p>	<ul style="list-style-type: none"> <li>• Revise all the tenses &amp; grammar concepts done in the 2<sup>nd</sup> Term.</li> <li>• Solve online quiz &amp; practice completing short ex. Using any grammar book.</li> </ul>	<ul style="list-style-type: none"> <li>• Any authentic grammar book. Online worksheets.</li> </ul>
8.	<p><b>Taks.</b> Unseen comprehension. <b>Objective.</b> To practice comprehension skill.</p>	<ul style="list-style-type: none"> <li>• Once a week, one comprehension passage to be selected to enhance comprehension skill.</li> </ul>	<ul style="list-style-type: none"> <li>• English Textbook.</li> <li>• Internet.</li> <li>• Any other source for selection of passage.</li> </ul>
9.	<p><b>Task.</b> Watching and narrating a Cartoon or Animated Movie. <b>Objective.</b> This activity promotes communication skills, listening, comprehension, and the ability to summarize and retell a narrative.</p>	<ul style="list-style-type: none"> <li>• Choose an age-appropriate cartoon or animated movie.</li> <li>• Watch a cartoon or animated movie &amp; narrate the story to your parents/grandparents.</li> <li>• Note the observations and key details.</li> <li>• Write, your experience of telling the story in few sentences.</li> </ul>	<ul style="list-style-type: none"> <li>• Cartoon/ animated movie (age-appropriate and suitable for the student's interest).</li> <li>• TV / device for movie viewing.</li> <li>• paper and pencil for note-taking.</li> </ul>
10.	<p><b>Task.</b> Religious Stories Morals. <b>Objective.</b> Moral learning through the sharing of religious stories to instill values, empathy, and critical thinking skills.</p>	<ul style="list-style-type: none"> <li>• Listen to some religious stories (Quranic/ Prophets) from your parents/grandparents.</li> <li>• Write the moral of the story.</li> <li>• Create a portfolio showcasing the morals from different religious stories over time.</li> </ul>	<ul style="list-style-type: none"> <li>• Writing materials (pencils, pens, markers).</li> <li>• Paper or notebooks.</li> </ul>
11.	<p><b>Task.</b> Learning a New Language. <b>Objective.</b> Explore a different language, gain</p>	<ul style="list-style-type: none"> <li>• Learn a new language (few words/ basic conversations i.e. greeting, saying good bye, asking name or other whereabouts, inquiring about health</li> </ul>	<ul style="list-style-type: none"> <li>• Computers, tablets, or smartphones with internet access.</li> </ul>

	exposure to new vocabulary and basic conversational phrases.	etc.) using google translate and make a booklet.	<ul style="list-style-type: none"> <li>• Paper or notebooks.</li> <li>• Writing materials (pencils, pens, markers).</li> </ul>
12.	<p><b>Task.</b> Healthy and Junk Food.</p> <p><b>Objective.</b> This activity promotes visual learning, critical thinking about nutrition, and the development of healthy eating habits.</p>	<ul style="list-style-type: none"> <li>• Collect or draw pictures of healthy and junk food and paste them on a chart / booklet to show the difference between them.</li> <li>• Cut out pictures of various food items, glue or tape the collected pictures on a piece of chart paper.</li> <li>• Plan a healthy, weekly menu with the help of your mother or elder sibling/s, with five food groups (fruits, vegetables, grains, protein, and dairy). Include breakfast, lunch, dinner, and snacks.</li> <li>• Be specific about the food items and portion sizes.</li> </ul>	<ul style="list-style-type: none"> <li>• Magazines, newspapers, or online sources with food-related images.</li> <li>• Scissors and glue or tape.</li> <li>• Chart paper or poster board.</li> <li>• Writing materials (pencils, pens, markers).</li> <li>• A calendar or planner.</li> </ul>
13.	<p><b>Task.</b> Draw/ make colorful cards and invitations.</p> <p><b>Objective.</b> To enhance creativity and artistic skills.</p>	<ul style="list-style-type: none"> <li>• Draw/ make colorful cards and invitations for the occasion of Eid ul Azha. Be innovative!!!</li> </ul>	<ul style="list-style-type: none"> <li>• Colored A4 sheets.</li> <li>• Color Pencils / Makers.</li> <li>• Water colors.</li> </ul>
11.	<p><b>Task.</b> Writing word count of different Surah.</p> <p><b>Objective.</b> Learn to link the usage of whole numbers in daily life.</p>	<ul style="list-style-type: none"> <li>• Write the word count of last 10 Surahs from the Holy Quran.</li> </ul>	<ul style="list-style-type: none"> <li>• Holy Quran.</li> <li>• Internet.</li> <li>• Chart paper Pens/ markers.</li> </ul>
12.	<p><b>Task.</b> Geometrical shapes in Nature.</p> <p><b>Objective.</b> Explore geometrical shapes present in nature and man-made structures.</p>	<ul style="list-style-type: none"> <li>• Explore geometrical shapes through nature walk.</li> <li>• Visit to the park, beach, shopping mall and any famous place.</li> <li>• Find geometrical shapes in like (swings, trees, buildings, sun etc.).</li> <li>• Take pictures/draw objects.</li> <li>• Make interactive portfolio of geometrical shapes in nature.</li> </ul>	<ul style="list-style-type: none"> <li>• Camera or smartphone.</li> <li>• Scissors and glue or tape paper or cards.</li> <li>• Writing materials (pencils, pens, markers).</li> </ul>
13.	<p><b>Task.</b> Identifying Symmetrical and Non-Symmetrical Figures in Nature.</p> <p><b>Objective.</b> Explore symmetry in nature,</p>	<ul style="list-style-type: none"> <li>• Visit a garden, collect some leaves and petals of flowers from the garden, and observe the symmetrical or non-symmetrical figure.</li> <li>• Make two portions in the booklet one for symmetrical figures and the other</li> </ul>	<ul style="list-style-type: none"> <li>• Notebook or booklet with blank pages.</li> <li>• Pencils, Pens, Markers.</li> <li>• Glue or tape,</li> </ul>



identify symmetrical and non-symmetrical figures.	for non-symmetrical figures. • Paste the figures in the relevant portion. (Collect at least 20 types of leaves and petals).	Scissors. • Variety of plants and flowers.
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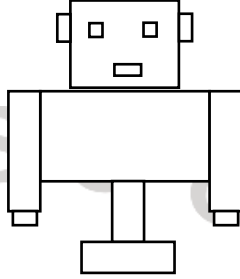
اسلامیات (ناظرہ قرآن). موسمِ سرسہ کی چھٹیوں میں طلبہ پہلا کلمہ بمعہ ترجمہ، سورۃ اخلاص اور سورۃ فاتحہ یاد کر کے آئیں۔	مقاصد: دہرائی	.14
اردو ۱- والدین بچوں میں اخبار بنی کا شوق پیدا کرنے کے لیے ”بچوں کا صفحہ“ پڑھ کر سنائیں۔ ۲- بچے والدین سے گفتگو کریں کہ ”روزمرہ کے کاموں میں وہ ان کا کیسے ہاتھ بٹائیں“۔ ۳- لغت بنانا: A4 پیپر کو دو حصوں میں تقسیم کر کے ربن سے باندھ کر اپنی لغت خود تیار کریں اور اپنی درسی کتاب سے حروف تہجی کے مطابق روز کے تین الفاظ منتخب کر کے الفاظ اور ان کے معنی تحریر کریں۔ ۴- چھٹیوں میں اپنے ہاتھ سے کیے گئے کاموں کی فہرست مرتب کریں۔ ۵- خوش خطی کی مشق اور املا کی بہتری کے لیے کسی بھی کتاب سے ایک پیرا گراف روزانہ خوش خط تحریر کریں۔ ۶- چھٹیوں میں آپ نے جن مقامات کی سیر کی ہے ان کے بارے میں تین سے پانچ جملے تحریر کریں۔	مقاصد: سمعی و بصری، تحریری و تقریری اور تخلیقی مہارتوں کی نشوونما کر سکیں۔	.15

