

District Public School & College Depalpur

Summer vacation assignment

First semester

(Session: 2020-21)

Subject: Science



CLASS: 5th

Student's name: _____

Roll no: _____

Section: _____

Guideline for parents:

- The designed summer pack or booklet is fortnightly
- The students will have to follow the syllabus breakup given below
- The whole summer pack is designed on the same pattern
- First day students will get understanding regarding lesson (via text and video lectures)
- Very next day he/she is assigned a task related to the previous lecture
- Video lectures are given for each topic to enable the students understand the lesson more clearly
- Parents should ensure the timely completion of assigned task on each day

Table with contents:

Date	Topics	Tutor web links
18-06-2020	COVID-19	https://youtu.be/CKzs3EcExmo
19-06-2020	The nervous system	https://youtu.be/uotXagnY8_o
23-06-2020	Circulatory system	https://www.youtube.com/watch?time_continue=30&v=Z8aklmoy4Xg&feature=emb_logo https://youtu.be/GDnqwkkq4_1M
26-06-2020	Respiratory system	https://youtu.be/WDQpeMpEqXM
30-06-2020	Muscular system	https://youtu.be/o1YtHUb7Dis
03-07-2020	Skeletal system	https://youtu.be/lu0I_EvRAbw https://www.youtube.com/watch?v=OSsntU6sTWI

Parent's sign: _____

Date:18-06-2020

Day :Thursday

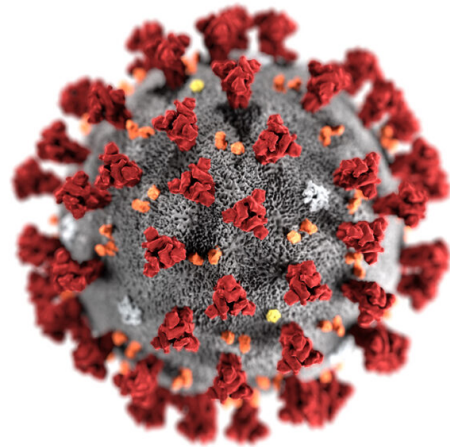
Covid-19

Tutor web link:

<https://youtu.be/CKzs3EcExmo>

To make students aware of COVID-19:

It's very clear that we have a widespread outbreak of COVID-19 and we all have to limit our movement and avoid gatherings to prevent spreading this further. We need to do a coordinated widespread community response in limiting and reduce the spread of the disease.



➤ Symptoms of infection:

Most common symptoms:

- fever
- dry cough
- tiredness

Less common symptoms:

- aches and pains
- sore throat
- diarrhea
- conjunctivitis
- headache
- loss of taste or smell
- a rash on skin, or discoloration of fingers or toes

Serious symptoms:

Parent's sign: _____

- difficulty breathing or shortness of breath
- chest pain or pressure
- loss of speech or movement

Preventions:

- keep social distance
- do not drink cold water
- Do exercise
- Keep wearing gloves and mask
- Wash your hands regularly
- Stay home stay safe



Activity:

Give answer of the following questions:

- **What are the symptoms of the infection?**

- **Is there any vaccine against the novel corona virus?**

- **Is there any treatment of the disease?**

- **Explain how the social distancing is helpful to avoid the epidemic disease?**

Parent's sign: _____

Date:19-06-2020

Day: Friday

CHAPTER #1

“ THE HUMAN BODY”

Topic: “The nervous system”

Book page# 6-8

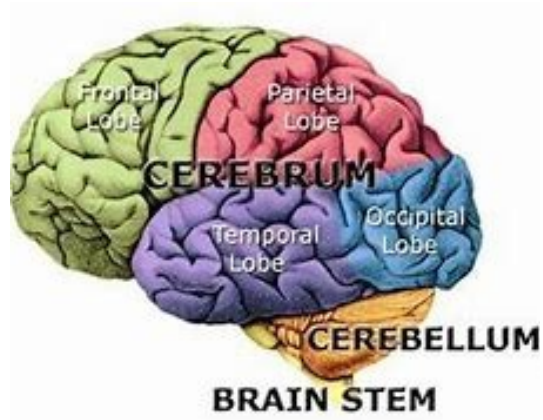
First understand this lecture from the tutor web link given below.

