

1628 LABASA SANGAM PRIMARY SCHOOL

YEAR: 7

ENGLISH

WORKSHEET: 1

STRAND	Reading and Viewing
SUB STRAND	Why Should We Recycle (Page: 169).
CONTENT LEARNING OUTCOME	Read and view with understanding a passage and answer the questions.

A. Read passage “Why Should We Recycle” (Page: 169) and answer the following questions.

1. What is an example of natural resource?

2. Why is recycling important?

3. In a year how much can we recycle?

4. What do we use metals for?

5. How can you help our planet?

6. What does recycling reduce?

7. Why does the writer want us to save our natural resource?

8. What is the most important information given in paragraph two?

9. What do you think is the purpose of this text?

B. Word Knowledge: Acronyms

Acronyms are abbreviations made from the first letters of words. Acronyms are usually pronounced as whole words. For Example: instead of saying ay-en-zeday-cee we say ANZAC (Australia.)

Use a Dictionary where necessary to help you write these abbreviations in full.

- | | |
|-----------------|------------------|
| 1. gym : _____ | 11.TLC : _____ |
| 2. exam : _____ | 12.PC : _____ |
| 3. Dr : _____ | 13.PM : _____ |
| 4. Rep : _____ | 14.ATM : _____ |
| 6. Prof : _____ | 15.SPCA : _____ |
| 5. PTFA : _____ | 16.FNPF : _____ |
| 7. capt : _____ | 17.NSW : _____ |
| 8. Rd : _____ | 18.Mt : _____ |
| 9. DOB : _____ | 19.maths : _____ |
| 10.RIP : _____ | 20.X-mas : _____ |

C. Sentences: Concord

Subject – Verb Agreement.

In any sentence the subject and verb must agree with each other. A singular subject takes a singular verb. Keleni runs a nursery school. A plural subject takes a plural verb. The sailors are going ashore later.

Complete the following sentences by choosing the correct present tense verb.

1. Kelera and I (carries/carry) lunch to school. _____
2. The netball team (practice/practises) at Bidesi Park. _____
3. Peter and Raju (visit/visits) me regularly. _____
4. Bob, the bus driver (was/is) guilty of the offense. _____
5. Joshua and Jerry (is building/are building) that pig pen. _____
6. The naughty boys (are/is) sitting outside. _____
7. The teacher will (bought/buy) a new book for the class. _____
8. Nancy our art director (is holding/are holding) an art exhibition. _____
9. The boys (play/plays) rugby every Saturday. _____
10. Lisa (plant/plants) roses beside her house. _____

STRAND	Strand 3 – Measurement.
SUB STRAND	3.1:Length/Area
CONTENT LEARNING OUTCOME	Express length and distances to measure, area and perimeters, using appropriate units and language of comparison.

UNITS OF MEASUREMENT

Imperial and Metric units of Length.

Imperial units were used before the metric units.

Example - Imperial units are foot, steps, span, fathom,

Metric units are, kilometer, meter, centimeter, and millimeter

Exercise 3.1A

1. Which imperial and metric unit would we use to measure the

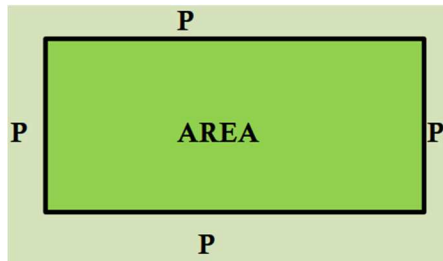
- a) length of the classroom? _____
- b) length of the pencil? _____
- c) length of the playground? _____
- d) distance between school and your home? _____

2. What metric unit would you use to measure the following?

- a) the height of a person. _____
- b) the distance from your Suva to Lautoka. _____
- c) the width of your thumbnail. _____
- d) a person's waist. _____
- e) the length of a fly. _____

