

**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**ENGLISH**  
**WORKSHEET 7**

Strand	Writing and Shaping
Sub Strand	Texts types – media, everyday communication and literacy texts.
Content Learning Outcome	Explore and engage in effective writing skills for various types of text, targeted audience and specific purpose.

**Writing Formal Letters**

**Contact Channels**

1. Outside address - sender's address.
  - Date
  - No punctuation is used.
2. Inside address - address of the recipient. Refers to title (Miss, Mr, Mrs). If name is not known, designations such as The Director etc, to be used.
3. Salutation/ Greeting – Dear Sir/Madam or Dear (name of the person).
4. Re line (regarding/ reference) Eg: Re: Permission for Visit
5. Body of the letter.
6. Complimentary Close – Yours faithfully, Yours sincerely.
  - Signature
  - Name of the sender

**Activity**

Write a letter of 60 – 80 words and include a plan.

Your name is Simione Komai if you are a boy or Grace Singh if you are a girl. You attend Delainabu Primary School, Vimada.

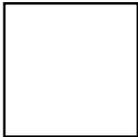
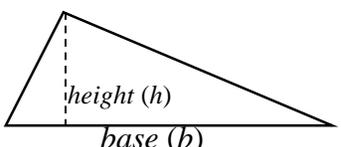
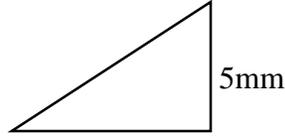
Your class is planning a visit to the Parliament of Fiji in Suva as part of your Social Science field trip. As the class prefect, you are required to write to the Secretary General, Parliament of Fiji, Government Building, Suva, informing her of the planned field trip visit.

In your letter, include the following details:

- (i) the reason for your visit;
- (ii) the date and time of your visit;
- (iii) the number of students and teachers visiting
- (iv) any other information your class will need to know before the trip.

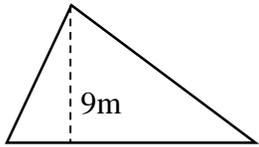
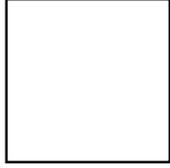
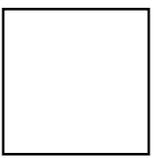
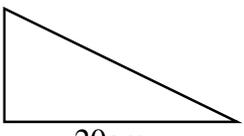
2036 Penang Sangam Primary School  
Year 7  
Mathematics  
Worksheet 7

Strand	Measurement
Sub Strand	Length/Area
Content Learning Outcome	Calculate area using formulas

<b>Area of Square, Rectangle and Triangle</b>		
<b>Square</b>	<b>Rectangle</b>	<b>Triangle</b>
 <p>length (l)</p> <p>length (l)</p> <p>Area = length x length</p> <p><math>A = l \times l</math></p> <p><math>A = l^2</math></p> <p><b>Example:</b> Calculate the area of the square given below.</p>  <p>5m</p> <p>5m</p> <p><math>A = l^2</math>  <math>= (5m)^2</math>  <math>= 5m \times 5m</math>  <math>= 25m^2</math></p>	 <p>width (w)</p> <p>length (l)</p> <p>Area = length x width</p> <p><math>A = l \times w</math></p> <p><b>Example:</b> Calculate the area of the rectangle given below.</p>  <p>7cm</p> <p>4cm</p> <p><math>A = l \times w</math>  <math>= 7cm \times 4cm</math>  <math>= 28cm^2</math></p>	 <p>height (h)</p> <p>base (b)</p> <p>Area = <math>\frac{1}{2}</math> x base x height</p> <p><math>A = \frac{1}{2} \times b \times h</math></p> <p><b>Example:</b> Calculate the area of the triangle given below.</p>  <p>10mm</p> <p>5mm</p> <p><math>A = \frac{1}{2} \times b \times h</math>  <math>= \frac{1}{2} \times 10mm \times 5mm</math>  <math>= \frac{1}{2} \times 50mm^2</math>  <math>= 25mm^2</math></p>

