**1078 UCIWAI SANGAM SCHOOL**

**WEEKLY HOME STUDY PACKAGE FOR YEAR 3-ENGLISH**

THEME: HEALTH AND SAFETY

STRAND NAME: READING AND VIEWING

EXPOSITION

**Bicycle Can Be Safe And Fun**

Most children like to ride bikes. It's fun. It should also be safe. Bikes not only need to be ridden safely, they must be kept in good condition. You should check your bike every time you get on it.

**The Bike Safety Check**

Before you go riding you should always check four things.

1. Is my helmet in good condition?
2. Are the tyres pumped up?
3. Do the brakes work?
4. Is my seat at the right height? (Do my feet touch the ground when I'm sitting?)

If you answer yes to all these questions, then your bike is ready. But are you?

**The Rider Safety Check**

You should know how to stop and to steer. If you don't, you should learn in a safe place. You should pick a quiet area that is flat and has no hills. You can also learn bike safety. The police and other groups run courses for children. At these courses you will learn about road safety rules and safety skills.

**Gear For Your Bike**

Make sure you have a helmet and that your bike has good lights, brakes, a bell and reflectors so that other people can see and hear you. Now, is everything checked? Helmet on?

LET'S GO BIKING!

A. Questions

1. How many things should you check during a Bike Safety Check?

a. 2 b. 3 c. 4 d. 5

2. Before starting, a rider should be able to

a. start and steer. b. stop and start. c. stop and steer.

3. When you are learning to ride you should

a. find a quiet and flat area. b. find an quiet and hilly area. c. find a mini traffic light.

4. What gear should your bike have?

a. brakes, bells, a pump and flags.

b. brakes, lights, a bell and reflectors.

c. brakes, lights, a basket and a bell.

5. If you really want to stay safe what should you do?

a. the Bike Safety Check. b. the Rider Safety Check. c. both A and B

**Vocabulary**

The words from the box come from the text. Select words from the box to complete the sentences.

6. Are the _____ pumped up?

7. Know how to stop and to _____.

8. Bike _____ are run by the police.

9. Most _____ like to ride bikes.

10._____ go bike riding!

**Phonics**

Use one of the „er" words to finish the sentences.

11. Tom rides his bike _____ day.

12.A _____ is a plant.

13.A _____ knocked on the door.

14.Jack put a _____ on the wall.

| | | | |
|---|---|---|---|
| Fern | poster | person | every |

Cloze

Choose from the following words to fill the gaps.

| | | | | |
|---|---|---|---|---|
| wheel | sat | strangest | dirt | smaller |

**The Penny-Farthing Bike**

One of the _____ looking bikes was the penny-farthing. It had a very large wheel at the front and a small _____ at the back. It was named after two coins, the large penny and the _____ farthing. The rider _____ very high. This helped to keep them above the mud and dust on the old _____ roads

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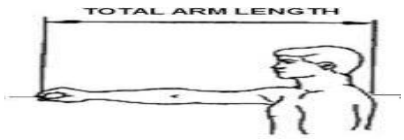
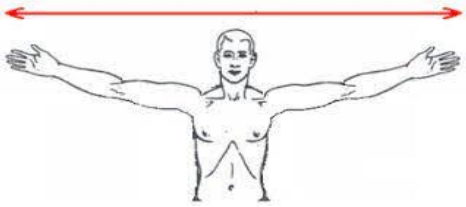
**WEEKLY HOME STUDY PACKAGE 6**
**YEAR 3-MATHEMATICS**

STRAND 3: MEASUREMENTS

3.1 LENGTH

Non-standard units are:

| Non-standard unit | definition | Illustration |
|---|---|---|
| Hand span | The distance between the little finger and the thumb on an outstretched hand. |   |
| Step or pace | The number of steps or pace that is taken. |   |
| Arm length | The number of arm length taken for a given distance. |   |
| Fathom | The length measured on a person outstretched arms. |  |

**PERIMETER:** is the distance around a given shape. E.g a desk top has 4 sides, to find its perimeter, we will measure lengths and widths around the desktop.

**P=length + width + length + width or (length+ width)x2**

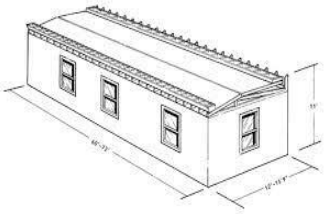
ACTIVITY: USE THE NON-STANDARDS MEASURES TO FIND THE PERIMETER.