## ACTIVITIES FOR MIDDLE LEVEL (CLASS IV-V)

Ser	Task & Objective	Task Details	Resources
1.	<p><b>Task.</b> Renovate/Recycle.  <b>Objective.</b> Encourage creativity, environmental consciousness, and resourcefulness by renovating and recycling.</p>	<ul style="list-style-type: none"> <li>• Renovate/recycle/repurpose an item of your choice (used plastic or glass bottles/jars, cardboard boxes etc.) and bring it to school and share with your class fellows during class exhibition.</li> <li>• Document your project through photographs or videos, if possible, to create a visual record of your work and to capture the process and final result.</li> </ul>	<ul style="list-style-type: none"> <li>• Used plastic or glass bottles/jars, cardboard boxes, or any other recyclable material.</li> <li>• Online resources, magazines, or books.</li> </ul>
2.	<p><b>Task.</b> Write a diary page.  <b>Objective.</b> Develop understanding of diary entry and learn to write in a coherent manner.</p>	<ul style="list-style-type: none"> <li>• Write a diary page everyday mentioning all the important events that took place throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Diary / Notebook.</li> <li>• Pen / Pencil.</li> </ul>
3.	<p><b>Task.</b> Understanding about National Heroes.  <b>Objective.</b> To develop the ICT skills.</p>	<ul style="list-style-type: none"> <li>• Search through google the contribution of any three leaders in creation of Pakistan and attach the pictorial as well.</li> </ul>	<ul style="list-style-type: none"> <li>• Digital resource material &amp; magazines.</li> </ul>
4.	<p><b>Task.</b> Balloon-Powered Car.  <b>Objective.</b> Engage in hands-on experimentation, problem-solving, and iterative design processes, fostering creativity, critical thinking, and STEM skills.</p>	<ul style="list-style-type: none"> <li>• Design and make a balloon powered car, set a goal distance and optimize your design to beat your own goal:- <a href="http://www.rb.gy/nz4jfw">www.rb.gy/nz4jfw</a></li> </ul>	<ul style="list-style-type: none"> <li>• Cardboard</li> <li>• Balloons.</li> <li>• Straws.</li> <li>• Wooden skewers.</li> <li>• Rubber bands.</li> <li>• Tape.</li> <li>• Scissors.</li> </ul>
5.	<p><b>Task.</b> Unseen comprehension.  <b>Objective.</b> To develop comprehension skill.</p>	<ul style="list-style-type: none"> <li>• 1 x comprehension passage to be selected every week &amp; solve its ex to enhance the comprehension skill.</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook</li> <li>• Any other resource</li> </ul>
6.	<p><b>Task.</b> Reading of prescribed novel.  <b>Objective.</b> To revise the literature content &amp; practice reading &amp; writing skill.</p>	<ul style="list-style-type: none"> <li>• Go through the novel content covered so far.</li> <li>• Practice descriptive writing for pictures, characters &amp; summary.</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed novel.</li> </ul>
7.	<p><b>Task.</b> Vocabulary building.  <b>Objective.</b> Learn new vocabulary &amp; their usage.</p>	<ul style="list-style-type: none"> <li>• Learn spellings &amp; meanings of 5 new words once a week &amp; use them in meaningful sentences.</li> </ul>	<ul style="list-style-type: none"> <li>• English Textbook.</li> </ul>

8.	<p><b>Task.</b> Home Game Competition.</p> <p><b>Objective.</b> Organize, create an engaging and competitive atmosphere while tracking the progress of the participants.</p>	<ul style="list-style-type: none"> <li>• Arrange a competition of crossword, scrabble or any other game of your choice at home and display the results using an elimination chart. (link of sample inserted below):- <a href="https://www.vertex42.com/ExcelTemplates/tournament-bracket-template.html">https://www.vertex42.com/ExcelTemplates/tournament-bracket-template.html</a></li> </ul>	<ul style="list-style-type: none"> <li>• Crossword puzzles.</li> <li>• Scrabble.</li> <li>• Chess, checkers, or any other board or card game.</li> </ul>
9.	<p><b>Task.</b> Germination Process of a Plant Seed.</p> <p><b>Objective.</b> Promotes curiosity, scientific inquiry, and an understanding of the factors that contribute to successful germination.</p>	<ul style="list-style-type: none"> <li>• Perform the germination process on a plant seed of your choice and prepare a day-to-day list of observations.</li> <li>• Note down the date, and record the observations for each day about Seed appearance, Root emergence, Shoot emergence, Leaf development, Growth rate.</li> <li>• Prepare a presentation or report summarizing your observations and insights. Include the written observations, photographs, and any conclusions you have drawn from the germination process.</li> </ul>	<ul style="list-style-type: none"> <li>• The chosen seed, potting soil or a seedling tray, a small container or pot, water, and access to sunlight.</li> </ul>
10.	<p><b>Task.</b> Change a Bulb.</p> <p><b>Objective.</b> Acquire practical skills and knowledge about household lighting. promotes safety awareness, and encourages data collection and analysis.</p>	<ul style="list-style-type: none"> <li>• Learn how to change a bulb with the help of an elder.</li> <li>• Take a walk around your house and record the types of bulbs you encounter. Differentiate between screw type bulbs (typically used in lamps, ceiling fixtures, or certain appliances) and pin type bulbs (commonly found in fluorescent lights or some specialty fixtures). Note down the number of each type of bulb as you go.</li> <li>• Prepare a chart to show the ratio of screw type and pin type bulbs in your house.</li> <li>• Reflect on any patterns or trends you notice. Discuss the significance of the findings and engage in a conversation about different types of bulbs and their uses.</li> </ul>	<ul style="list-style-type: none"> <li>• A piece of paper or a spreadsheet software.</li> <li>• A table.</li> </ul>
11.	<p><b>Task.</b> A comic strip.</p> <p><b>Objective.</b> Visually capture and preserve cherished memories while engaging in a fun and imaginative activity.</p>	<ul style="list-style-type: none"> <li>• Write and draw a comic strip using speech bubbles on the First/Last day of school or a Picnic/Adventure trip with family or friends.</li> <li>• Choose a theme, Plan the storyline, create characters, Write the dialogue, Sketch the comic strip, add details and refine drawings, Add colors, write in the speech bubbles, Ensure the text is legible</li> </ul>	<ul style="list-style-type: none"> <li>• Blank sheet of paper or using digital drawing software.</li> <li>• A pencil.</li> </ul>

		and fits well within the bubbles. Use different bubble shapes, sizes, and styles to represent different characters or variations in speech.	
12.	<b>Task.</b> Electricity Bill. <b>Objective.</b> Promotes awareness of electricity usage, allows to monitor and verify the accuracy of your electricity bills.	<ul style="list-style-type: none"> <li>• Read your electricity bill and comprehend the major details. Then estimate the incoming bill by reading the units of your electricity meter and performing the required calculations. Check for the difference in the estimated amount and the actual amount.</li> </ul>	<ul style="list-style-type: none"> <li>• Current Electricity bills.</li> </ul>
13.	<b>Task.</b> Learning a New Language. <b>Objective.</b> Explore a different language, gain exposure to new vocabulary and basic conversational phrases.	<ul style="list-style-type: none"> <li>• Prepare a booklet of a new language (few words/basic conversations) using google translate.</li> </ul>	<ul style="list-style-type: none"> <li>• Google translator.</li> <li>• Paper or notebooks pencils, pens, markers.</li> </ul>
14.	<b>Task.</b> Mini-Olympics Booklet. <b>Objective.</b> Encourages friendly competition, time management, and explores potential trends in performance.	<ul style="list-style-type: none"> <li>• Choose some short activities to do and write them in a booklet named Mini-Olympics e.g.:- <ul style="list-style-type: none"> <li>➢ Write your name and address.</li> <li>➢ Eat an apple.</li> <li>➢ Take a round of your home.</li> <li>➢ Run round the garden/park.</li> </ul> </li> <li>• Complete the tasks yourself and record the time you took to do each. Then challenge other family members or friends to do the same task in less time.</li> <li>• Compare results and see who is the fastest! Are there any trends, e.g. are younger people quicker at running?</li> </ul>	<ul style="list-style-type: none"> <li>• Stopwatch or timer, pencil and paper, friends and family.</li> </ul>
15.	<b>Task.</b> Calculating Average Height. <b>Objective.</b> Promote awareness regarding the average height of your age-group.	<ul style="list-style-type: none"> <li>• Measure Height of 5-6 children of your age group (it may include siblings, friends and cousins) and calculate the average height.</li> </ul>	<ul style="list-style-type: none"> <li>• Measuring tape.</li> <li>• Pencil.</li> </ul>
16.	<b>Task.</b> Record price of different seasonal fruits. <b>Objective.</b> Make aware about how to tabulate and arrange data.	<ul style="list-style-type: none"> <li>• Visit a local fruit market.</li> <li>• Collect price per dozen/ per kg of different seasonal fruits (at least 10).</li> <li>• Arrange the data in tabular form (least to most expensive fruit in the market).</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit market.</li> <li>• Fruits.</li> <li>• Chart paper.</li> <li>• Pen/ Markers.</li> </ul>

