

CLASS – IV

HOLIDAYS HOMEWORK (2019-2020)

ACTIVITY – Health & fitness

Healthy eating habits and weight management

- All the students will do the following activities during summer vacation.
- A 20-30 minute brisk walk (evening/morning), jogging/rope skipping
- Keep a record of your meals – Everyday breakfast, lunch, dinner, junk food, if any
- Weight monitoring every Monday (gain/loose)

Record the above information on A4 size sheet.