

STRAND	Listening and Speaking
SUB STRAND	Language Features and Rules
CONTENT LEARNING OUTCOME:	Define parts of speech.

Lesson notes

Verbs

A verb is a word (or group of words) that describes an action taking place, e.g. *play, give*, or state that exists, e.g. *seem, think*.

Example

The men *are playing* cricket.

Activities

Identify and underline the verbs from the following sentences.

1. Richard is playing cricket.
2. The farmers are ploughing the fields.
3. Gemma is helping the poor villagers.
4. The teller is attending to the customers.
5. The dog is chasing the green lizard..
6. He cooks vegetable soup every Thursday.
7. Solomon catches fish in the Demerara River.

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 5
MATHEMATICS
WORKSHEET –11
Solution

STRAND	MEASUREMENT
SUB STRAND	Area and length
CONTENT LEARNING OUTCOME:	Calculate the standard units

LESSON NOTES

Measurement Facts

10 millimetres = 1centimetre

1000 millimetres = 1 metre

100 centimetres = 1 metre

1000 metres = 1kilometre

ACTIVITIES

1. Use the measurement facts to convert these measurement facts to different units

a) 3cm = 30mm

h) 600 cm = 6m

b) 7 m = 700cm

i) 1 000 mm= 1m

c) 5 km = 5000m

j) 7km = 7000m

d) 9 km = 9000m

k) 6 cm = 60mm

e) 3 m = 3000mm

l) 5cm = 50mm

f) 4 000 m = 4km

g) 70 mm = 7cm

STRAND	SAFETY
SUB STRAND	Personal hygiene and sanitation.
CONTENT LEARNING OUTCOME:	Summarize and differentiate the role of good sanitations

LESSON NOTES

PERSONAL HYGIENE AND SANITATION

- Good personal hygiene is one of the most effective ways to protect ourselves and others from diseases and illness.
- Good habits can help control body odor and bad breath.

Personal Cleanliness

- Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.
- Smelling clean- change clothes and undergarments after having a good shower.
- Wash your feet at least once a day.
- Start using nice smell products- remember nothing smells better than a clean skin. Perfumes are not a good substitute for a shower or wash.
- Wash hair thoroughly with shampoo or soap and water.
- Brush your teeth twice a day.
- Keep fingernails and toe nails short and clean.

Cleanliness at home

- Sweep and mop floor.
- Dust shelves and clean windows.
- Clean and wash dishes and pots after every meal.
- Dispose rubbish properly.
- Store and arrange items neatly.
- Clean toilet daily.
- Clean bathroom.
- Sun beddings.
- Wash pillow covers, bed sheets and cushion covers.

Cleanliness at School

- Sweep and mop classroom daily.
- Dust shelves and clean windows.
- Dispose rubbish using separation method.

ACTIVITIES

1. What is personal hygiene?
 - **Good personal hygiene is one of the most effective ways to protect ourselves and others from diseases and illness.**
2. List down 3 ways of keeping our home clean.
 - **Sweep and mop floor.**
 - **Dust shelves and clean windows.**
 - **Clean and wash dishes and pots after every meal.**
 - **Dispose rubbish properly.**
 - **Store and arrange items neatly.**
3. List down 3 ways of keeping our school clean.
 - **Sweep and mop classroom daily.**
 - **Dust shelves and clean windows.**
 - **Dispose rubbish using separation method.**

STRAND :	संस्कृति
SUB STRAND:	शष्टाचार, रिवाज,परम्पराओं,जातीय-गणित,जातीय विज्ञान,पौद्योगिकी की तथा पर्यावरण-मुद्द
CONTENT LEARNING OUTCOME	उपयुक्त लेखन विधियों के प्रयोग से शीर्षक, दर्शक तथा उद्देश्य के लिए उपयुक्त छोटे ग्रंथों का निर्माण करना

LESSON NOTES

हिंदू धर्म में भगवान श्री राम को मर्यादा पुरुषोत्तम भी कहा जाता है। भगवान राम का परिवार आदर्श भारतीय परिवार का प्रतिनिधित्व करता है। भगवान राम रघु कुल में जन्म लिए थे जिसकी परंपरा "प्राण जाए पर वचन न जाए" की थी। भगवान राम के पिता राजा दशरथ ने उनकी सौतेली माता कैकेयी को उनकी दो इच्छा (वर) पूरे करने का वचन दिया था। कैकेयी ने अपने इन दो वर के रूप में राजा दशरथ से अपने पुत्र भरत के लिए अयोध्या का राजसिंहासन, और प्रभु श्री राम के लिए 14 वर्ष का वनवास मांगा। अपने पिता के वचन की रक्षा के लिए भगवान राम ने खुशी-खुशी 14 वर्ष का वनवास जाना स्वीकार कर लिया। प्रभु श्री राम के साथ उनके छोटे सौतेले भाई लक्ष्मण और उनकी आदर्श पत्नी सीता ने एक अच्छे भाई और अच्छी पत्नी होने का उदाहरण पेश करते हुए उनके साथ वन जाना पसंद किए थे। फिर भरत ने न्याय के लिए अपने माता कैकेयी का आदेश ठुकरा दिया, और अपने बड़े भाई प्रभु राम के पास वन में जाकर उनके चरण पादुका अर्थात (चप्पल) ले आए,और फिर वही चरण पादुका को राजगद्दी पर रखकर राजकाज किया।

ACTIVITIES

- राजा दशरथ के सब से बड़े पुत्र कौन थे?