17.	<p><b>Task.</b> Calculating Area &amp; perimeter of Robot.</p> <p><b>Objective.</b> Being able to break down figure while calculating area and perimeter.</p>	<ul style="list-style-type: none"> <li>Make a robot, person, animal or any other object using squares &amp; rectangles e.g.</li> </ul>  <p>take measurements in cm and calculate area &amp; perimeter of individual figures that together are making the robot.</p> <ul style="list-style-type: none"> <li>Calculate the overall area and perimeter of robot.</li> </ul>	<ul style="list-style-type: none"> <li>A4 pages / chart papers.</li> <li>Coloured markers.</li> </ul>
18.	<p><b>Task.</b> Prepare a menu card of a Restaurant in Decimals.</p> <p><b>Objective</b></p> <ol style="list-style-type: none"> <li>Learn to add &amp; subtract decimals.</li> <li>Learn how to manage budget.</li> </ol>	<ul style="list-style-type: none"> <li>Prepare a menu card of a restaurant where the prices against each item are mentioned in decimals (upto two decimal places). Enlist at-least five possible combinations of economical meal for 4 people having a budget of Rs 2500. Add the items you have ordered and see if it matches your budget.</li> </ul>	<ul style="list-style-type: none"> <li>Chart paper.</li> <li>Colour markers.</li> </ul>

<p>اسلامیات (ناظرہ قرآن). سورۃ الفرقان کی پڑھائی تجوید کے ساتھ کی جائے۔</p> <p>جماعت چہارم۔</p> <p>جماعت پنجم۔</p> <p>سرگرمی۔</p> <p>۱۔ ہم نے کیا سمجھا؟</p> <p>۲۔ ہم نے کیا سیکھا؟</p> <p>۳۔ ہم اپنی عملی زندگی میں حاصل کردہ تعلیمات پر کیسے عمل کر سکتے ہیں؟</p>	<p>مقاصد: دہرائی اور ذاتی جائزہ</p>	19.
<p>اردو</p> <p>۱۔ والدین بچوں میں اخبار بنی کا شوق پیدا کرنے کے لیے ”بچوں کا صفحہ“ سنیں اور ان کی پسندیدہ تحریر پوچھیں۔</p> <p>۲۔ بچے والدین سے گفتگو کریں کہ ”روزمرہ کے کاموں میں وہ ان کا کیسے ہاتھ بٹائیں۔“</p> <p>۳۔ لغت بنانا: A4 پیپر کو دو حصوں میں تقسیم کر کے ربن سے باندھ کر اپنی لغت خود تیار کریں اور اپنی درسی کتاب سے حروف تہجی کے مطابق روز کے پانچ الفاظ منتخب کر کے الفاظ اور ان کے معنی تحریر کریں۔</p> <p>۴۔ چھٹیوں میں اپنے ہاتھ سے کیے گئے کاموں کی فہرست مرتب کریں۔</p> <p>۵۔ خوش خطی کی مشق اور املا کی بہتری کے لیے کسی بھی کتاب سے ایک پیرا گراف روزانہ خوش خط تحریر کریں۔</p> <p>۶۔ چھٹیوں میں آپ نے جن مقامات کی سیر کی ہے ان کے بارے میں دو پیرا گراف تحریر کریں۔</p>	<p>مقاصد: سمعی و بصری، تقریری و تحریری اور تخلیقی مہارتوں کی نشوونما کر سکیں۔</p>	20.

### ACTIVITIES FOR MIDDLE LEVEL (CLASS VI-VIII)

Ser	Task & Objective	Suggested Task Details	Resources
1.	<p><b>Task.</b> Reading a book and writing a review.</p> <p><b>Objective</b> Promote reading, comprehension, critical thinking and effective communication skills.</p>	<ul style="list-style-type: none"> <li>• Choose a level appropriate book and after reading, share and write your review about it.</li> <li>• Jot down important events, characters.</li> <li>• Write book reviews. Include the following:-               <ul style="list-style-type: none"> <li>- Book title and Author.</li> <li>- Write what was liked or disliked, favourite characters, memorable moments, or any connections to personal experiences.</li> <li>- Explain why it would be enjoyable or beneficial to read.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Level appropriate books, Writing materials (pencils, pens, paper, or digital devices).</li> </ul>
2.	<p><b>Task.</b> Mini Robot.</p> <p><b>Objective</b> Encourages creativity, problem-solving, and hands-on exploration of basic engineering principles.</p>	<ul style="list-style-type: none"> <li>• Make a Mini-Robot using any available resource material such as empty match boxes, cardboard etc.</li> <li>• Plan the robot's structure and material to be used to form the robot's body, limbs, and other components.</li> <li>• Construct the robot's body that can support the weight of other components. Attach wheels or legs using bottle caps or small containers. Use straws or small sticks as robot arms.</li> <li>• Attach moving parts i.e. a moving head, rotating arms, using hinges, rubber bands, to enable movement.</li> <li>• Use markers, colored paper, or any other materials to add personality and style to your creation.</li> <li>• Demonstrate its features and explain the design.</li> </ul>	<ul style="list-style-type: none"> <li>• Empty match boxes, cardboard, small containers, bottle caps, straws, rubber bands, tape, glue, scissors, markers.</li> </ul>
3.	<p><b>Task.</b> Rooftop vegetation/vertical gardening.</p> <p><b>Objective</b> Awareness about vegetation on rooftops / utilizing vertical gardening techniques.</p>	<ul style="list-style-type: none"> <li>• Research on the environmental benefits of Rooftop vegetation/vertical gardening.</li> <li>• Document your findings, include supporting evidence or examples from your research.</li> <li>• Analyze and summarize the key environmental benefits of rooftop vegetation/vertical gardening.</li> <li>• Present your research findings in a written report or presentation format.</li> </ul>	<ul style="list-style-type: none"> <li>• Scientific journals, academic publications, government reports, and trusted websites to gather information.</li> </ul>
4.	<p><b>Task.</b> Observing car refueling and recording fuel data for analysis.</p> <p><b>Objective</b> Visualize the variations in fuel usage throughout</p>	<ul style="list-style-type: none"> <li>• Observe your car being refueled and find your car's specifications such as fuel capacity, theoretical fuel average etc. Observe and record actual fuel average and average daily use of fuel in litres for a week.</li> <li>• Identify any trends or patterns in the average daily fuel usage. Consider factors that may have influenced variations, such as driving</li> </ul>	<ul style="list-style-type: none"> <li>• Note pad, Paper, pencil, Graph.</li> </ul>