For example

Use hand span

The length of my book is **3 spans.** The width of my book is **2** spans. The total distance ( perimeter )around my book is (3+2+3+2) **10 spans.**

1. **Use steps**



The length of our house is _____ steps. The width of our house is _____ steps. The total distance around is _____ steps.

**Use arm length**

2. 

The height of the door is _____ arm length. The width of the door is _____ arm length. The total distance around the door is _____ arm length.

Use hand span

3. 

The height of the window is _____ hand spans. The width of the window is ____ hand spans. The total distance around the window is _____ hand spans.

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**WEEKLY HOME STUDY PACKAGE 6**
**YEAR 3 –HEALTHY LIVING**

## SAFETY WHILE WORKING

1. You must concentrate on what you are doing.
2. Handle and carry tools safely, e.g. point sharp tools downwards when walking with them.
3. Keep away from the areas where motor mowers or weeding knives are being used for cutting grass.
4. Use only those tools that you are allowed to use and see that they are in good, safe condition.
5. Clean the tools after use. Wipe them dry and if necessary oil them.
6. Store all tools safely and carefully. Every item should be put in its right place.
7. Never leave tools lying about.

## Activity

1. Draw and name some tools that you are allowed to use at home or at school.

| | |
|---|---|
| | |

2. What do you do after using the tools?

_____
_____
_____

**WATER SAFETY.**

1. Learn how to swim. It will help you to stay afloat in the water.
2. You must be accompanied by an adult if you go out swimming.
3. Swim only on shallow water. If you are on a beach, swim only if there is no current.
4. Do not swim in flooded waters.
5. Swim in clean waters so that you won't get skin diseases.

**Activity**

A. Put a cross (✘) or a tick (✓) in the space provided.

1. _____ Go swimming alone in a river.
2. _____ Do not swim if there is a strong current or are big waves.
3. _____ Go swimming with an adult who knows how to swim.
4. _____ Swim in dirty/muddy waters because it is fun.
5. _____ Swim soon after having a meal.
6. _____ Learn how to swim.
7. _____ Wear light clothes or swimming tog when swimming.
8. _____ Follow your ball if it has drifted to the deep sea.
9. _____ Use floats to help you swim.
10. _____ Listen to the weather forecast before going swimming

Draw yourself swimming with your friends.

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**WEEKLY HOME STUDY PACKAGE 6**

**YEAR 3** **HINDI** **NAME:** _____

***Activity:***

**1.** Matras: सभी अक्षरों में दिए गए मात्रा लगाओ।

ौ ब ल क स न

ो ज ब द स म

**2.** Vocabs: Write with four different colours.

**3.**

दक्षिण _____

गवैया _____

स्वीकार _____

यश _____

बौना _____

3. Reading

## आग पर चलना

नाबुआ से दक्षिण की ओर एक छोटा सा टापू है। उस का नाम बेंगा है। बहुत दिन हुए वहाँ एक अच्छा गवैया था। वह लोगों को गाने सुनाया करता था। लोग खुश हो कर उसे इनाम देते थे।

वहाँ पर एक सरदार था। उस का नाम तुई नांमालीता था। उस ने सोचा कि मैं उसे एक ऐसी चीज़ इनाम में दूँ जैसी किसी ने पहले न दी हो।

वह नदी पर गया। वहाँ उसे एक बिल दिखाई दिया।

उस ने उस में हाथ डाला। उस बिल के अन्दर उसके हाथ में एक नन्हा सा हाथ आ गया। उस ने पकड़ कर उसे बाहर खींच लिया।

ऐं! यह क्या? यह तो एक बौना है। उस ने घुटने टेक लीता को प्रणाम किया। पर लीता ने कहा, अरे बौने ! आज तेरी चटनी बना कर मैं गवैये की भेंट करूँगा।

बौना डर के मारे काँप उठा, बोला,"अगर आप मुझे न मारें, तो मैं आप को एक ऐसी सीख दूँगा कि आप की डोंगी समुद्र में हवा से बातें करने लगे और लड़ाई में आप ही सदा जीतें।"

लीता मारे गुस्से के काँपने लगा। उसने कहा, "तू है तो बौना, पर बातें कितनी बनाता है।"

बौने ने हाथ जोड़ कर कहा, "महाराज, अगर आप को ये दोनों बातें स्वीकार न हों, तो मैं आप को एक ऐसी बात बता सकता हूँ जिससे आप का यश चारों ओर फैल जाए और वह बात है आग पर चलना।"

लीता के मन में नमोलीवाई बौने की बात बैठ गई और उस ने उस की जान न ली।

तब से आज तक बेंगा के रहने वाले गरम-गरम पत्थरों पर चलते हैं पर उनके पैर नहीं जलते।

**4.** Questions:

१. लीता ने बौने को किस लिए पकड़ा?

