



Bal Bharati
PUBLIC SCHOOL
NAVI MUMBAI

SUMMER HOLIDAY HOMEWORK 2025-26

CLASS 7

Theme: “She's got the Bat!”

Last date of submission (All Subjects) : 10 June, 2025

ENGLISH

Write a bio-sketch on any woman cricketer of your choice.

Make a collage depiction showcasing the life history of the woman cricketer.

Materials- A-4 size sheets.

MARATHI

क्रिकेट खेळामधील महिलांसाठी आलेली आव्हाने(challenges)आणि त्यातून महिला क्रिकेटपटूंनी तयार केलेल्या स्वतःच्या विशेष नोंदी (Records)याबद्दल सचित्र माहिती लिहा. (Any 4 women cricketers)[USE A4 SIZE PAPER]

HINDI:

अवकाशकालीन गृहकार्य

भारत में क्रिकेट सर्वाधिक लोकप्रिय खेल है, जो हर आयु वर्ग के भारतीयों को उत्साहित और प्रभावित करता है। भारतीय महिला क्रिकेट दल ने भी इस खेल में देश का नाम रोशन करने में एक महत्वपूर्ण भूमिका निभाई है। इसी संदर्भ में अपनी रचनात्मकता दर्शाते हुए १.५ फुट का एक बल्ला बनाइए और अपनी पसंदीदा महिला खिलाड़ी का चित्र लगाकर उनके लिए प्रेरणादायी संदेश लिखिए।

विशेष सूचना : प्रकल्प कार्य के अंतर्गत प्रत्येक जानकारी जैसे - नाम, अनुक्रमांक ,कक्षा, विभाग एवं शीर्षक हिंदी में लिखना अनिवार्य है।

SANSKRIT

पञ्च भारतीयमहिलाःक्रिकेटक्रीडकानां नामानि लिखित्वा तासु एकस्याः चित्रं संलग्नं कृत्वा तस्याः विषये चतस्रःपङ्क्तयः संस्कृते लिखत।

[USE A4 SIZE PAPER]

MATHS

Students, do you know when the ICC Women's Cricket World Cup is going to be held this year ?
Mention the date.

1) Compare the career of an Indian and an International women cricketer. Paste their photographs on an A4 size paper mentioning their name , age , country , batting strike rate , number of international matches played, number of wickets taken , highest batting score , highest wickets taken etc.

2) The International Cricket Council (ICC) and the Marylebone Cricket Club (MCC) jointly decide global specifications in cricket.

You need to Research on and state the standard specifications followed regarding the radius of the ball, weight of the bat, height of the stumps, length and breadth of the pitch etc for a cricket match on an A4 sized paper.

Submit the holiday homework in a file with a suitable cover page mentioning the title of the project, your Name, Roll Number, Class and Section.

SCIENCE

Prepare a project report or handwritten presentation on the topic:
“Nutrition for Women in Sports: Special Focus on Cricket Players”

Your project must include:

1. Introduction

Briefly describe the Women's Cricket World Cup. Importance of fitness and nutrition for women cricketers.

2. Basic Concepts

- What is nutrition?
- Major nutrients required for the human body (carbohydrates, proteins, fats, vitamins, minerals, water).

3. Nutrition for Sports Women

Specific dietary needs of female athletes.

Role of nutrition in enhancing performance, stamina, and recovery.

* Special Focus on Cricket

What type of energy and nutrients a woman cricketer needs (examples: protein for muscle repair, carbohydrates for energy, iron for stamina, calcium for bones).

4. Sample Diet Plan

Create a one-day diet chart for a woman cricketer (including breakfast, lunch, snacks and dinner)

SOCIAL SCIENCE

Prepare a chronological project on: The journey of women's cricket in India: From spectator to Partakers.

Instructions:

1. Maximum 4 page project
2. Handwritten project
3. Use illustration

COMPUTER

Activity: Design a New Cricket Jersey for a Women's Cricket Team

Objective:

Design a unique and creative cricket jersey for a women's cricket team, complete with a team name, logo, and motto.

Instructions:

- Use a tool like Canva, Google Drawings, or PowerPoint to create your jersey.
- Include the following:
 - Team Name: Think of a creative name that represents your team.
 - Logo: Design a simple logo or symbol to represent the team.
 - Motto: Choose a short phrase or slogan that motivates the team (e.g., "Power in Every Shot!" or "Breaking Boundaries!").

Submission:

- Save your final design as a PNG, JPEG, or PDF file and submit it in your respective google classroom for computer.

ART : Create a New logo on ICC Women's World Cup and colour with poster colour

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Ms. Kalpana Dwivedi

Principal, BBPS Navi Mumbai