	<p>the week, enabling you to make decisions about your driving habits and potentially optimize fuel efficiency.</p>	<p>conditions, distance traveled, or changes in driving habits.</p> <ul style="list-style-type: none"> <li>• Prepare a written report or a presentation summarizing your observations, data, and conclusions. Include the line graph to visually represent the average daily fuel usage. Explain any notable findings or insights and provide recommendations for optimizing fuel efficiency.</li> </ul>	
5.	<p><b>Task.</b> Food Labels on Canned/Packaged Food. <b>Objective.</b> Gather information about the calories, nutrients, type of oil, country of origin, and date of expiry for each product. Identify similarities and differences among the food items.</p>	<ul style="list-style-type: none"> <li>• Read the food labels on canned/ packaged food available in the market, to know the calories, nutrients, type of oil, origin, date of expiry etc.</li> <li>• Create a comparison table, Label the columns with the criteria (e.g., "Calories," "Fat," "Protein," "Type of Oil," "Country of Origin," "Expiry Date"), and list the food items in the rows.</li> <li>• Read the ingredients list.</li> <li>• Examine the comparison table and identify similarities and differences among the food items. Identify any trends or patterns that emerge, such as similarities in the country of origin or notable variations in nutrient content.</li> <li>• Reflect on the findings from the comparison table.</li> <li>• Consider the implications for your dietary goals, nutritional requirements, or personal values related to food choices.</li> </ul>	<ul style="list-style-type: none"> <li>• A variety of canned or packaged food items from your local grocery store, online retailers.</li> </ul>
6.	<p><b>Task.</b> Creating a Comparison List for Home Appliance Shopping. <b>Objective.</b> Gather information on various models, prices and detailed specifications. Helps you justify the best buy based on these factors.</p>	<ul style="list-style-type: none"> <li>• Make a comparison list of a product such as a home appliance (Microwave, fridge, T.V etc) or any other item of your choice by visiting different stores / shops or using multiple e-shopping sources/websites, to justify the best buy based on factors such as model, price and detailed specifications.</li> <li>• Identify desired features including size, capacity, energy efficiency, display type, connectivity options, warranty, and any other relevant factors based on your preferences and requirements.</li> <li>• Take notes of the stores or websites visited to maintain a record of your sources.</li> <li>• Take notes or capture screenshots of the relevant/required, information for future reference.</li> <li>• Prepare a table or spreadsheet to organize the gathered information.</li> <li>• Look for standout features, favourable prices, or models that closely match your desired specifications.</li> </ul>	<ul style="list-style-type: none"> <li>• Different stores / shops or using multiple e-shopping sources/websites, pen, pencil, scale, paper.</li> </ul>

		<ul style="list-style-type: none"> <li>Proceed with selecting /making the decision to purchase from the store or website that offers the chosen model at the most favorable price and conditions. Ensure you review the store's return policy, warranty terms, and any additional considerations before finalizing the decision.</li> </ul>																										
7.	<p><b>Task.</b> Travelling. <b>Objective</b> Choose most suitable mode of journey.</p>	<ul style="list-style-type: none"> <li>Visit your grandparents/any relatives living in another city. Travel from one city to another.</li> <li>Complete the table showing the prices and times of the journey by plane, train, coach and car: -</li> </ul> <table border="1"> <thead> <tr> <th>Transport</th> <th>Cost</th> <th>Departure time</th> <th>Arrival time</th> <th>Journey time</th> </tr> </thead> <tbody> <tr> <td>Plane</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Train</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Couch</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Car</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>Use a mental subtraction method to answer these questions:- <ul style="list-style-type: none"> <li>➤ How much more expensive is it to travel by car than train?</li> <li>➤ How much cheaper is it to travel by coach than aero plane?</li> <li>➤ How long did each journey last?</li> <li>➤ Do you think that you should travel by plane, train, coach or car? Why?</li> </ul> </li> <li>Plan the logistical details of your journey. Make the necessary bookings, arrange for transportation to and from the departure points, and ensure you have all the required documents and essentials for a smooth travel experience.</li> </ul>	Transport	Cost	Departure time	Arrival time	Journey time	Plane					Train					Couch					Car					<ul style="list-style-type: none"> <li>Visit relevant websites, consult travel agencies, or refer to travel guides to obtain accurate and up-to-date information.</li> </ul>
Transport	Cost	Departure time	Arrival time	Journey time																								
Plane																												
Train																												
Couch																												
Car																												
8.	<p><b>Task.</b> Flower Bouquet. <b>Objective</b> Calculate the total cost of the bouquet. explore the possibility of creating a different bouquet within the same budget. Enjoy the satisfaction of designing and creating a beautiful bouquet within the assigned budget.</p>	<ul style="list-style-type: none"> <li>Design a bouquet of flowers for family member or a friend. Your bouquet should include roses, lilies, carnations and daisies.</li> <li>Research the prices of these flowers at a local florist or online florist. Do not buy a readymade bouquet but make one yourself.</li> <li>Choose how many of each flower you will include. Now draw your bouquet! Label each flower with its price.</li> <li>What will be the total cost of your bouquet?</li> <li>Can you make a different bouquet in this price? (you can make a bouquet choosing flowers from your garden to be more economical)?</li> <li>Assemble the bouquet yourself.</li> <li>Take pictures of the final bouquet(s) and share them with friends or family, or present the bouquet to the intended recipient.</li> </ul>	<ul style="list-style-type: none"> <li>Internet access or Flower shop, garden, paper and pencil.</li> <li>Visit local florists or search online florist websites to research the prices of roses, lilies, carnations, and daisies.</li> </ul>																									



9.	<p><b>Task.</b> Cell phones and social media.</p> <p><b>Objective</b> Develop a comprehensive understanding of the potential risks associated with unrestricted usage. Raising awareness, educating others, and initiating discussions on responsible and mindful technology use.</p>	<ul style="list-style-type: none"> <li>• Study &amp; write the negative effects of unlimited access to cell phones and social media with no age restrictions in place.</li> <li>• Explore various aspects, including physical health, mental health, social dynamics, education, and personal development.</li> <li>• Create a document that highlights each negative effect along with relevant supporting evidence or examples. Use headings, bullet points, or subheadings to present the information in a structured format.</li> <li>• Include real-life examples or case studies to strengthen your arguments.</li> <li>• Incorporate relevant statistics, data, or research findings to provide quantitative evidence of the negative effects.</li> </ul>	<ul style="list-style-type: none"> <li>• Academic journals, scientific studies, books, and reliable online platforms.</li> <li>• News articles, research studies, or personal anecdotes, pen, pencil, paper.</li> </ul>
10.	<p><b>Task.</b> Watch a documentary.</p> <p><b>Objective</b> Develop active viewing skills and ability to write a review afterwards.</p>	<ul style="list-style-type: none"> <li>• Watch a documentary related to favourite topic i.e. science, nature, adventure or travelling etc. afterwards write a brief review of the documentary.</li> </ul>	<ul style="list-style-type: none"> <li>• T.V / Laptop.</li> <li>• Digital resource.</li> <li>• Paper &amp; Pencils.</li> </ul>
11.	<p><b>Task.</b> Excessive sugary and fizzy drink consumption.</p> <p><b>Objective.</b> Raise awareness and encourage healthier lifestyle choices.</p>	<ul style="list-style-type: none"> <li>• Research on how excessive consumption of sugary and fizzy drinks leads to health hazards.</li> <li>• Make a physical fitness plan with a focus on balanced diet and exercise.</li> <li>• Record video clips or write diary entries showcasing the implementation of your physical fitness plan, including meals, exercise sessions, and lifestyle changes.</li> <li>• Document significant milestones, achievements, and improvements in your physical fitness, such as weight loss, increased stamina, improved body composition, and positive changes in overall health. Compile and share the data with your family.</li> <li>• Share the challenges you face during your journey and the strategies you employ to overcome them. This can include dealing with cravings, staying motivated, managing time, and adapting to new dietary and exercise habits.</li> </ul>	<ul style="list-style-type: none"> <li>• Scientific studies, medical journals, health publications, and reliable online platforms.</li> </ul>
12.	<p><b>Task.</b> Recording rates of cars.</p>	<ul style="list-style-type: none"> <li>• Check different websites of Pakistani banks.</li> <li>• Record rates of your favourite cars and their interest rate (in rupees).</li> <li>• Collect data and arrange in tabular form.</li> </ul>	<ul style="list-style-type: none"> <li>• Internet.</li> <li>• Chart paper.</li> <li>• Pens/ markers.</li> </ul>