Tutor web Link: https://youtu.be/uotXagnY8_o

Understanding:

- When someone throws a ball towards you, you react to by thrusting your hands out and catching the ball.
- That is your nervous system at work.
- The nervous system is made up of the brain , the spinal cord, and lots of different nerves.
- The nervous system has two main parts : the central nervous system and the peripheral nervous system.
- The central nervous system is the brain and the spinal cord.
- The peripheral nervous system is all the nerves throughout the body. A nerve is a fibre that carries impulses through the body.
- The nervous system takes information and then works out how to respond that information and tells the body how to react.

Parent's sign: _____



The brain

Date:20-06-2020

Day :Saturday

Assignment/Homework

Question # 1

Encircle the best option

- The nervous system has _____ main parts.
(A) 5 (B) 3 (C) 2 (D) 4
- The central nervous system is the
(A) brain (B) nerves (C) spinal cord (D) both A & C

Question #2

Fill in the blanks

- A _____ is a fibre that carries impulses through the body.
- The nervous system is divided into the _____ and _____ nervous systems.
- The peripheral nervous system is all the _____ throughout the body.

Question #3 questions on the lines

Write short answers of the below

Parent's sign: _____

- **What makes up the nervous system?.**

The brain ,the spinal cord and lots of different nerves makes up the nervous system.

- **What is the central nervous system?**

The central nervous system is the brain and the spinal cord.

Activity:

Draw and label the diagram of “ The brain”

Date:22-06-2020

Day :Monday

Parent's sign: _____

Topic: The nervous system

Questions/answers

First understand the lecture from the tutor web link given below

Tutor web link:

<https://youtu.be/ROy4zraCd0M>

- **Name the two parts of the nervous system. How are they different?**

The nervous system has two main parts:

1. The central nervous system
2. The peripheral nervous system.

The central nervous system consists of the brain and the spinal cord.

The peripheral nervous system includes all the nerves throughout the body.

Activity:

Parent's sign: _____



- **Write two lines about Galen.**

The Galen is one of the most famous medical doctors of all times.

He lived in ancient Rome 2000 years ago.

Date:23-06-2020

Day: Tuesday

Topic: "Circulatory system"

Book page# 9-10

First understand this lecture from the tutor web link given below.

Tutor web Link:

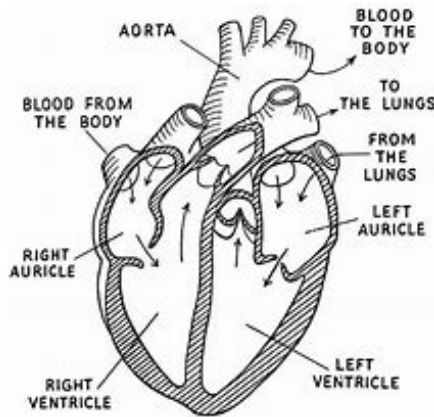
https://youtu.be/GDnqwkg4_1M
https://www.youtube.com/watch?time_continue=30&v=Z8aklmoy4Xg&feature=emb_logo

Understanding:

- The circulatory system is the system that sends oxygen and nutrients around the body to all the cells , and takes away the waste materials.
- Heart, blood and blood vessels are the main parts of the circulatory system.
- The heart pumps the blood around the body.
- The blood travels in tubes called blood vessels. The three types of blood vessels are: Arteries ,veins and capillaries .

Parent's sign: _____

- Arteries carry blood away from the heart.
- Vein carry blood to the heart.
- Capillaries are small blood vessels that link the veins and arteries.
- The heart is divided into four chambers ,the right atrium ,right ventricle ,left atrium and left ventricle .
- The right and the left sides of the heart separated by a wall called the septum.



The heart

Date:24-06-2020

Day : Wednesday

Assignment/ Homework

Question #1

Encircle the best option

- The heart is dived into_____ chambers.
(A) 5 (B) 3 (C) 2 (D) 4
- The blood travels in tubes called:
(A) septum (B) vein (C) blood vessels (D) none of these

Question# 2

Fill in the blanks

- The _____ pumps blood around the body.
- _____ carry blood to the heart.
- _____ are small blood vessels that link the veins and arteries.