२ बौने ने लीता को क्या सिखाया?

_____

३ लीता और बौना कहाँ के रहने वाले थे?

_____

४ आग पर चलने पर भी बेंगा वालों के पैर क्यों नहीं जलते?

_____

५ बौने का नाम क्या था?

_____

5. <u>Missing words</u>

इन वाक्यों में कौन से शब्द छूट गए हैं?

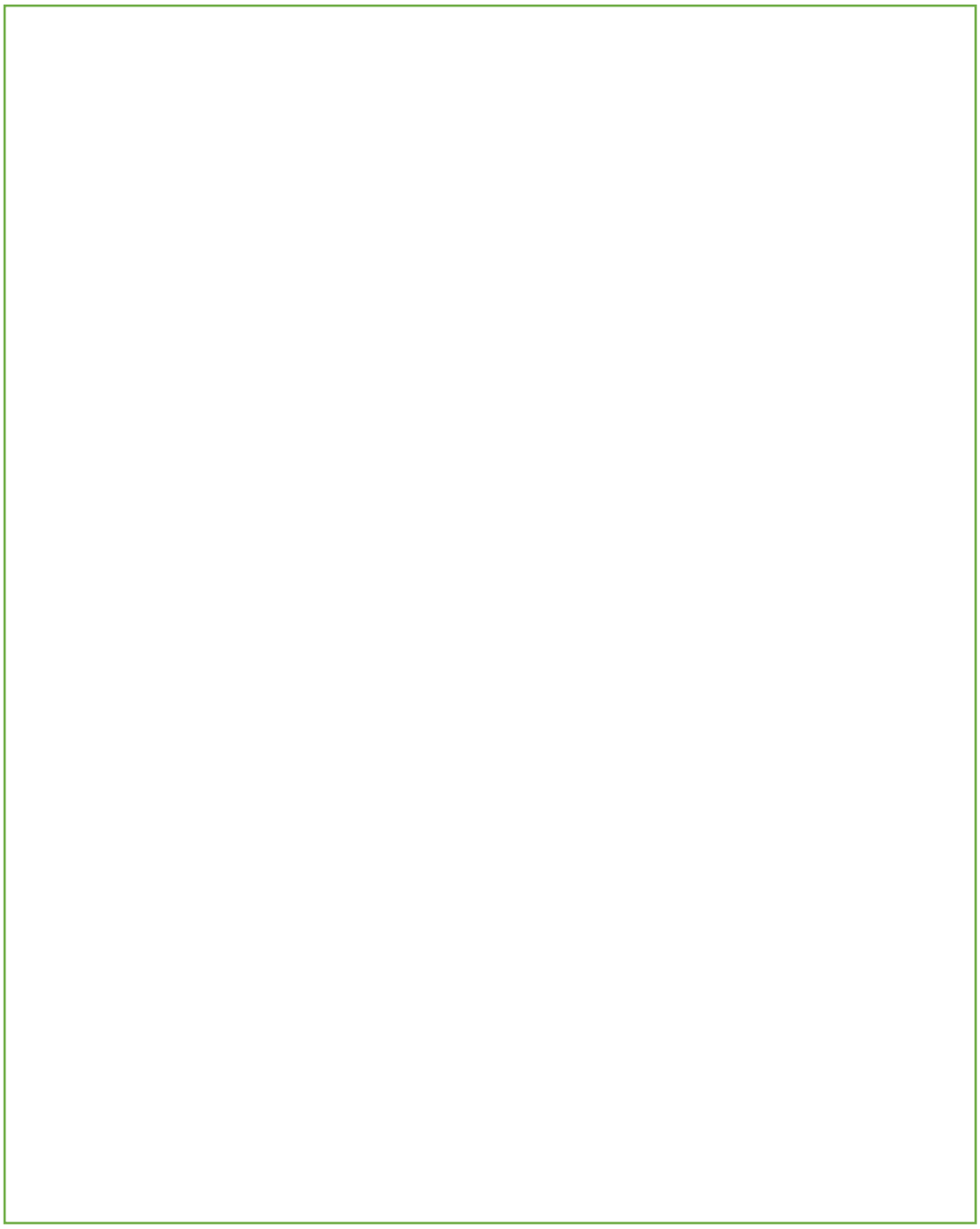
क. बेंगा नाबुआ से _____ की ओर एक छोटा सा _____ टापू है।