	<p><b>Objective</b> Identify the trends of increasing and decreasing prices along with interest rates.</p>	<ul style="list-style-type: none"> <li>Identify the most and the least expensive cars.</li> <li>Derive the conclusion from the gathered data.</li> </ul>	
13.	<p><b>Task.</b> Making Tea. <b>Objective</b> Promote awareness regarding fractions and whole numbers used in daily life.</p>	<ul style="list-style-type: none"> <li>Make 1 cup of tea and take a note of ingredients used while making it e.g.:- <ul style="list-style-type: none"> <li>Tea.</li> <li>Milk.</li> <li>Sugar.</li> <li>Water.</li> </ul> </li> <li>Repeat some other time and make tea for three people and record the change in quantity of ingredients.</li> </ul>	<ul style="list-style-type: none"> <li>Kettle.</li> <li>Stove.</li> <li>Milk.</li> <li>Water.</li> <li>Sugar.</li> <li>Tea.</li> <li>Cup.</li> </ul>
	<p><b>Task.</b> Explore major marine animals found in different oceans of the world. <b>Objective</b> Enhance research and ICT skills.</p>	<ul style="list-style-type: none"> <li>Research about the marine life found in different oceans of the world.</li> <li>Compose this data ocean wise with images in form of a PowerPoint presentation.</li> </ul>	<ul style="list-style-type: none"> <li>Internet.</li> <li>Laptop.</li> </ul>
	<p><b>Task.</b> River Valley Civilizations on the world map. <b>Objective</b> Identify areas where river valley civilizations flourished/ existed.</p>	<ul style="list-style-type: none"> <li>Draw a good-sized world map on an A4 sheet or chart paper.</li> <li>Collect information about the areas where these civilizations dwelled.</li> <li>Mark them on the map in a colorful manner.</li> </ul>	<ul style="list-style-type: none"> <li>Internet.</li> <li>Chart paper/ A4 size sheet.</li> <li>Color pencils/ markers.</li> </ul>
14.	<p><b>Task.</b> Tenses, vocabulary &amp; grammar concepts. <b>Objective.</b> To revise tenses &amp; grammar topics.</p>	<ul style="list-style-type: none"> <li>Revise topics covered in 2<sup>nd</sup> Term:- <ul style="list-style-type: none"> <li>✓ Language focus 1 &amp; 2.</li> <li>✓ Vocabulary 1 &amp; 2.</li> </ul> </li> <li>Search from the internet &amp; solve online worksheets on tenses, grammar &amp; vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>Internet.</li> <li>Textbook.</li> </ul>
15.	<p><b>Task.</b> Calculating volume. <b>Objective.</b> Able to calculate volume of different objects.</p>	<ul style="list-style-type: none"> <li>Collect few household boxes (cereal boxes, match box, shoe box etc) and find the volume of each in <math>\text{cm}^3</math>.</li> <li>Record each of the volumes and explain in 3-4 lines the estimated number of objects that can be stored in these boxes.</li> </ul>	<ul style="list-style-type: none"> <li>Cereal box, shoe box, match box, A4 pgs &amp; colored markers.</li> </ul>

<p>16. <b>Task.</b> Solve factors puzzle. <b>Objective.</b> Able to factorize quadratic expressions.</p>	<ul style="list-style-type: none"> <li>Students to fill the missing blanks so that each side of the square shares a factor with each of its neighboring sides.</li> </ul> <div style="text-align: center;"> <math display="block">\begin{array}{c} \times^2 + \text{---} \times + 14 \\   \qquad \qquad \qquad   \\ \times^2 + 10 \times + \text{---} \\   \qquad \qquad \qquad   \\ \times^2 - \text{---} \times - 15 \end{array}</math> </div> <ul style="list-style-type: none"> <li>Design one similar puzzle keeping in view that all sides of a square are equal.</li> </ul>	<ul style="list-style-type: none"> <li>A4 pages.</li> <li>Colored markers.</li> </ul>
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<p style="text-align: center;"><u>اسلامیات (ترجمہ القرآن)</u></p> <p>جماعت ہشتم۔ گرمیوں کی چھٹیوں میں جماعت میں پڑھائی گئی سورتوں کی تلاوت اور ترجمہ کی دہرائی کریں۔ جماعت ہفتم۔ گرمیوں کی چھٹیوں میں درج ذیل سورتوں کی تلاوت اور ترجمہ (قاری / قاریہ کی رہنمائی میں) کریں۔ سورۃ التکویر، سورۃ الانفطار، سورۃ المطففین، سورۃ الانشقاق، سورۃ الفجر، سورۃ البلد، سورۃ الشمس۔ جماعت ہشتم۔ گرمیوں کی چھٹیوں میں جماعت میں پڑھائی گئی سورتوں کی تلاوت اور ترجمہ کی دہرائی کریں۔ جماعت ششم تا ہشتم۔ اسلامیات کی کتاب میں دیے گئے اسماء الحسنی یاد کر کے آئیں۔ سرگرمی۔ طلبہ پڑھی گئی ہر سورۃ کی تلاوت اور ترجمے کی دہرائی کے بعد مندرجہ ذیل سوالات کے جوابات لکھیں۔</p> <ol style="list-style-type: none"> <li>۱۔ ہم نے کیا سمجھا؟</li> <li>۲۔ ہم نے کیا سیکھا؟</li> <li>۳۔ ہم اپنی عملی زندگی میں سورتوں سے حاصل کردہ معلومات پر عمل کر کے اسے کیسے بہتر بنا سکتے ہیں؟</li> </ol>	<p style="text-align: center;"><u>مقاصد: دہرائی اور ذاتی جائزہ</u></p>	<p style="text-align: center;">.17</p>
<p style="text-align: center;"><u>اردو</u></p> <ol style="list-style-type: none"> <li>۱۔ بچے اخبار بنی کا شوق پیدا کرنے کے لیے ”بچوں کا صفحہ“ پڑھیں اور والدین کو بتائیں کہ انھوں نے آج کیا پڑھا۔</li> <li>۲۔ بچے والدین سے گفتگو کریں کہ ”روزمرہ کے کاموں میں وہ ان کا کیسے ہاتھ بنائیں“۔</li> <li>۳۔ لغت بنانا: A4 پیپر کو دو حصوں میں تقسیم کر کے ربن سے باندھ کر اپنی لغت خود تیار کریں اور اپنی درسی کتاب سے حروف تہجی کے مطابق روز کے پچھ الفاظ اور ان کے معنی تحریر کریں۔</li> <li>۴۔ ڈائری لکھنا: اپنے شب و روز کا احوال دلچسپ اور ادبی نوعیت کے حوالے سے تحریر کریں۔</li> <li>۵۔ روزانہ پانچ الفاظ و محاورات منتخب کریں اور ان کو جملوں میں استعمال کریں۔</li> <li>۶۔ چھٹیوں میں آپ نے جن مقامات کی سیر کی ہے ان کا حال سفر نامہ کی صورت میں تحریر کریں۔</li> </ol>	<p style="text-align: center;"><u>مقاصد: سمعی و بصری، تقریری و تحریری اور تخلیقی</u></p> <p style="text-align: center;">مہارتوں کی نشوونما کر سکیں۔</p>	<p style="text-align: center;">.18</p>

**APSACS HOLIDAY HOMEWORK GUIDE**  
**SUMMARY SHEET**

Student Name: \_\_\_\_\_

Class/Section: \_\_\_\_\_

Ser	Activity Number	Activity Title	Parent's Signature
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

**Note**

1. The **Summary Sheet** should be filled in by the student and signed by the parent. It should be attached with evidence of performed activities.
2. The documented evidence of Holiday H.W Guide should be submitted to the school.

## **APSACS WINTER FITNESS PLAN FOR SESSION 2024-25**

Vacation provides an excellent opportunity for students to focus on their physical, mental, and emotional well-being by performing various home chores & physical activities. This comprehensive fitness plan aims to cater to students aged 3 to 16, addressing their diverse needs and interests while promoting a balanced approach to health and fitness.

1. **Instructions for School Administration.** To ensure a more holistic experience for students the school administration is therefore required to engage their PTIs / Coaches / Physical Trainers of their respective school, during holidays, through WhatsApp groups. Students can share/submit videos & photographs of their activities through this platform.