Parent's sign: _____

- The _____ is a wall which separates the right and left sides of the heart.

Question #3
questions on the lines below

Write short answers of the

- What is septum?

The right and left sides of the heart are separated by a wall called septum.

- What is the function of the heart?

The heart pumps blood around the body.

Activity:

Draw and label the diagram of “ The heart”

Parent's sign: _____

Date:25-06-2020

Day : Thursday

Topic: Circulatory system

Questions/Answers

First understand this lecture from the tutor web link given below.

Tutor web Link:

<https://youtu.be/O3nGbizWDPo>

▪ **What makes up the circulatory system?**

The heart, blood, and the blood vessels makes up the circulatory system.

▪ **What is the function of the circulatory system?**

The circulatory system sends oxygen and nutrients around the body and takes away waste material.

▪ **Why does your heart beat faster than you exercise?**

The heart beats faster during exercise because it pumps harder to push oxygen around the body.

Parent's sign: _____

▪ **Name the three types of blood vessels?**

1. Arteries
 2. Veins
 3. Capillaries
-
-

Date:26-06-2020

Day: Friday

Topic: "Respiratory system"

Book page# 11

First understand this lecture from the tutor web link given below.

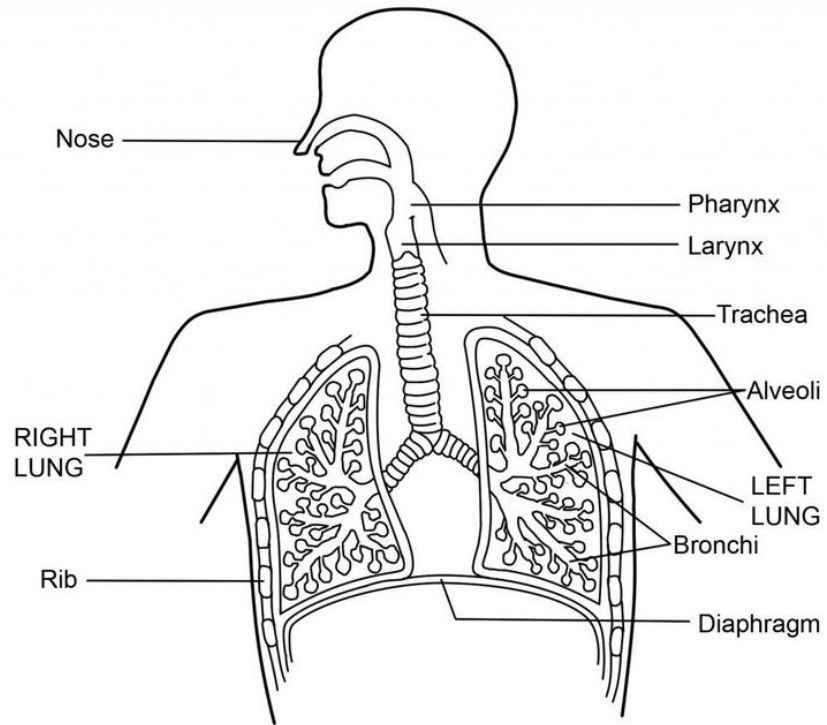
Tutor web Link:

<https://youtu.be/WDQpeMpEqXM>

Understanding:

- The respiratory system is the system that deals with breathing.
- When we breathe in we take in oxygen and when we breathe out we expel carbon dioxide.
- Nose ,mouth, larynx, pharynx ,trachea and lungs are the parts of the respiratory system and the main organ in the respiratory system is the lung.
- In the lungs are about 600 million tiny air sacs called alveoli.
- The alveoli take oxygen out of the air and put it into the blood .
- When you breathe in ,air is inhaled through the nose and mouth and travels through the pharynx ,larynx ,and trachea into the lungs.
- When we breathe out the opposite happens. Carbon dioxide from the blood is absorbed by the alveoli and then travels through the trachea, larynx ,and the pharynx to your mouth and nose where it leaves the body.