**Activity**

1. Calculate the area of the shapes given below using the correct formula.

<p>a.</p>  <p>8m</p> <p>12m</p>	<p>b.</p>  <p>9m</p> <p>14m</p>	<p>c.</p>  <p>11km</p> <p>11km</p>
<p>d.</p>  <p>7cm</p> <p>7cm</p>	<p>e.</p>  <p>10mm</p> <p>6mm</p>	<p>f.</p>  <p>9cm</p> <p>20cm</p>

**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**HEALTHY LIVING**  
**WORKSHEET 7**

Strand	Building Healthy Relationship
Sub Strand	Resilience and Proactive Behaviour
Content Learning Outcome	Explore and state skills needed to prevent harmful situations.

**Preventing Harmful Situations from Occuring**

1. Those with bad behaviour and attitude always find themselves in harmful situations.
2. When a harmful situation occurs, everyone involved in it (families, community) will feel its impact.
3. We should take all necessary action to prevent harmful situations to occur - whether in school, in our community or at home.

**Prevention of 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.

**A. Suicide**

Knowingly taking up one's own life.

**Effects of Suicide on Family**

- Experience conflicting emotions.
- Complicated grief.
- Low self-esteem of family members.
- Parents will feel shy living in the community.
- Extreme feeling of isolation and emptiness.
- May affect their health.

**Effect of Suicide on the Nation**

- Loss of a young leader.
- Setting bad examples to peers.
- Alarming statistics for the country.
- Loss of labour force.
- It's a crime.
- Pressure on nation to pump more finance on creating awareness and counseling to prevent further attempts.

**Activity**

1. Those with \_\_\_\_\_ behaviour and attitude always find themselves in harmful situations.
2. When a \_\_\_\_\_ situation occurs, everyone involved in it will feel its impact.
3. How can you prevent harmful situations from occurring?
4. What is suicide?
5. List down the effects of suicide on the family.
6. List down the effects of suicide on the nation.

Strand	हिंदी व्याकरण
Sub Strand	बोधन
Content Learning Outcome	बोधन से जुड़े सवालों के जवाब लिखो ।

### बाढ़

“आज के मौसम की खबरों में कहा गया है कि हवा दक्षिण पूर्व से झोंकें के साथ चलेगी । तेज़ हवा के साथ-साथ गम्भीर वर्षा होती रहेगी । दोपहर से पहले धीमी गति से हवा चलेगी और वर्षा भी होगी । दोपहर के बाद गम्भीर वर्षा होने की संभावना है ।”

सुबह सात बजे यह खबर प्रसारित की गई थी । करीब दस बजे आकाश में काले बादल छा गए । हवा झोंकें के साथ चलने लगी और पानी बरसना शुरू हो गया ।

दो दिनों तक निरंतर गम्भीर बारिश होती रही । नाले चढ़ गए और नदियों में बाढ़ आ गई । रास्तों में भी पानी आ गया । खेतों में बाढ़ का पानी पहुँचने लगा । देखते ही देखते खेत और फसल डूब गई ।

लोगों में हलचल मच गई । लोग अपने-अपने घरों को छोड़ कर ऊँचे स्थानों की तरफ भागे जा रहे थे । इस गम्भीर वर्षा से पेड़-पौधे, पशु-पक्षी और घरों की बहुत अधिक हानि हुई ।

### अभ्यास

नीचे दिए गए सवालों के जवाब लिखो ।

1. मौसम की खबर किस वक्त प्रसारित की गई थी ?
2. मौसम की खबर लोगों तक कैसे पहुँचाई गई ?
3. पानी बरसना कब शुरू हुआ ?
4. लोग क्यों अपने घरों को छोड़ कर ऊँचे स्थानों की तरफ भाग रहे थे ?
5. इस बाढ़ से क्या-क्या नष्ट हुए ?