2. **Instructions for Parents**

- a. Make the given activities a part of your daily routine. From household chores to an after-dinner walk, keep your family active every day.
- b. It is important for your child to engage in aerobic activities, such as walking, running, or any exercise that elevates their heart rate, for at least 60 minutes every day. This is crucial because cardio exercises help strengthen the heart muscles.
- c. Limit time spent in sedentary activities, such as watching TV, using electronic devices, being online, and playing video games.
- d. Take advantage of local playgrounds/parks. Make family fitness outings part of your routine. Let family members choose an activity — go hiking or try out the rock-climbing gym. Anything goes, as long as everyone can participate.
- e. Provide nutritious snacks and plenty of water throughout the day to support energy levels and hydration.
- f. Encourage healthy eating habits by offering a variety of fruits, vegetables, whole grains, and dairy products.
- g. Ensure sun safety measures are in place during outdoor activities, including playtime during cooler hours of the day to minimize sun exposure and risk of heat-related illnesses.
- h. Maintain a flexible schedule that allows for a balance of active play, structured activities, and rest time throughout the day.

3. **Advantages**

- a. Through physical activities, kids learn about sportsmanship, setting goals, meeting challenges, teamwork, and the value of practice.
- b. At 6 to 8 years old, children are honing basic physical skills like jumping, throwing, kicking, and catching. Non-competitive leagues are better for younger ones. You can support your child by coaching their team or cheering from the stands on game days.

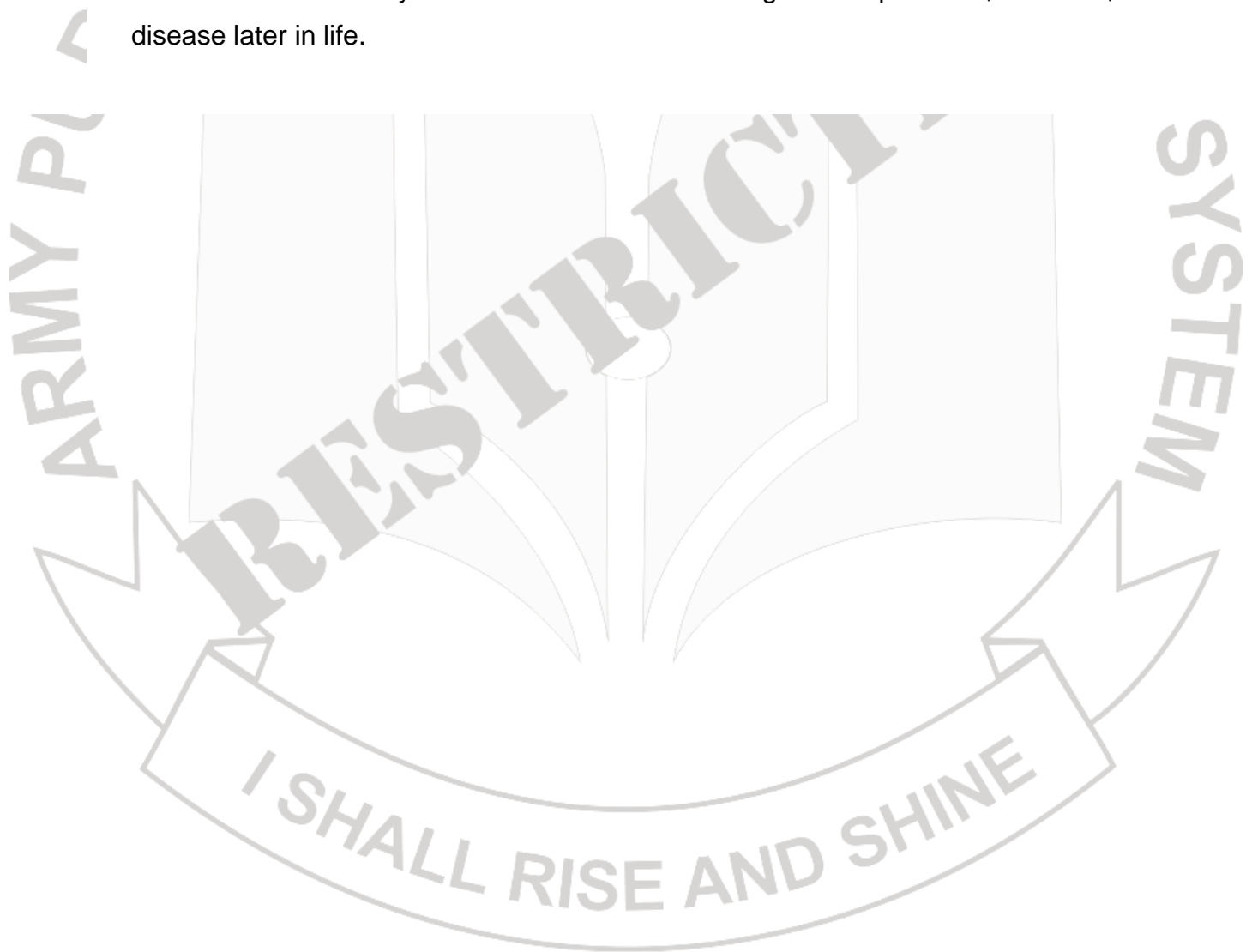
c. 9 to 12 years children are refining, improving, and coordinating skills. Some become even more committed to a sport while others drop out as competition heats up and level of play improves.

4. **Precautions**

a. Children who participate in sports are at risk of injuries, so be sure you wear the proper protective equipment, such as a helmet and protective pads etc.

b. A child with a chronic health condition or disability should not be excluded from fitness activities. Some activities may need to be changed or adapted, and some may be too risky depending on the condition. Talk to the doctor about which activities are safe for your child.

c. Active children tend to stay fit and healthy, leading to better academic performance and reduced risk of obesity and serious illnesses like high blood pressure, diabetes, and heart disease later in life.



## SELECTED EXERCISES FOR CHILDREN TO DO AT HOME

### FOR PRESCHOOLERS

The early years of childhood are crucial for the development of physical, mental, and emotional well-being. This fitness plan is designed for students aged 3 to 5 during their vacations, focusing on fostering holistic growth and creating a nurturing environment for exploration and play.

#### PHYSICAL FITNESS

##### 1. Outdoor Playtime

- Encourage outdoor playtime in safe environments for at least 1 hr daily.
- Provide access to playground equipment such as **swings, slides, and climbing structures** to promote gross motor skills development.

##### 2. Active Games and Activities

- Organize age-appropriate games and activities that promote movement and coordination, such as **tag, follow the leader, and obstacle courses**.
- Incorporate simple exercises like **jumping jacks, hopping, skipping, & stretching** into daily routines.

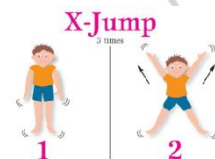
##### 3. Nature Walks and Scavenger Hunts

- Take students on **nature walks** or **scavenger hunts** in parks to encourage exploration and sensory stimulation.
- Encourage observation of **plants, animals, and natural phenomena** to foster curiosity and appreciation for the environment.

#### MENTAL STRENGTH

##### 1. Storytelling and Imagination Play

- Engage child in storytelling where they can use their imagination to create and act out stories.
- Provide **props, costumes, & puppets** to enhance creative expression.



2. Educational Games and Activities

- Introduce age-appropriate games and activities that promote cognitive development, such as **shape sorting, counting games, & puzzles.**
- Incorporate learning concepts such as **colors, numbers, letters, & shapes** into daily play activities.

3. Arts and Crafts

- Provide opportunities for arts and crafts activities such as **painting, drawing, coloring, & crafting** with various materials.

**EMOTIONAL WELL-BEING**

1. Emotion Recognition and Expression

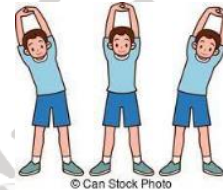
- Let child recognize and express his / her emotions through simple activities such as **storytelling, role-playing & puppet play.**

2. Mindfulness and Relaxation

- Create calming spaces or quiet corners where child can retreat for moments of relaxation and reflection.

3. Social Interaction and Friendship Building

- Encourage sharing, and collaborative play to foster empathy, cooperation, and friendship skills.



