



Integrated Project

Class - VIII (2016-17)

General Guidelines for the Integrated Holiday Homework Project (2016-17)

1. Punched ruled sheets to be used. At least 6 to 8 A-4 size sheets should be there excluding the cover page and content page. Page one of the project should give introduction.
2. Detailed Index of Content and Picture Gallery with serial number should be given.
3. The project must be hand written. However, some pictures may be pasted.
4. Cover page should be made aesthetically.
 - Should be creative indicating the name of the student along with the class & section and session (2016-17).
5. All pictures downloaded from the internet, must indicate the address of the website.
 - Make a time line of events
 - You may make a collage of photographs to demonstrate a particular point.
 - Use newspaper clippings
6. Bibliography- indicating address of the website, books, journals etc. referred to.
7. Last page has to be a Certificate Page certifying that the entire work has been done by the child himself /herself.

ASSESSMENT RUBRICS

Total Marks-10

- Presentation - 2 marks
- Research - 2 marks
- Aesthetics / creativity - 2 marks
- Following the guidelines - 2 marks
- Viva - 2 marks

INTEGRATED HOLIDAY HOME WORK (2016-17)

Class - VIII

Topic: Fitness Regime

- I. Design an advertisement for a fitness club illustrating the special services it offers. The advertisement should focus on the importance of physical fitness in our sedentary lifestyle.
- II. a) Choose any 10 yogasans and identify the levers(wall, floor or the joints in our body) supporting us to perform them with comfort. Paste their pictures also and label the levers.
b) Discuss how practicing these asans help us in staying fit.
c) Name and draw/paste any 5 levers or simple machines around you which make your day to day work easier (e.g. a pair of scissors).
Note: Lever is a simple machine which transfers our force applied (effort) to a convenient point.
- III. **History of Yoga**
Yoga has become the zeitgeist of modern western society. But do you know where yoga came from and its purpose beyond asana practice. Yoga is an ancient tradition that at its core has the goal of unity and transcendence. Show the origin and practice in India of yoga in 2 A-4 sheets (both sides) by writing and using pictures.
- IV. What is BMI (BODY MASS INDEX)?
How is it calculated ? Find the BMI for any five members of your family.
- V. किन्हीं 4 योगासनों के बारे में संक्षिप्त जानकारी देते हुए उनके लाभों का वर्णन करें तथा चित्र भी लगाएँ।

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