PERIMETER AND AREA

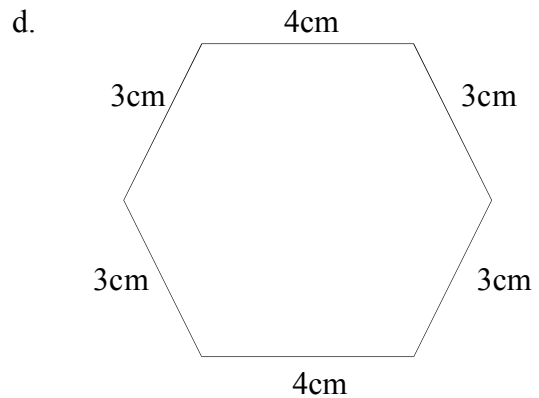
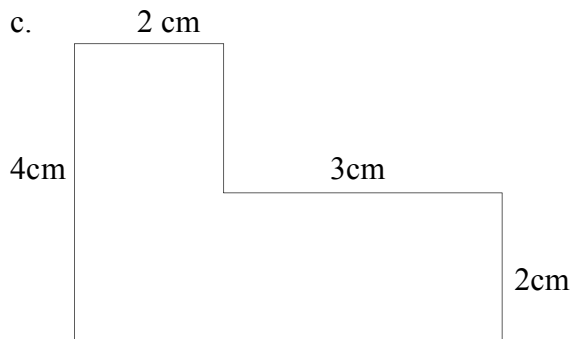
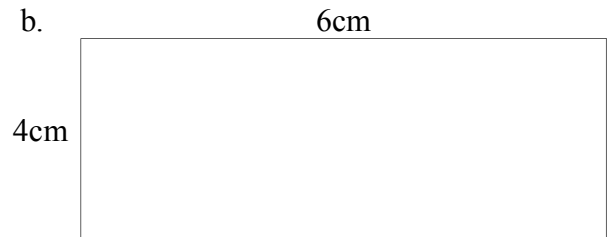
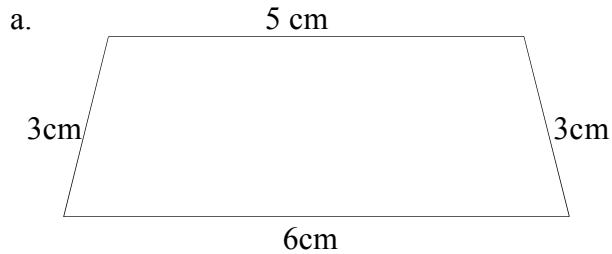
What is the difference between perimeter and area?



Perimeter is the sum of distance around an object while the area is the amount of space inside the boundary of a flat (2-dimensional) object.

Exercise 3.1B

1. Calculate the perimeter of the following polygons.



STRAND	Strand 3 – Energy
SUB STRAND	3.1 – Energy Source And Transfer
CONTENT LEARNING OUTCOME	Investigate and illustrate the different energy source and their uses and classify them into renewable and non-renewable.

Lesson Notes

SUBSTRAND 3.1: ENERGY SOURCE AND TRANSFER

The world we live in is full of energy: light, heat, electricity and sound are some of the forms that energy takes. Energy is needed for movement and life. Most energy comes from the sun which provides heat and light for plants to grow, to keep you warm and let you see. Even fuels, such as oil and gas were made from plants that absorbed the sun's energy as they grew millions of years ago.

Potential Energy And Kinetic Energy

Potential Energy – is the stored energy.

Kinetic Energy – is the energy due to motion.

Food and petrol are forms of stored energy or potential energy and they change to kinetic energy when things move.

Energy – is what puts things into action.

Solar energy – light and heat energy which comes from the sun.

Hydro-power – energy coming from water.

Wind energy – energy coming from wind which powers windmills to generate electricity.

Fossil fuels – energy sources from coal, oil and gas. They take millions of years to be formed.

Fuels for Our Bodies: The food we eat is the fuel that supplies us with the energy. This energy produces body heat that is required for our bodies basic activities – such as breathing and heartbeat. It also gives our muscle the power for lifting, running and jumping.

The Power to Make Food

Much of our food comes from the plant we eat. They get their energy from the sun in the form of light energy. The chlorophyll in the leaves trap sunlight and use carbon dioxide from the air and water from the soil to manufacture food.

Making Things Work

Humans have invented many machines to do work for us. Machines help to travel, keep our homes cool, provide light, or make different objects for us to use. All of these machines need a source of energy.