2036 Penang Sangam Primary School  
Year 7  
Social Science  
Worksheet 7

Strand	Time, Continuity and Change
Sub Strand	Learning to Live with Changes
Content Learning Outcome	Investigate Colonization in the Pacific and its effect on different countries in the Pacific.

**Vanuatu**

1. People speaking Austronesian languages first came to the islands some 4,000 to 6,000 years ago.
2. Pottery fragments have been found dating back to 1300 BC.
3. The first island in the Vanuatu group discovered by Spaniards was Espiritu Santo when, in 1606, the Portuguese explorer, Pedro Fernández de Quirós, spied what he thought was a southern continent.
4. Europeans did not return until 1768, when Louis Antoine de Bougainville rediscovered the islands.
5. The capital of this country is Port Vila.



**Activity**

Answer the following questions.

1. Name the capital of Vanuatu.
2. Which people came to the islands 4000-6000 years ago?
3. What was first island discovered by Spaniards?
4. Until when did the Europeans not return?
5. Name the Portuguese explorer who thought Espiritu Santo was a southern continent.

**2036 PENANG SANGAM PRIMARY SCHOOL**

**YEAR 7**

**NA VOSA VAKAVITI**

**WORKSHEET 7**

**Ulutaga Ni Lesoni: Na Veika Vakaviti**

**Na Vula Se Gauna**

Era dau kaya na qase ni “yabaki” na gauna ni tei uvi, ia e sa na vakatekivu na noda vula e na vula i werewere se vitiviti ‘o ya na vula ko June.

1. JIUNE Vula Ivitiviti/ Werewere	2. JIULAI Vula Ivitiviti/ Werewere	3. OKOSITA Vula Icukicuki	4. SEVITEBA Vula I vavakada	5. OKOTOVA Vula I Balolo Lailai	6. NOVEBA Vula I Balolo Levu
7. TISEBA Vula I Nuqa Lailai	8. JANUERI Vula I Nuqa Levu	9. VEVERUERI Vula I Sevu	10. MATI Vula Ikelikeli	11. EVERELI Vula I Gasau	12. ME Vula I Doi

**Cakacaka lavaki**

Vola na **vula** ena vanua ka lala koto:

1. Vula I nuqa lailai - \_\_\_\_\_
2. Vula I vavakada - \_\_\_\_\_
3. Vula I doi - \_\_\_\_\_
4. Vula I sevu - \_\_\_\_\_

Strand	Matter
Sub Strand	Reactions
Content Learning Outcome	Investigate the changes when matter reacts and differentiate between reversible and irreversible reaction.

### How does Matter Change? – Experiment

Materials	Method and Conclusion
Test tubes Test tube rack Piece of coral Hydrochloric acid Washing soda Copper Sulphate	<ol style="list-style-type: none"> <li>Put a piece of coral (calcium carbonate) in the test tube and add a small amount of hydrochloric acid.  <b>Observation and result:</b> bubbles are given off signifying the production of gases and also the coral had dissolved.</li> <li>Add a small amount of washing soda to a test tube. Then add a small amount of Copper Sulphate.  <b>Observation and result:</b> a <b>light blue precipitate</b> is formed.  <b>Conclusion:</b> <ul style="list-style-type: none"> <li>In a chemical reaction, one or a new substance is formed.</li> <li>There are signs for recognizing when a chemical reaction has occurred. These include the production of gases, the colour change and formation of solids or precipitation as seen in the experiment above.</li> </ul> <b>Note:</b> <ul style="list-style-type: none"> <li>A precipitate is an insoluble solid that emerges from a liquid solution.</li> <li>Chemical change is when a new substance is formed.</li> <li>Chemical changes are irreversible which means we cannot get back the initial substance.</li> </ul> </li> </ol> <p>Please refer to Page 73 of Basic Science textbook for diagrams.</p>

### Activity

Answer the following questions.

- What happens in experiment no.1?
- What was observed in experiment no.2?
- What was the new substance formed in the second experiment?
- What is a precipitate?
- Why can we not get back the initial substance in a chemical change?