**RECOMMENDED PHYSICAL ACTIVITIES WITH GUIDED INSTRUCTIONS**

<b>Running</b>	Run in a shaded place for 5 min, each day.
<b>Sit &amp; Stand</b>	Do sit & stand, 10 times a day, inside your home.
<b>Balance a book</b>	Balance 2 books on your head for 2 minutes, daily.
<b>Balloon Flash (optional)</b>	Keep the balloon in air without touching the ground. Hit the balloon with head only, to keep it in air for 2 minutes.
<b>Jumping Jack</b>	Jump for 5 times, daily.
<b>Touch your Toes</b>	Stand up & then touch your toes 10 times, every day.
<b>Yoga</b>	5-minute yoga in any posture, every morning.



<b>Hands over Head</b>	Stretch your hands over your head for 2 mins, daily.
<b>Forward &amp; Backward</b>	<ul style="list-style-type: none"><li>• Arm Circles forward for 30 sec.</li><li>• Arm Circles backward for 30 sec.</li></ul>



## **FOR JUNIOR & MIDDLE SECTION**

This comprehensive fitness plan is designed to provide a balanced approach to health and fitness while catering to the diverse interests of students in this age group.

### **PHYSICAL FITNESS**

#### 1. Structured Physical Activities

- Organize physical activities and outdoor adventures.
- Offer a variety of activities to cater to different interests, including **football, cricket, swimming, cycling, and hiking**.
- Provide access to playgrounds, sports equipment, and open spaces to run, jump, climb, and play games with siblings / peers.

#### 2. Daily Exercise Routine

- Follow a daily exercise routine that includes cardiovascular exercises and flexibility exercises.

### **MENTAL FITNESS**

#### 1. Reading and Literacy

- Encourages reading independently or participating in read-aloud sessions.
- Provide access to a variety of books and reading materials to cater to different interests and reading levels.

#### 2. Brain Teasers and Puzzles

- Introduce brain teasers, puzzles, and logic games to challenge students' cognitive skills and keep their minds sharp.
- Include activities such as crossword puzzles, Sudoku, riddles, and memory games to promote problem-solving and memory retention.

### **EMOTIONAL WELL-BEING**

#### 1. Expressive Arts Therapy





- Provide opportunities for artistic expression through visual arts, music, and drama.
- Encourage students to express their thoughts, feelings, and experiences through creativity to promote self-awareness and emotional expression.

### **RECOMMENDED ACTIVITIES WITH GUIDED INSTRUCTIONS**

#### **CL I-V**



### **HOME CHORES**





According to research, doing age-appropriate chores is vital at all childhood stages, even for children as young as three. Household chores boost kids' sense of responsibility.







<p><b>Tidy-Up Room</b></p> 	<ul style="list-style-type: none"> <li>• Encourage your children to keep their room clean. Help them organize their toys and make their bed.</li> <li>• Clean out the trash, teach the importance of throwing garbage in the trash can.</li> </ul>
<p><b>Clean Meal Table</b></p> 	<ul style="list-style-type: none"> <li>• Cleaning a table after a meal is one of the simplest yet most important chores.</li> <li>• Ask your kids to clean the table after meal time while you are picking up cookware and transporting it back to the kitchen.</li> </ul>
<p><b>Setting Book Stand</b></p> 	<ul style="list-style-type: none"> <li>• Help your children to sort books via authors or alphabetically.</li> <li>• Always encourage them to keep their study tables, books and bags in perfect order.</li> </ul>
<p><b>Organize The Toys</b></p> 	<ul style="list-style-type: none"> <li>• Always take time out with your children each week to sort toys.</li> <li>• Let them keep only those toys in their room for each week which they'll be using.</li> </ul>

### PHYSICAL FITNESS

- 5 x min warm up activity must be practiced before starting any physical activity.
- At least 3 x activities to be performed on daily basis (recommended an 30-40 min of physical activity every day for their overall healthy body).
- Time Duration and number of steps can be reduced or increased as per the stamina and physical fitness of the child.
- Parents are requested to supervise their children during physical exercises.

<p><b>Stretching</b></p> 	<ul style="list-style-type: none"> <li>• Stretches to try include side stretch, hamstring stretch, fingers-to-toes, arm circles, arms to the sky, calf stretch, and runner's stretch.</li> <li>• After a workout, it's beneficial for children to do a stretching sequence and cool down to help transition into a more relaxed state.</li> </ul>
<p><b>Cycling</b></p> 	<ul style="list-style-type: none"> <li>• Find a suitable location to cycle, far from traffic.</li> <li>• Wear the correct riding gear, covered shoes, knee, and elbow pads.</li> </ul>

	<ul style="list-style-type: none"> <li>• Wear a helmet. Cycle during the daytime or afternoons and not after dark.</li> </ul>
<p><b>Skipping</b></p> 	<ul style="list-style-type: none"> <li>• Choose the right rope — one that’s not too long – reaches nearly the shoulders when folded in half.</li> <li>• Stand up and hold the rope handles in both hands.</li> <li>• Extend the hands and forearms a foot away from the body at an angle of 45°.</li> <li>• Step over the rope; the rope will hang behind.</li> <li>• Hop over when the rope comes towards the front of the feet. Use the ankles, but do not bend the knees, to jump.</li> </ul>
<p><b>Running</b></p> 	<ul style="list-style-type: none"> <li>• Warm up with jumping or doing arm swings.</li> <li>• Look ahead on the ground to avoid tripping.</li> <li>• Keep the feet pointed straight ahead.</li> <li>• Keep the hands at the waist level while running. The hands and arms should be as relaxed as possible while running.</li> <li>• The postures — head high, back straight and level, shoulders should be relaxed.</li> </ul>
<p><b>Jumping</b></p> 	<ul style="list-style-type: none"> <li>• Jump straight up, then cross one foot in front of the other; on the next jump, switch feet and continue.</li> <li>• Jump side-to-side or front-to-back over a pretend hurdle.</li> <li>• Stretch arms and legs out to the side like a starfish while jumping; on the second jump, return arms to sides and legs to center on the landing.</li> </ul>
<p><b>Indoor Ball Games</b></p> 	<ul style="list-style-type: none"> <li>• Tossing balls into laundry baskets.</li> <li>• Hitting balls at a target with a stationary object.</li> <li>• Catching balls with a plastic mixing bowl.</li> <li>• Throwing, rolling, or kicking a ball against the wall.</li> </ul>
<p><b>RECOMMENDED ACTIVITIES WITH GUIDED INSTRUCTIONS</b></p> <p><b><u>CL VI-VIII</u></b></p>	
<p style="text-align: center;"><b><u>HOME CHORES</u></b></p> <p>Use chores to teach responsibility, but be mindful not to overload your child. Find a balance that allows them to learn valuable life skills while still having time for homework and fun.</p>	

<p><b>Tidy-Up Room &amp; Dusting</b></p> 	<ul style="list-style-type: none"> <li>• Encourage your children to keep their room clean. Help them organize their toys and make their bed.</li> <li>• Clean out the trash, teach the importance of throwing garbage in trash can.</li> </ul>
<p><b>Grocery Shopping</b></p> 	<ul style="list-style-type: none"> <li>• Ask them to choose what vegetables or fruits would they like to have and let them pick these themselves.</li> <li>• If they pick anything that is unhealthy, tell them why it's not recommended.</li> <li>• This will also encourage excitement for healthy food and food choices.</li> </ul>
<p><b>Fold Laundry</b></p> 	<ul style="list-style-type: none"> <li>• Children can help to fold small clothes like socks, handkerchiefs, vests, under-garments and any small clothing.</li> <li>• They will feel involved and will develop the habit of folding laundry which otherwise seems like a herculean task.</li> </ul>
<p><b>Wash Dishes</b></p> 	<ul style="list-style-type: none"> <li>• Let the child help parents with rinsing dishes first, then move on to washing less dirty items like glasses or cups.</li> <li>• As they get comfortable, they can start tackling plates, bowls, and eventually pots and pans.</li> </ul>
<p><b>Making simple foods (toast, cereal)</b></p> 	<p>Appropriate Tasks (<i>with adult supervision</i>):-</p> <ul style="list-style-type: none"> <li>• Boil pasta.</li> <li>• Prepare a cereal for breakfast.</li> <li>• Follow a recipe, including reading each step in order and measuring ingredients accurately.</li> <li>• Bake foods in the oven.</li> <li>• Slice or chop vegetables.</li> </ul>
<p><b>Mowing the lawn</b></p> 	<ul style="list-style-type: none"> <li>• Mid-morning or late afternoon is usually the best time to mow the lawn. If done too early in the morning the lawn will be damp with dew which can cause the grass to tear rather than cut cleanly, leading to disease.</li> </ul>

## PHYSICAL ACTIVITIES

- 5 x min warm up activity must be practiced before starting any physical activity.
- At least 3 x activities to be performed daily (recommended 30-40 min of physical activity every day for their overall healthy body).
- Time Duration and number of steps can be reduced or increased as per the stamina and physical fitness of the child.
- Parents are requested to supervise their children during physical exercises.

