

**JESUS' SACRED HEART SCHOOL**  
**TASK PLANNER**  
**CLASS – VII**

**Theme: Physical Fitness**

SUBJECT	TOPIC	NATURE OF TASK	REQUIRED MATERIAL	CLASS/HOME WORK
HINDI	Seminar	Students will be required to present a short speech on the topic physical fitness.	-	To be prepared at home and presented in class.
SST	Poster Making	Students will be required to make a poster on benefits of Physical fitness using A3 sized sheets.	A3 sized sheet, colours, crayons etc.	To be done in class
SCIENCE + MATH	Fitness Plan Report	Students will be required to prepare a fitness plan of 5 days for themselves which must include various exercises and diet plan to be followed. Students are required to also represent 5 angles/shapes through yoga poses in their report.	-	To be prepared at home and submitted on Project day
PUNJABI	Text based analysis	Students will be required to solve the given Text based worksheet in class.	-	To be done in class
ENGLISH	Panel Discussion	Class will be divided into groups of 6 students each. G I – Roll no. 1-6 G II – Roll no. 7-12 G III – Roll no. 13-18 G IV – Roll no. 19-24 G V – Roll no. 24 onwards A panel discussion will be conducted in class on the topic 'Importance of Health & Fitness'.	-	To be done in class.

**\*\*Kindly ensure the presence of your ward on Project day, as the activities will not be conducted again.**

**Principal**