ख. सरदार का नाम _____ था।

ग. नाटे कद के मनुष्य को _____ कहते हैं।

घ. _____ के रहने वाले _____ पत्थरों पर चलते हैं, पर उन के _____ नहीं जलते।

6. Drawing हमारे गाँव में भी लोग आग पर चलते हैं। चित्र बनाओ।



**1078 UCIWAI SANGAM SCHOOL**

**WEEKLY HOME STUDY PACKAGE 6 FOR YEAR 3- SOCIAL STUDIES**

EXPLORING THE TYPES OF HOMES AROUND US

Thatched bures

Housing apartment

Squatter settlement

Double story building

Villa

Terrace type dwelling

## ACTIVITY 2: Part 2 Answer the following questions.

1. After looking at the types of homes in Part 1, which one would you like to live in when you grow up?

   _____

2. Why would you choose this one to be your home?

_____

3. Draw and colour your home

**UCIWAI SANGAM SCHOOL**

**WEEKLY HOME STUDY PACKAGE 6**

**KALASI : 3**

| | |
|---|---|
| **SUBJECT : VOSA VAKAVITI** | YACAMU: |
| **STRAND : 1 Wilivola** | |
| **SUB STRAND : 1.1 Wilivola kei na volavola** | |

## NA GONEDAU

### WILIKA NA TALANOA

Ko ira na GONEDAU –
E ra dau siwa, yavirau, cocoka, keli ba, caka dai, bala lawa

Na **gonedau** e nodra dau ni ika na Turaga
Eso era **gonedau** ni ba ni ika
Eso era **gonedau** ni lawa ni siwa
Eso era **gonedau** ni biu dai e wasawasa
E rua na mataqali tali – na SUSU kei na UWEA
Na nodra liuliu na **gonedau** ko TUNIDAU

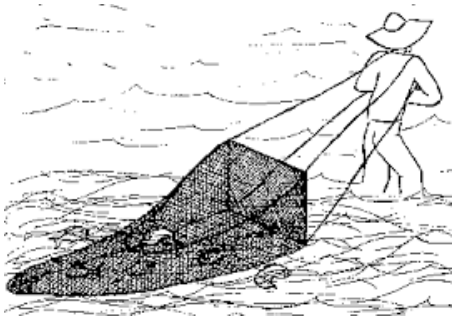
**Wilika,vola ka rokataka na yatuvosa era:**