Points to Remember:

- ❖ The sun is the main source of energy.
- ❖ Other sources of energy are wind and water.
- ❖ Fossil fuels like oil, gas and coal are sources of energy that are smaller in supply now.
- ❖ Energy is what puts things into action.
- ❖ Different sources of energy is used in different jobs.

Exercise:

1. Copy and complete the following exercises.

a. What are the four sources of energy?

b. Energy from the sun is called _____ energy. Coal, oil and gas are _____.

c. A windmill is powered by _____ energy which can generate electricity and also electricity can be harnessed from hydro-power which is powered by _____ energy.

2. List four objects/machines that are powered by fossil fuel.

3. Name two sources of energy that are becoming short in supply.

HEALTHY LIVING

WORKSHEET: 1

STRAND	Building Healthy Relationships
SUB STRAND	Resilience and proactive behavior
CONTENT LEARNING OUTCOME	Explore and state skills needed to prevent harmful situations.

Lesson Notes

Unit: 20 - PREVENTING HARMFUL SITUATIONS FROM OCCURRING.

Those with bad behaviour and attitudes always find themselves in harmful situations. When a harmful situation occurs, everyone involved in it (families, community) will feel its impact.

How can we prevent harmful situations?

- Always be aware of behaviours and situations that signal danger.
- Isolate yourself from dangerous situations.
- Stay away from bullies.
- Always talk things over.
- Avoid stirring up trouble with those who like trouble.

Scenario 1 Suicide

Suicide – means ending your own life. It is sometimes a way for people to escape pain and suffering.

Why Students Commit Suicide?

They think that they do not have an alternative because no one:

- listened to them.
- wants to listen to them.
- was there to share their problem
- Because of peer pressure

Effect on Family

- Family members may experience a great range of conflicting emotions about the deceased.
- Individuals left behind by the suicide of a loved one tend to experience complicated grief in reaction to that loss.
- Low self-esteem among the family members.
- Parents will feel shy living in the community as the community would blame the parents for the suicide.

Effect on the Nation

Loss of a life of a young leader who would have contributed to the economy.

Setting bad examples to the peers

Pressure on the nation in terms of pumping more finance to create awareness, counseling and programs to try and prevent other future attempts.

Loss of labour force

WAYS TO GET AWAY FROM THINKING ABOUT SUICIDE

1. Talk to your School Counselor, Friend or Parents - If you have suicidal thoughts that you cannot get rid of, seek help immediately.

2. Refocus - Refocus your thoughts on your strengths, your abilities and what you have to offer to the world. Refocus your attention on things you like to do.
3. Get involved in Physical Activity or Sports - Physical activity is a great way to let off steam. If you do it with a friend or a sports team, the time spent with others will also strengthen you emotionally.
4. Talk to a spiritual leader - If you are religious and have access to a spiritual leader, try talking to him or her.
5. Find a support group - There may be support groups, both online and in your community, where you can find comfort by talking to them.
6. Realize that you can make fresh choices for change every day - Be bold and change the situations that are making you unhappy. Change schools. Live with no friends for a while. Leave an abusive relationship.

HOW CAN THE PARENTS ASSIST IN THE PREVENTION OF SUICIDE?

1. Get Help Immediately - If your child has a plan and the means to commit suicide, call the police or the paramedics immediately. Your child must be protected.
2. Follow Up and Supervise - Continue to take threats seriously: Follow through is important even after the child calms down or informs the parent “they didn’t mean it.” Avoid assuming behaviour is attention seeking.
3. Be Gentle and Persistent - Be sure to offer help in a gentle and persistent manner. Teenagers are not necessary comfortable talking about depression or suicide and therefore may not want to talk initially. Stay with your child and show unconditional love and support.
4. Investigate the Tunnel Vision - Sometimes the problem that is causing your child to consider suicide can actually be solved rather simply, but they may have tunnel vision and cannot see any way out.