क. भरत	ग. लक्ष्मण
ख. राम	घ. शत्रुघन
- राजा जनक माता _____ के पिता थे।

क. लक्ष्मी	ग. दुर्गा
ख. सरस्वती	घ. सीता
- श्रीराम के जन्मदिन को किस नाम से जाना जाता है?

क. दीपावली	ग. होली
ख. जन्माष्टमी	घ. राम नवमी
- श्री राम को _____ वर्षों का वनवास हुआ था।

क. चौदह	ग. तेरह
ख. बारह	घ. ग्यारह
- रावन के कितने सिर थे ?

क. एक	ग. चार
ख. तीन	घ. दस
- हिन्दू धर्म मानने वाले लोग _____ में पूजा करते हैं।

क. गुरुद्वारा	ग. मंदिर
ख. चर्च	घ. मस्जिद

STRAND	PLACES AND ENVIRONMENT
SUB STRAND	People And Care Of Places
CONTENT LEARNING OUTCOME:	Formulate ways people in Fiji use their land.

LESSON NOTES

Poor Practices on the Use of Resources

- As the population increases, the demand for our land resources also increases.
- Food and water could be classified under needs as they are our basic necessities for survival.
- They have to be used wisely so that they do not run out of limit.
- Wants would include things such as timber and gravel from rivers to be sold so that we can earn some money.
- Our needs and the way we use and manage our resources depend on other factors such as culture, time, place we live in and developments that would be beneficial to us.



Activities

1. Define the term needs with examples.
Needs are the things that we cannot live without. It is our necessities. Example food, water, shelter, air and clothes.
2. Define the term wants with examples
Wants are things that we can live without but it is our desire that makes our life easier. Examples are car, house, television etc.
3. List down some poor practices done on our land resources.
 - **Setting fire in the forest**
 - **Bulldozing the land**
 - **Cutting down trees without planting**

Strand: Na Yaga Ni Wai

Sub Strand: Na Vosa Vakaviti

CLO:: Mera vakamacalataka eso na veivosa vaka-viti

E veitiki Viti eso, ena gauna e liu edua kunekunei dredre sara na vanua me taki mai kina na wai. E vuqa sara na vanua era sa dau vakanuinui tu ga ena wai ni uca. Eso era dau kelia na medra toyevu ni wai mai na veiso ni waise vure. Ia ni vula ilauqa(drought) sa dredre sara na wai ka ni sa maca kece na veivanua era dau taki wai mai kina. Edua nai tukuni e kainaki ni butukoca se dro taka na mena wai o Ravoravoivalu na vu mai Moala o koya na vu mai Gau Lomaiviti.

Wasewase A : Na Saumi Taro

1. Evei eso na vanua era dau rawata mai kina na medra wai na qase eliu? **Na wai ni uca, eso era kelia na medra toyevu se veiso ni wai se vure**
2. O cei e a butako wai? **Vu mai Gau**
3. A drotaka na wai mei cei? **A dro taka na wai mei Ravoravoivalu mai Moala**

Wasewase B: Mo vakacuruma vakadodonu mada na veivosa tolu oqori ena vanua sa lala koto ira. “koya, kaya, vua”.

1. Eratou a sega ni kaya _____ me lako mai
2. Kakua ni Biligi _____ de qai mavoa
3. Era a salavata _____ ki Drauniivi
4. Au a veitalanoa _____ ni se bera ni lako
5. A cava ko sega kina ni vosa _____

Wasewase C: Vakamacalataka na kena ibalebale.

1. Toyevu: qara e keli ena vuku ni vaqara wai.
2. todrou: qara e keli ena vuku ni vaqara wai
3. wawale: wakewake oca tiko na yago se malumalumu
4. lauqa: draki mamaca vakadede
5. Karamaca: via gunu ni mamaca nai tilotilo

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 5
ELEMENTARY SCIENCE
WORKSHEET –11
Solution

STRAND	ENERGY
SUB STRAND	Forces
CONTENT LEARNING OUTCOME:	Investigate and measure equal and unequal parallel forces and to note that to every force there is an equal and opposite force.

LESSON NOTES

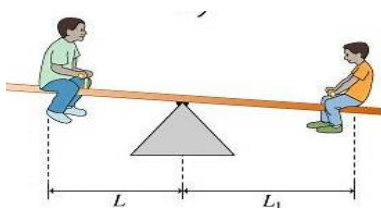
Forces

- Forces can make objects turn if there is a **pivot**.
- Think of a playground see-saw. The pivot is the thing in the middle of it.
- A seesaw is a long plank balanced on a central fulcrum so that with a person riding on each end, one end goes up as the other goes down.



How does a seesaw balance work?

- A seesaw balance can be used for measuring weight
- The object to be weighed is placed at one end of the beam, while standard weights are added at the other end.



ACTIVITIES

1. What is a force?

Forces can make objects turn if there is a pivot.

2. What is a seesaw balance?

A seesaw is a long plank balanced on a central fulcrum so that with a person riding on each end, one end goes up as the other goes down.

3. How does a seesaw balance works.

The object to be weighed is placed at one end of the beam, while standard weights are added at the other end.