**1.** Oqo ko Timoci.
E gonedau ni lawa ni siwa ko koya
E taura tiko na nona _____

**2.** Oqo ko Seta

E gonedau ni ba ni ika

E taura tiko na nona _____



**3.** Oqo ko Rusiate

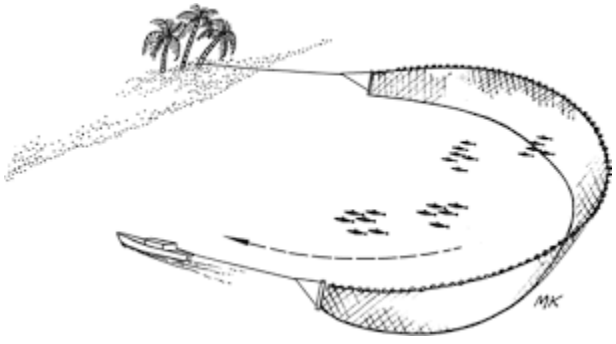
E nodra liuliu na gonedau

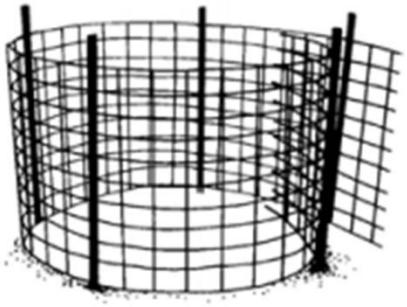
E dau kacivi kina ko _____

**4.** Oqo erua na mataqali dai ni ika

Na _____ kei na _____

E dau toni eloma ni wasawasa

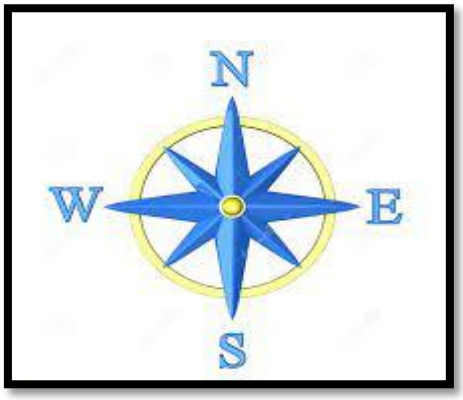




**5.** Oqo ko Pita kei Temo
Erau tonia tiko na _____

**6.** Oqo e dua na _____
E nodratou _____ na gonedau

**7.** Oqo na Matanicagi



# Wilika, droinitaka ka rokataka

1. Au rawa ni siwa. Au siwa tiko e matasawa.
   Au dau taleitaka siwa

2. Oqo ko Buna. E biu lawa tiko ko koya

3. Oqo na waqa laca nei Tamaqau.

4. Oqo e lima na veimataqali ika. Vola talega na yacadra.

# 1078 UCIWAI SANGAM SCHOOL
# WEEKLY HOME STUDY PACKAGE 6
# YEAR 3-ELEMENTARY SCIENCE

## Energy Conservation

Saving energy will ensure it lasting a long time and also helping you in saving money. These are some ways energy can be conserved:

1. Don't leave lights on when no one is in the room. If you are going to be out of the room for more than five minutes, turn off the light.
2. Turn off the TV, computers, radios and stereos if no one is using it.
3. Open windows to let fresh air in the house. When needed, use a fan than an air conditioner as fans use lesser electricity.
4. Don't keep the refrigerator door open any longer than you need to. Close it to keep the cold air inside.

ACITVITY

Write down 3 ways in which you can save energy at home or in the community.

_____
_____
_____
_____
_____
_____

**Safer energy sources**

Some safe energy sources are energy from the sun (solar), wind and water (hydro). These sources provide us with electricity. Energy from firewood is used for cooking. Solar power is commonly used for hot water shower in urban areas and for providing electricity for some homes in rural areas. The Monosavu Hydro dam in Fiji provides electricity to most parts of Viti Levu.

ACTIVITY

1. Name 3 safe energy sources.

   _____

   _____

   _____

2. Name the dam that provides electricity to most parts in Viti Levu.

   _____

Lesson 3: Forces

Students explore forces and the way things move. Students will also learn which forces push, pull or twist can be applied to start, stop and change direction of things. Things move in many ways. They slide and glide, they twist and turn, they rise and fall, and some things move quickly while others slowly. Forces make things move. We push, pull or twist with the help of our muscles. Sometimes we use machines to help us. There are many types of forces. Forces keep a helicopter flying and a canoe floating. Forces launch a rocket into space. Forces are all around you. You cannot see forces. You can only see what forces can do. Pulling and pushing forces are everywhere.

**Activity- fill in the gaps.**

1. Forces make things _____.
2. Sometimes we use _____ to help us.
3. _____ are all around you.

Name 2 examples of the following forces.

1. Pushing force

   _____-

   _____

2. Pulling force

   _____

   _____

3. Twisting force

   _____

   _____

**Complete the sentences below by adding the correct words based on what was taught in class.**

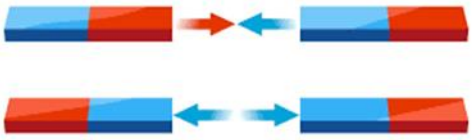
We have learned that forces are pushes and pulls that can cause movement. But this does not mean that they can only move something in a line. A force can make an object go _____ or _____. A force can also change the _____ that the object is moving. The _____ of an object can also be changed by a force.

**Activity 2: Magnetism**

Magnetism is the force you feel when you put two magnets close together. Sometimes a magnetic force can be a pulling force. This happens when you put

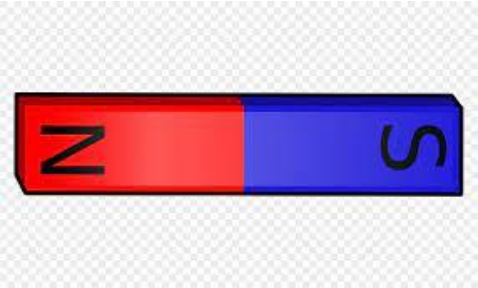
opposite poles near each other. Sometimes a magnetic force can be a pushing force. This happens when you put similar poles near each other.
Two poles of the same kind are called like poles. Two poles of opposite kinds are called unlike poles. The simple rules that describe that

- Two like poles repels each other.



- Two unlike poles attract each other.

This is the basic law of magnetic attraction. The north pole of a magnet is usually marked with a red dot or with the letter ‘N’. The unmarked end, therefore, becomes the South Pole end.




DRAW YOUR OWN MAGNET AND COLOUR THE POLES (NORTH, SOUTH)