



# Holiday Homework

**Class XII A**





## Summer Vacation Dear Parents,

- Long awaited Summer Holidays have commenced. It is a time to relax, rejuvenate, refresh and regain health. It is also a time to reduce stress & increase productivity.
- Spend quality time with your kids and inculcate values.
- Help and guide your ward in doing Holiday Homework.
- Encourage your ward to converse in English.
- Do some kind of physical exercises with your kids.
- Read the Newspaper every day and encourage your ward to do so.

HAPPY  
*Holidays*

**BE HEALTHY, BE HAPPY**

Regards

GTB 011- 46575555



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## HOLIDAY HOMEWORK CLASS 2022

### CLASS - XII A

#### **Subject- English Core**

1. Complete the project work assigned for Internal Assessment in Board Examination (Topics are allotted Roll no. wise).
2. Prepare for Periodic Test-I (Syllabus already given in the class).

#### **Subject - Physics**

1. Complete the assignment given in the class.
2. Prepare the syllabus for the periodic test 1.
3. Complete activity file, project file and practical file.

#### **Subject - Chemistry**

1. Complete the assignment given in the class.
2. Prepare the syllabus for the periodic test 1.
3. Complete the project file and practical file.

#### **Subject- Biology**

1. Complete the assignment given in the class.
2. Prepare the syllabus for the periodic test 1.
3. Complete the project file and practical file

#### **Subject- Mathematics**

1. Complete the assignments given in the class.
2. Complete the mathematics practical discussed in the class.

## Subject- Physical Education

### PROJECT FILE

- Practical 1

#### Fitness Test

Age group 9-18 years

- a) Body Mass Index Test
- b) 50 m Dash
- c) 600m run
- d) Sit and Reach Flexibility Test
- e) Abdominal Partial Curl Up
- f) Pushups for boys/Modified Pushups for girls
- Practical 2  
Yoga as preventive measure for lifestyle disease
  - a) Meaning of obesity
  - b) Diabetes
  - c) Asthma
  - d) Hypertension
  - e) Back pain and Arthritis
  - f) Procedure for Asanas, benefits & contradiction for any two asanas for each lifestyle disease
- Practical 3  
Any one game of your choice out of the list below:  
Volleyball/ Basketball/ Cricket
  - a) History
  - b) Measurement of field and equipment
  - c) Rules of the game
  - d) Fundamental skills of volleyball/ basketball/ cricket
  - e) Terminologies related to volleyball/ basketball/ cricket
  - f) Important tournaments
  - g) Famous personalities
  - h) Awards

## **Subject- Fine Arts (Painting)**

1. Complete your Portfolio with 20 sheets (10 still life and 10 composition) with the help of water/poster colors .Sheet Size Half imperial.
2. Make a creative painting on half imperial sheet with the help of any type of colors.
3. Filed visit to Art Galleries, Museums, Lalit Kala Academy or similar organizations & workshops etc.

## **Subject- Computer Science**

1. To solve and practice output and error questions of functions chapter given in the attached pdf.
2. To solve the SQL questions given in pdf.
3. To search and plan for the topic of a project which is to be submitted in the final practical exam to be held in January 2023.
4. To revise and learn all the concepts discussed in the classroom with written practice.
5. To get knowledge on the upcoming topic of python 'Files handling in python'