



**INDIAN SCHOOL SOHAR**  
**SUMMER HOLIDAY HOMEWORK (2026 -27)**  
**CLASS: IX**

**SUBJECT: SCIENCE- EDUCATIONAL REEL MAKING ACTIVITY**  
**(Multiple Assessment)**

**Topic for Reel-** Students have to prepare an **educational reel** on any ONE subtopic from the chapters given below:

- ***Biology – Cell: The building block of life (Cell Structure, Types & Cell Organelles)***
- ***Physics – Describing motion around us***
- ***Chemistry – Journey inside the Atom***

**Submission date: 30/8/2026**

**Note:**

- Detailed instructions and the assessment rubric will be uploaded on Google Classroom.
- Students are advised to revise all the portions completed so far in all subjects and ensure that all classwork, notes, and worksheets are completed and up to date.

*S Verma*

**Sanchita Verma**  
Principal  
Indian School Sohar

*Yashvir Singh*

**Yashvir Singh**  
Vice-Principal  
Indian School Sohar





# INDIAN SCHOOL SOHAR

## Sultanate of Oman

### PHYSICAL EDUCATION & WELL-BEING HOLIDAY HOME WORK

Date of submission: 15/8/2026 CLASS : IX

#### Instructions for Students:

- Select **any one** project from the given list.
- The **maximum duration** of the video should be **60 seconds**.
- Students must be **properly dressed in decent sportswear/school HPE uniform**.
- Ensure that the audio and video are clear, and the video is properly edited.
- Save the file using the following format:  
**Student Name\_Class & Section\_Subject**  
*Example: RahulSharma\_IXA\_PE & WB*
- Submit the project/video to the **email ID of your respective subject teacher** on or before the specified deadline.
- Follow all safety precautions while recording practical activities and videos.
- Ensure that the project is neat and well-organized.

**Project 1: Prepare a video demonstrating either three Yoga Asanas or two fundamental skills from a game of your choice.**

#### Option A: Yoga Asanas

- Name of the Asana
- Demonstration
- Two key benefits

#### Option B: Sports Skills

- Introduction of the game
- Demonstration of skills
- Importance of the skills

**Project 2: Conduct a survey of at least 10 family or community members and compare the games played by older generations with the games preferred by today's youth. Present your findings and conclusion.**

#### Examples:

Older Generation Games	Younger Generation Games
Kabaddi	Football
Kho-Kho	Basketball
Gilli-Danda	Cricket
Marbles	Badminton
Traditional Outdoor Games	E-Sports & Online Games

#### Project Format:

1. Cover Page
2. Student profile
3. Certificate
4. Index
5. Objectives
6. Comparison of any 5 Games
7. Benefits of Traditional Games
8. Benefits of Modern Games
9. Pictures of old and modern games.
10. Student Reflection (What I Learned)
11. Conclusion

**Have a Happy, Healthy, and Enjoyable Summer Vacation!**

*Sveene*