Parent's sign: _____



The respiratory system

Date:27-06-2020

Day : Saturday

Assignment/Homework

Question #1

Encircle the best option

- The main organ in the respiratory system is the
(A) brain (B) lung (C) heart (D) alveoli
- When you breathe in ,air is inhaled through
(A) nose (B) mouth (C) both A&B (D) larynx

Parent's sign: _____

Question #2

Fill in the blanks

- The tiny air sacs in the lungs are called _____ .
- In the lungs are about _____ million tiny air sacs.
- The respiratory system deals with _____ .
- When we breathe out we expel _____ .
- When we breathe in we take in _____ .

Question #3 of the questions on the lines below

Write short answers

- **What happens when we breathe in?**

When we breathe in, we take in oxygen.

- **What is the respiratory system ?**

The system that deals with breathing is called respiratory system.

- **What are alveoli?**

The tiny air sacs in the lungs are called alveoli.

Parent's sign: _____

Date:29-06-2020

Day : Monday

Topic : Respiratory System

Questions/Answers

First understand this lecture from the tutor web link given below.

Tutor web Link:

<https://youtu.be/jl5i73BXCQo><https://youtu.be/pGDRj6qMfn4>

- **Name the organs that make up the respiratory system?**

The nose, mouth, pharynx, larynx, trachea and the lungs, make up the respiratory system.

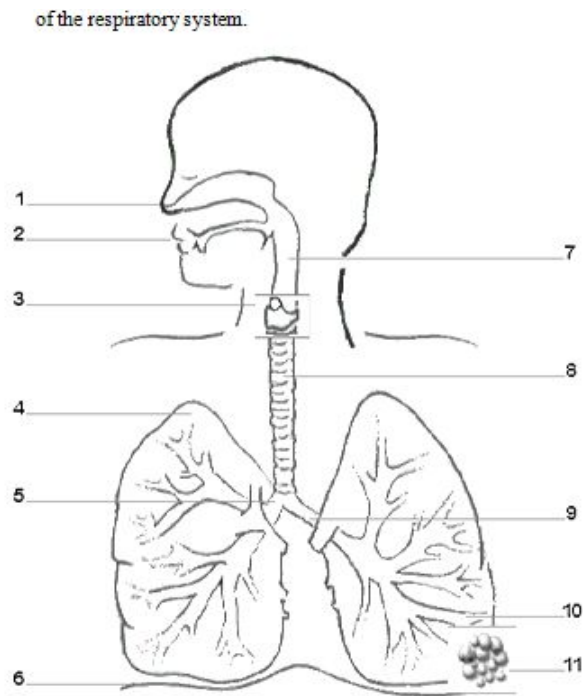
- **Which gases are exchanged when we breathe in and breathe out? Of these which is important for our survival?**

We breathe in oxygen and breathe out carbon dioxide. Out of both, oxygen is more important for our survival .

Parent's sign: _____

Activity:

Label the diagram of “ The respiratory system”



The respiratory system

Date:30-06-2020

Day: Tuesday

Topic: “Muscular system”

Book page# 12-13

First understand this lecture from the tutor web link given below.

Parent's sign: _____

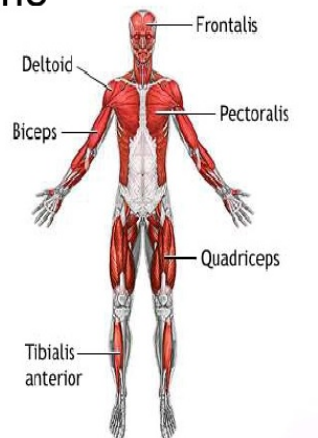
Tutor web Link:

<https://youtu.be/o1YtHUb7Dis>

Understanding:

- The muscular system is the system that enables the body to move.
- There are more than 600 muscle in your body.
- Muscles are very elastic some muscles are voluntary ,which means you can control their movement and some muscles are involuntary ,which means you can't control their movement.
- There are three types of muscles in the human body: skeletal muscles, smooth muscles ,and cardiac muscles.
- Skeletal muscles are attached to your bones by fibres called tendons.
- Smooth muscles are involuntary muscles.
- The heart is the muscle known as cardiac muscle.it is involuntary muscle.