### **Stretching**



- Sit with your back straight and stretch your legs as wide as comfortable.
- Hold the right knee with the right hand.
- Lift the left hand to the top of the head and lean towards the right.
- While leaning rightwards, stretch the left part of the body as comfortably as you can. Keep breathing.

### **Jogging**



- Find a safe route to jog.
- Wear comfortable clothes and shoes.
- Start with a warm-up before jogging.
- Pick up a slow but good pace.
- Keep the head straight and look ahead.
- Don't hunch the shoulders; keep the hips stable and don't let them swing.

### **Overhead Shoulder Stretch**







- Stand straight with the shoulders slightly stretched back, feet shoulder-width apart, and chest forward.
- Raise the left arm over the head, bending the elbow and placing the hand behind the neck.
- With the right hand, grasp the left elbow and gently give it a pull behind the head.
- Relax the body, repeat with the other arm.

### **Planks**



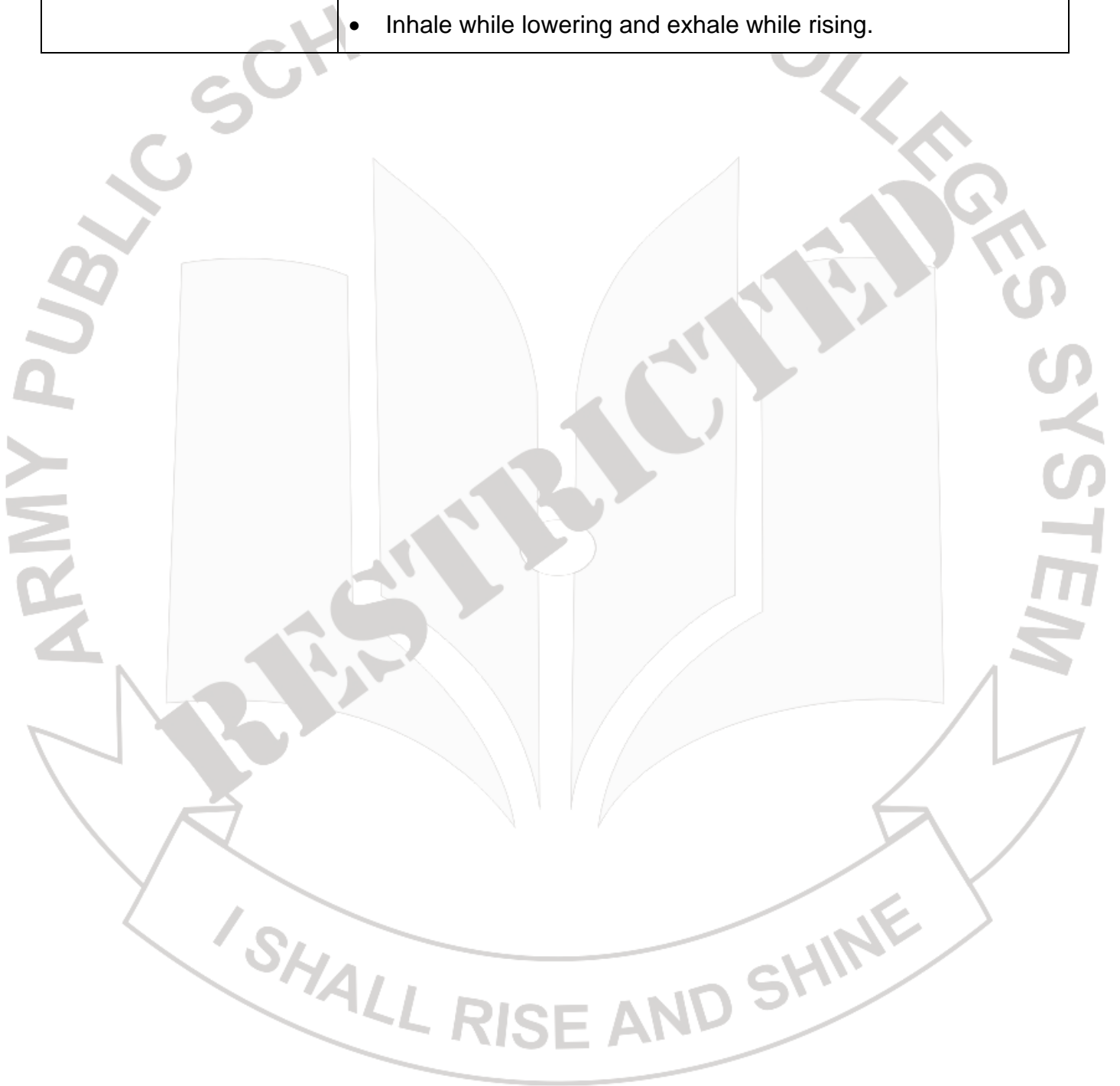
- Rest the forearms on the ground. Keep the arms parallel to the body at a shoulder-width distance.
- Look at a spot on the floor to have the spine and neck neutralized. Keep the head in line with the back.

	<ul style="list-style-type: none"> <li>• Slightly lift the legs and the core a little upwards with the tip of the toes on the ground and hold it.</li> </ul>
<p><b>Push-Ups</b></p> 	<ul style="list-style-type: none"> <li>• Lie face-down on the floor. The hands are to be palms-down on the floor.</li> <li>• Raise the body using the arms, with weight supported by the hands and the balls of the feet.</li> <li>• Go down by lowering the torso on the ground, as the elbows make a 90° angle.</li> <li>• Repeat this lowering and lifting steadily, if you are comfortable.</li> </ul>
<p><b>Crunches</b></p>  <p>shutterstock.com - 1228105597</p>	<ul style="list-style-type: none"> <li>• Lie flat on the floor with feet hip-width apart. Keep the knees bent.</li> <li>• Interlace the hands behind the head, with the thumbs behind the ears.</li> <li>• Start pulling the abdomen inwards gently. Curl up by lifting the neck, head, and shoulder blades off the ground.</li> <li>• Hold the posture for a moment and lower the body to the ground, slowly.</li> </ul>
<p><b>Forward Lunges</b></p> 	<ul style="list-style-type: none"> <li>• Stand with feet hip-width apart and keep the back straight.</li> <li>• Move the right leg forward and lean the body ahead — 70% of the bodyweight will now be on the front foot.</li> <li>• Lower the body until the right knee makes a 90° angle. Keep the back straight.</li> <li>• The lower leg must be parallel to the ground, and the thighs perpendicular.</li> </ul>
<p><b>Bridge Lift</b></p>  <p>twinkl.com</p>	<ul style="list-style-type: none"> <li>• Lie flat on the back; keep the hands on the sides, and the knees bent.</li> <li>• Place the feet shoulder-width apart.</li> <li>• Pushing the body with the heels, lift the hips off the ground while keeping the back straight.</li> <li>• Breathe out and hold the position for about one second.</li> <li>• Come back to the initial position while breathing in.</li> </ul>

## Squats



- Keep the feet shoulder-width apart.
- Bend the knees like sitting on a chair while holding the heels on the ground.
- While doing this, pull in the abs and keep the back straight.
- Push the hips back and lower as much as it's comfortable.
- Inhale while lowering and exhale while rising.





**REPORTING FORMAT**

**(Physical Activities performed during holidays)**

*(to be submitted to the Class Teacher after vacations)*

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						
<b>7</b>						
<b>8</b>						

**REPORTING FORMAT**

**Home Chores I Have performed, this Winter**

*(to be submitted to the Class Teacher, after vacations)*

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

Class: \_\_\_\_\_