EXERCISE

1. Define the term ‘suicide’.
-

2. What could be one reason why students commit suicide ?
-

3. Write down two effects of suicide on the family members.

i) _____

ii) _____

4. Write down 3 ways in which an individual can get away from thinking about suicide.

i) _____

ii) _____

4. Write down 2 ways in which parents can assist in the prevention of suicide.

i) _____

ii) _____

STRAND	Strand 3: PLACE AND ENVIRONMENT Belonging to special places.
SUB STRAND	3.1 features of places
CONTENT LEARNING OUTCOME	Identify location of pacific countries in relation to the world.

Lesson Notes

THE SOUTH PACIFIC

The South Pacific region covers vast portion of the world's Earth surface; its ocean is massive and spreads from the Asian continent in the East to the Americas in the West. The islands are scattered and are tiny dots in the big ocean when we look at the world map. The islands are remote and are far from the big continents that surrounds the region.

The islands of the Pacific are not the same; some have **Continental Islands** like Papua New Guinea because they are located next to a big continent example Australia. These islands are big in size and have very rich plant and animal life. They have big rivers also.

Then you have **Volcanic Islands** such as Fiji they are smaller than Continental Islands, Solomon Islands and Vanuatu are also volcanic islands.

Coral Limestone Islands are found in the eastern side of the Pacific. They are smaller than the volcanic islands have fewer plants and animal varieties.

Atoll Islands are found in the northern-western part of the Pacific and they include Kiribati, Marshall Islands and the **Federated States of Micronesia**. These islands are small in size and have poor soils and plant life. There are few species that survive on these islands.

Activity:

Complete the table given below by filling in your answers.

TYPES OF ISLANDS	PHYSICAL FEATURES	NAMES OF ISLANDS
1. Continental Islands	<ul style="list-style-type: none">• Mountainous islands.• Tend to be higher and larger than those farther east.• Have rich soils that support every kind of vegetation.	
2. Volcanic Islands	<ul style="list-style-type: none">• Smaller than continental islands.• Are formed by eruptions of volcanoes on the ocean floor.	
3. Coral Limestone Islands	<ul style="list-style-type: none">• Consist of low land only a few metres above sea level.• Surrounded by coral sand beaches.• They have fewer plants and animal varieties.	
4. Atolls	<ul style="list-style-type: none">• Surrounds a body of water called a lagoon.• Channels between islets (small islands) connect a lagoon to the open ocean and sea.• Islands are small in size and have poor soils and plant life.	

YEAR: 7

HINDI

WORKSHEET: 1

STRAND	Reading and Viewing
SUB STRAND	पाठ १३, पत्र (Pages 74-75).
CONTENT LEARNING OUTCOME	Read and view with understanding a letter and answer the questions.

पाठ १३, पत्र (Pages 74-75) को पढ़ कर नीचे दिए सवालों का सही जवाब लिखिए ।

अ. सही जवाब को लिखिए ।

१. फीजी की पहली राजधानी कहाँ पर थी ?
क. सूवा में
ख. लेवूका में
ग. थर्स्टन गार्डन में
घ. एल्बर्ट पार्क में
२. राजधानी को पुरानी जगह से नई जगह क्यों ले जाया गया था ?
क. पुरानी जगह समुद्रके बहुत करीब थी ।
ख. नई जगह समुद्र के बहुत करीब थी ।
ग. पुरानी जगह पर बहुत ज्यादा जमीन थी ।
घ. नई जगह पर विकास के लिए अधिक जमीन थी ।
३. फीजी का सबसे बड़ा न्यायालय कहाँ पर स्थित है ?
क. सरकारी भवन में
ख. सूवा बन्दरगाह
ग. थर्स्टन गार्डन
घ. विश्वविद्यालय भवन में
४. एल्बर्ट पार्क को क्यों ऐतिहासिक स्थान माना जाता है ?
क. क्योंकि वहाँ बड़े बड़े खेल होते हैं ।
ख. क्योंकि वह सरकारी भवन के बिलकुल पास है ।
ग. क्योंकि वहाँ पर पहला हवाई जहाज उतरा था ।
घ. क्योंकि वह उच्च न्यायालय के बिलकुल करीब है ।
५. फीजी का संग्रहालय कहाँ पर है ?
क. स्टेडियम के पास
ख. सूवा बन्दरगाह के पास
ग. माए सूवा पार्क के पास
घ. थर्स्टन गार्डन के पास

आ. इन प्रश्नों के उत्तर पूरे वाक्यों में लिखिए ।

१. कौन फीजी की राजधानी के बारे में जानना चाहता है ?

