| CLASS | SUBJECT | $\begin{gathered} \text { TOPIC/ } \\ \text { CHAPTER } \end{gathered}$ | MODULE / ASSIGNMENT |  | REFERENCE LINKS |
| :---: | :---: | :---: | :---: | :---: | :---: |
| VII | ENGLISH <br> LANG | COMPREH ENSION <br> (6 ${ }^{\text {th }}$ July) | 5. keau ne pasonse chique to move unaided through water. It is a popular activity as well as a competitive sport. It was part of the first modern Olympics at Athens in 1896. The most common reason for swimming is probably recreation, where the swimmer enters the water merely for enjoyment. Swimming pools, beaches, lakes or rivers are popular venues for swimmers. Most recreational swimmers prefer a freestyle that keeps their heads out of the water. For some people like divers and fishermen, swimming is part of their job. Lifeguards are paid to rescue other swimmers in distress. Swimming is also useful in marine biology to study plants and animals. It is also practised for scientific research and military purposes. <br> Recently, swimming has become a professional competitive sport. This is a kind of specialised swimming in which the goal is to maximise speed. <br> Breaststroke, butterfly stroke and backstroke are some of the competitive events in swimming. In the Beijing Olympics in 2008, swimming marathon was introduced for both men and women. Swimming a distance of 10 km proved to be a challenging feat and test of stamina. <br> Swimming is a good aerobic exercise. It helps to burn fat and reduce stress. However, there are several risk factors involved in swimming, such as death by drowning, exposure to chemicals, infection, stings, exhaustion, sunburn, collision and inhalation of water. <br> A. Tick $(\checkmark)$ the correct option: <br> 1. Most people take to swimming <br> (l) to catch fish. (ii) to enjoy themselves. <br> (iii) to exercise their bodies. $\square$ (iv) to study plants and animals. <br> 2. Put a cross ( $\boldsymbol{X}$ ) against the wrong statement: <br> (i) Most recreational swimmers swim with their heads out of the water. $\square$ <br> (ii) Swimming is a means of livelihood for some people. <br> (iii) Professional swimmers aim at maximising speed. <br> (iv) Swimming is a very safe activity for all. <br> B. Answer the following questions in brief: <br> 1. What style of swimming do most recreational swimmers usually adopt? <br> 2. What are the various risks swimmers face? <br> 3. Mention the two advantages of swimming as an exercise. <br> 4. How is swimming as a professional competitive sport different from recreational swimming? |  |  |



| MATHS | Ch-8 <br> Algebraic <br> Expressions | $\begin{aligned} & \text { 29/06/20 - Module } 7 \\ & \text { Ex.8.2: Q1 - Q10 } \\ & \text { 30/06/20 - Module } 8 \\ & \text { Ex.8.3: Q1 - Q8 } \end{aligned}$ | https://youtu.be/f_1dONDUA_s <br> https://youtu.be/9aQyiMmnaDY |
| :---: | :---: | :---: | :---: |
|  | Ch-1 <br> Integers <br> (Revision) | 01/07/20 - Revision Module 1 Ex.1.2: Q1 - Q5 02/07/20 - Revision Module 2 Ex.1.3: Q1 - Q6 03/07/20 - Revision Module 3 Ex.1.4: Q1 - Q8 | https://youtu.be/P4sOrmxoqOs <br> https://youtu.be/XKIliXOk5bM <br> https://youtu.be/CmIxF7bq6zw |
|  | Ch-2 <br> Fractions <br> and <br> Decimals <br> (Revision) | 04/07/20 - Revision Module 1 Ex.2.2: Q1 - Q5 06/07/20 - Revision Module 2 Ex.2.4: Q1 - Q9 07/07/20 - Revision Module 3 Ex.2.6: Q1 - Q13 | https://youtu.be/9hZkk73nJ_Y <br> https://youtu.be/DqaZQKcwoYc <br> https://youtu.be/a5YIPjhY6yk |
|  | Ch-3 <br> Rational <br> Numbers <br> (Revision) | 08/07/20 - Revision Module 1 <br> Ex.3.1: Q1 - Q9 <br> 09/07/20 - Revision Module 2 <br> Ex.3.2: Q1 - Q9 <br> 10/07/20 - Revision Module 4 <br> Ex.3.3: Q1 - Q12 <br> 11/07/20 - Revision Module 5 <br> Multiple Choice Questions | https://youtu.be/PFYpn7QBh_8 https://youtu.be/Slw5SCy9P14 |
| $\begin{aligned} & \text { CHEMIST } \\ & \text { RY } \end{aligned}$ | First <br> Terminal <br> Examination <br> Ch4: <br> Language of Chemistry and <br> Balancing <br> Chemical <br> Equations | CH 4: Language of Chemistry and Balancing Chemical Equations <br> 1. Answer the following questions: <br> a) Define: language of Chemistry, Reactants, Products, Laws of conservation of mass. <br> b) Why do we balance chemical reactions? <br> 2. Write the following statements in language of chemistry:- <br> a) When Sodium hydroxide reacts with Hydrochloric acid it gives Sodium chloride and water. | Read your book and check <br> "language of chemistry" |




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Ch-8. Europ
(Pages70,71a
I. Fill in the blanks:-
a. Mount Blanc is the highest peak in the ____ with a height of
$\qquad$ m.
b. The $\qquad$ is a parallel range of the Apennines stretching across the $\qquad$ sea.
c. The $\qquad$ river of France drains into the English Channel.
d. The $\qquad$ Mountains run eastward from the Alps.
II. Define the following terms.
a.Indented
b.taper
c. Dinaric Alps
III. Answer the following questions.

1. Why are the Apennines known as the backbone of Italy?
2. What do you mean by intermontane plains? Give two examples.
3. Name any three well known freshwater lakes of Europe.
(Note: All the above exercises to be done in the notebook.)

## QUESTION

## A. FILL IN THE BLANKS:

1. $\qquad$ is unauthorized access to a computer and/or network resources.//
2. 
3. 

$\qquad$ means sending mail to people.
$\qquad$ is the aggressive behavior that one adapts to force someone to do something.
4. $\qquad$

## B. CHOOSE THE CORRECT OPTION:

1. What is plagiarism?
a. using someone's ideas or writing as your own.
b. Something that is ok to do in school.
c. A big word I don't know
d. A bibliography
2. What do you do if you see or hear about someone getting cyber bullied?



## Rlakshm:

## DIRECTOR ACADEMICS

