

**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**ENGLISH**  
**WORKSHEET 8**

Strand	Reading and viewing
Sub Strand	Language features and rules.
Content Learning Outcome	Explore and discuss the diverse ways texts presents their ideas.

**Dictionary**

**respect**<sup>1</sup> - /rɪˈspekt/ **noun** 1 [U] **respect (for sb/sth)** the feeling that you have when you admire or have a high opinion of sb/sth: *I have little respect for the people who are arrogant.* ♦ to win/lose somebody's respect. 2 [U] **respect (for sb/sth)** polite behaviour or care towards sb/sth that you think is important: *we should all treat older people with respect.* ♦ He has no respect for her feelings. **OPP disrespect** 3 [C] a detail or point: *In what respects do you think things have changed in the last ten years?* ♦ Her performance was brilliant **in every respect.**

**IDM** pay your respect

**with respect to sth** (formal) about or concerning: *The groups differ with respect to age.*

**Activity**

Use the dictionary entry given below to answer the questions.

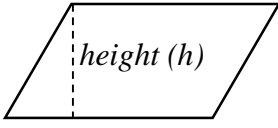
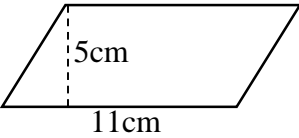
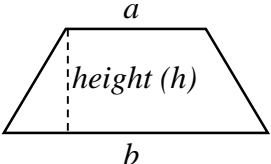
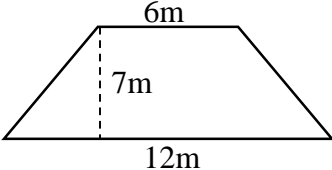
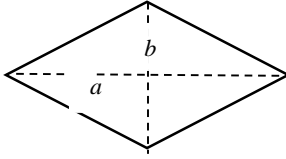
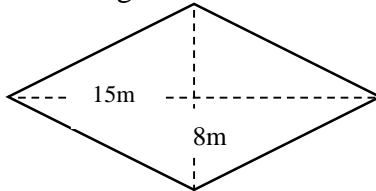
**calm** (**'kahm**):adj. 1. quiet; free from excitement. *He was angry but he left the room calmly.* 2. (of weather) not windy. 3. (of water) smooth, still, a calm sea.

Extract from *Modern English Junior Dictionary - 1987*

- What is the headword for this entry?
- What part of speech is the headword?
- The word **'kahm** in brackets beside the word calm indicates the \_\_\_\_\_.  
 A. pronunciation.                      B. meaning.                      C. part of speech.                      D. tense.
- How many different meanings are there for the word "calm"?

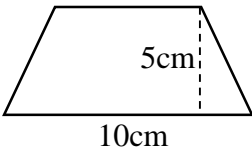
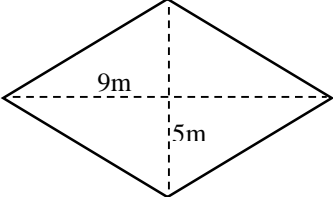
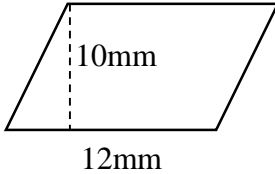
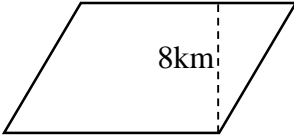
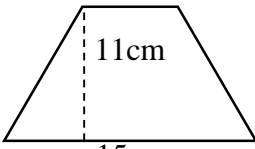
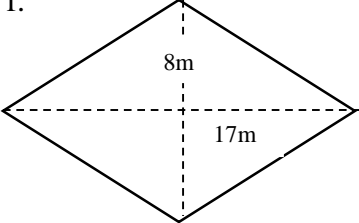
Strand	Measurement
Sub Strand	Length/Area
Content Learning Outcome	Calculate area using formulas