२. विश्वविद्यालय किस खेल के मैदान के बगल में है ?

३. सूवा में जो फूलों और पेड़ों का बड़ा बगीचा है उसे क्या कहते हैं ?

४. सूवा की सुन्दरता किस से बढ़ती है ?

५. फीजी देश के विषय में आपको सबसे अधिक क्या अच्छा लगता है ?
एक अनुच्छेद (paragraph) में बताइए ।

इ. उलट पलट

नीचे लिखी शब्द उलट पलट गए हैं । इन शब्दों को सही क्रम में लिखिए ।

१. रानीजधा -----

४. वूकाले -----

२. काररीस -----

५. नदामै -----

३. मितसी -----

ई. नीचे दिए गए वाक्यों को ने, में, से, को, पर, का प्रयोग करके पूरा कीजिए ।

१. यह काम मुझ ----- ही होगा ।

२. मेज़ ----- पुस्तक रखी हुई है ।

३. अनिकेत सूवा ----- रहता है ।

४. रवी ----- सलेश ----- मारा है ।

५. सोनू और मोनू ----- बाजी लगी हुई है ।

YEAR: 7

NA VOSA VAKA VITI

WORKSHEET: 1

1. A talai taciq ko Nau me kauta mai na _____ ni uto.
A. I qiso
B. I tutu
C. I uaua
D. I kaki
2. E matai dina ko Isireli ena qiria na _____.
A. Sedre
B. Qiva
C. Tadaï
D. Lawasua
3. Ni lesu mai ena qoli ko Buqu ena dau vakaliliga tu ga e valenikuro na nona _____.
A. Ibe ni kana
B. I coroga
C. I sau
D. Noke
4. “Mo kauta mai na _____ me kari na niu ni ika, Alisi” a kacivaka yani ko Tui.
A. Sova
B. I qiso
C. I vetaki
D. I bo
5. Era dau maroroi na vonu ena _____.
A. Mata
B. Toro
C. Bi
D. Noke
6. Ni sa keli oti na lovo era sa na tawa saran a magiti ena _____.
A. Taraki
B. Bi
C. Dari
D. Sova
7. E dau caka na vakasasaqa ena _____.
A. Matadravu
B. Sue
C. Bavelo
D. Waqa
8. Na _____ kei na _____ e nodra iyaragi ni vala na noda qase ena gauna makawa.
A. I wau kei na moto
B. I sele kei na mataiva
C. Dakai kei na I sele
D. Doko kei na isua

9. Ni kau tani na kuli ni Me eda na tukuna ni _____.
- Vari
 - Sua
 - Voci
 - Drudru
10. Ni kau tani na kuli ni jaina droka eda na kaya ni _____ jaina.
- Civi
 - Voci
 - Tasi
 - Vuti
11. Sa rogorogo ca dina ka vakosakosa na nodra _____ na maina.
- Tavesavesau
 - Suru
 - Kudru
 - Vakacivo
12. Au dau domobula ena gauna e dau _____ kina na sese.
- Gi
 - Siu
 - Kara
 - Se
13. Ni da curuma na loma ni veikau eda na rogoca na domo ni kaka ni _____ voli ga.
- Kara
 - Gau
 - Soki
 - Kose
14. Sa dau veivakayadrati ena bogi na nodra _____ na namu.
- Siu
 - Gi
 - Kara
 - Kose
15. Era kailavaka na gone, “suru na _____,” me vakaraitaka ni sa suka na cakacaka.
- Toa
 - Maina
 - Belo
 - Kaka
16. E rau sa lako ko Nei kei Na Levu me rau la'ki sagi _____ main i vakayakavi.
- Tavioka
 - Uvi
 - Vudi
 - Bele
17. Era kena dau ena _____ vai ko Ira mai Kaba.
- Siwa
 - Cocoka
 - Sua
 - Tobo