Systems



Skeletal muscles

Date:01-07-2020

Day: Wednesday

Assignment/Homework

Question #1

Encircle the best option

Parent's sign: _____

There may be more than one correct answer for some questions.

- **The three types of muscles in the human body are:**

a. Skeletal muscles

b. rough muscles

c. smooth muscles

d. cardiac muscles

- **The smooth muscles are**

a. involuntary b. voluntary c. volatile d. invalid

- **The following are the examples of smooth muscles:**

a. heart muscles

b. stomach muscles

c. eye muscles

d. skeletal muscles

Question #2

Fill in the blanks

- _____ muscles are those whose movement can't be controlled.
- Skeletal muscles are attached to your bones by fibres called _____.

Question# 3

questions on the lines below

Write short answers of the

- **Write the name of three types of muscles in the human body.**

The three types of muscles in the human body are:

Skeletal muscles ,smooth muscles and cardiac muscles.

Parent's sign: _____

- **What are tendons?**

Skeletal muscles are attached to bones by fibres called tendons.

Date: 02-07-2020

Day : Thursday

Topic : Muscular system

Questions/Answers

First understand this lecture from the tutor web link given below.

Tutor web Link:

<https://youtu.be/Kk2cA4sMk18>

- **What is the function of our muscular system?**

The muscular system enables the body to move.

- **How many muscles does our body have?**

Parent's sign: _____

600 muscles

-
- **What are a: voluntary muscles b: involuntary muscles. Explain with examples.**

a. Voluntary muscles make the body to move.

They are attached to the skeleton and can be controlled.

For example, we use our skeletal muscles to pick up something or wave at someone.

b. Involuntary muscles control the parts of the body which keep functioning without our control.

Examples of these are smooth muscles in the digestive system and in our eyes.

- **What is the cardiac muscle?**

The heart is a cardiac muscle. It is an involuntary muscle that pumps the blood around the body.

Parent's sign: _____

Date:03-07-2020

Day: Friday

Topic: "Skeletal system"

Book page# 14

First understand this lecture from the tutor web link given below.

Tutor web Link:

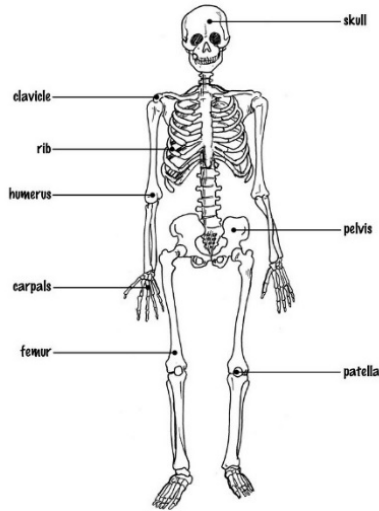
https://youtu.be/lu0I_EvRAbw

<https://www.youtube.com/watch?v=OSsntU6sTWI>

Understanding:

- The skeletal system is all the bones in your body. An adult human has 206 bones.
- The skeletal system serves the four main purposes.
 1. It supports the body.
 2. It protects the internal organs from damage.
 3. It keeps your internal organs in place.
 4. It works with muscles and tendons to enable you to move.
- The point where two bones meet or connect is called a joint.
- The bones are held in place by ligaments.
- Tendons connect the muscles to the bones.
- Some joints move and some don't.
- The two types of joints are ball and socket joints.

Parent's sign: _____



The skeletal system

Date:04-07-2020

Day: Saturday

Assignment/Homework

Question #1

Encircle the best option

- The skeletal system is all the _____ in your body.
(A) muscles (B) organs (C) bones (D) none of these
- A young child has more than _____ bones.
(A) 400 (B) 30 (C) 200 (D) 100

Question #2

Fill in the blanks

- An adult human has _____ .
- The point where two bones meet is called _____ .
- Skeletal system protects _____ organ .
- The knee and elbow joints are examples of _____ joints.

Parent's sign: _____

Question# 3
questions on the

Write short answers of the

lines below

- **What is joint?**

The point where two bones meet or connect is called a joint.

- **What is skeletal system ?**

The skeletal system is all the bones in your body.

- **Which bone protect the brain?**

The skull protect the brain.

Parent's sign: _____