18. E kana vinaka dina na jaina dreu tonotono, ia, mo biuta vakavinaka na nomu benu ni oti na nomu _____ na kemu jaina.
- A. Tasia
 - B. Varia
 - C. Drudruga
 - D. Vocia
19. A talai au ko tamaqu me'u laki _____ moli me la'ki volitaka ko tinaqu ena makete.
- A. Beti
 - B. Dumu
 - C. Tau
 - D. Soki
20. Au marautaka vakalevu na noqu vulica rawa na _____ na ika ena sereki ni vuli sa oti.
- A. Siwata
 - B. Kelia
 - C. Dumuka
 - D. Sokia
21. A vakatavulici au ko Buqu ena _____ ika.
- A. Druru
 - B. Vari
 - C. Voci
 - D. Sua
22. Ni di na mati, keimami dau gole ki matasawa me keimami la'ki _____ kaikoso.
- A. Qe
 - B. Siwa
 - C. Keli
 - D. Canu
23. Nida vakanamata kina vua-i-cake, eda na vakanadakuya na _____.
- A. Tokalau cevaceva
 - B. Ceva-i-ra
 - C. Vualiku
 - D. Ra
24. Niko vakanamata ki na tokalau cevaceva, ko na vakanadakuya na matanicagi na _____.
- A. Vua-i-ra
 - B. Vua-i-cake
 - C. Ceva-i-ra
 - D. Ra
25. Ni'u vakanadaku ki na Tokalau, au na rai vaka ki _____.
- A. Vualiku
 - B. Ceva
 - C. Ra
 - D. Vua-I cake
26. Au vakanadaku ki na Vualiku, kau rai vaka ki _____.
- A. Ra
 - B. Tokalau
 - C. Ceva
 - D. Ceva-I cake

27. E dua tiko na neitou _____ ni vuaka.
- Bi
 - Toro
 - Vale
 - Moka
28. E liu e ra dau tavulona na niu na tukada ena _____.
- Vulo
 - Isua
 - Ibo
 - I vetaki
29. Era kena dau ena caka dai ni qari na gone ni Taveuni. Na dai ni qari e vakatokai me _____.
- Vilawa
 - Lawasua
 - Moka
 - Bi
30. Na qa ni niu ka kari vakamatau me caka kina na gunu e yacana na _____.
- Dari
 - Saqa
 - Bilo
 - Tanoa
31. E a levu duadua na ika e rawata ko Nemani baleta ni _____ ko koya.
- Turaga
 - Sau turaga
 - Bête
 - Gonedau
32. Sa rauta vinaka me dau matata na vakamacala nei Kenesi ka ni kawa ni _____.
- Mataisau
 - Gonedau
 - Matanivanua
 - Turaga
33. Ni sa katakata vinaka na qoca, e qai dau vakayagataki na _____ me yalici kina na qiloiso ni lovo.
- I sua
 - I qiso
 - I sivi
 - Mataiva
34. Ni di na mati, keimami dau gole yani ki matasawa me keimami canu kaikoso. E dau ka bibi me nanumi na _____ me tawa kina na kaikoso.
- Taga
 - Kato
 - Noke
 - Vilawa
35. Na qito cava e vakayagataki kina na ulutoa ka Diana na gasau?
- Na Veibici
 - Na Veilavo
 - Na Veitiqa
 - Na Veileveleveti

36. Ni dua na kumakumare e tautauvata kei na tini na _____.
- A. I wau
 - B. Toa
 - C. Moto
 - D. Tamata
37. Na ulu ni veiliutaki ena dua na yavusa se vanua e vakatokai me _____.
- A. Bati
 - B. Bête
 - C. Matanivanua
 - D. Turaga
38. Vakaturaga saka ki _____, vua na Gone Turaga Na Tui Cakau.
- A. Vuanirewa
 - B. Burebasaga
 - C. Caumatalevu
 - D. Lalagavesi
39. Na Vuanirewa e I cavuti ni Yasana vakaturaga ko _____.
- A. Rewa
 - B. Ba
 - C. Nadroga
 - D. Lau
40. E matai ko Nau e na talia na _____ me drewe ni drekedreke.
- A. Watali
 - B. Walai
 - C. Magimagi
 - D. Rafia