**Area of Parallelogram, Trapezium and Rhombus**

<u>Parallelogram</u>	<u>Trapezium</u>	<u>Rhombus</u>
 <p>height (<math>h</math>)</p> <p>base (<math>b</math>)</p> <p>Area = base <math>\times</math> height</p> <p><b>A = <math>b \times h</math></b></p> <p><b>Example:</b> Calculate the area of the parallelogram given below.</p>  <p>5cm</p> <p>11cm</p> <p><math>A = b \times h</math>  <math>= 11\text{cm} \times 5\text{cm}</math>  <math>= 55\text{cm}^2</math></p>	 <p><math>a</math></p> <p>height (<math>h</math>)</p> <p><math>b</math></p> <p>Area = <math>\frac{1}{2} \times (a + b) \times \text{height}</math></p> <p><b>A = <math>\frac{1}{2} \times (a + b) \times h</math></b></p> <p><b>Example:</b> Calculate the area of the trapezium given below.</p>  <p>6m</p> <p>7m</p> <p>12m</p> <p><math>A = \frac{1}{2} \times (a + b) \times h</math>  <math>= \frac{1}{2} \times (6\text{m} + 12\text{m}) \times 7\text{m}</math>  <math>= \frac{1}{2} \times 18\text{m} \times 7\text{m}</math>  <math>= \frac{1}{2} \times 126\text{m}^2</math>  <math>= 63\text{m}^2</math></p>	 <p><math>b</math></p> <p><math>a</math></p> <p>Area = <math>\frac{1}{2} \times a \times b</math></p> <p><b>A = <math>\frac{1}{2} \times a \times b</math></b></p> <p><b>Example:</b> Calculate the area of the rhombus given below.</p>  <p>15m</p> <p>8m</p> <p><math>A = \frac{1}{2} \times a \times b</math>  <math>= \frac{1}{2} \times 15\text{m} \times 8\text{m}</math>  <math>= \frac{1}{2} \times 120\text{m}^2</math>  <math>= 60\text{m}^2</math></p>

**Activity**

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

a.	b.	c.
 <p>6cm</p> <p>5cm</p> <p>10cm</p>	 <p>9m</p> <p>5m</p>	 <p>10mm</p> <p>12mm</p>
d.	e.	f.
 <p>8km</p> <p>12km</p>	 <p>3cm</p> <p>11cm</p> <p>15cm</p>	 <p>8m</p> <p>17m</p>

**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**HEALTHY LIVING**  
**WORKSHEET 8**

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

**Ways to Get Away from Thinking about Suicide**

1. Talk to your school counselor/friend or parents.
2. Refocus.
3. Get involved in physical activity or sports.
4. Talk to a spiritual leader.
5. Find a support group.
6. Realise that you can make fresh choices every day.

**How can Parents Assist?**

1. Get help immediately.
2. Follow up and supervise.
3. Be gentle and persistent.
4. Investigate the tunnel vision (narrow mindedness).

**B. Rape**

- Is a sexual assault perpetrated/ committed against a person's consent (forcefully).
- Unlawful sexual activity against the will of the victim.

**Effects of Rape**

- Victims are traumatized.
- Pregnancy.
- Disease transmission such as AIDS.

**Activity**

**Answer the following questions.**

1. List down some ways in which you can get away from thinking about suicide.
2. How can parents assist in the prevention of suicide?
3. \_\_\_\_\_ is a sexual assault perpetrated against a person's consent.
4. List down the effects of rape.

Strand	हिंदी व्याकरण
Sub Strand	उपन्यास (कृष्ण और सुदामा)
Content Learning Outcome	बोधन को पढ़ो और अभ्यास कार्य पूरा करो ।

### द्वारका में प्रवेश

दूसरे दिन, सुदामा चावल की पोटली लेकर द्वारका के लिए रवाना हो गया । वह दिन भर पैदल चलता रहा और शाम को द्वारका पहुँचा । लगातार पैदल चलने से सुदामा के पैरों में छाले पड़ गए थे और वह बहुत थक गया था । जब उसने आराम करने के लिए इधर-उधर देखा तो पाया कि वह एक विशाल नगर में खड़ा है । बड़ी-बड़ी इमारतें, सुन्दर बगीचे और सड़कों पर लोगों की भीड़ देख कर सुदामा घबरा गया । उसने एक आदमी से पूछा कि उनके मित्र, कृष्ण, कहाँ रहते हैं । उस आदमी ने चकित होकर कहा कि कृष्ण उनके राजा हैं और सुदामा को राजा कृष्ण के महल का फाटक दिखाया । सुदामा धीरे-धीरे फाटक तक पहुँचा । द्वारपाल ने सुदामा से पूछा कि वह कौन है और क्या चाहते हैं । सुदामा ने कहा कि वह सुदामा है और बहुत दूर से चलकर अपने मित्र कृष्ण से मिलने आया है । सुदामा की बात सुनकर द्वारपाल हैरान हो गया ।

### अभ्यास

नीचे दिए गए सवालों के जवाब लिखो ।

१. सुदामा चावल की पोटली लेकर कहाँ जा रहे थे ?
२. कितनी देर तक सुदामा पैदल चलता रहा ?
३. सुदामा ने इधर-उधर देखा तो क्या पाया ?
४. द्वारपाल ने सुदामा से क्या पूछा ?
५. द्वारपाल क्यों हैरान हो गया था ?

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.

### Solomon Islands

1. The history of the Solomon Islands begins with the first settlement many thousands of years ago from New Guinea.
2. Ships of the Spanish explorer Álvaro de Mendaña de Neira first sighted Santa Isabel Island in 1568. Finding signs of alluvial gold on Guadalcanal, Mendaña believed he had found the source of King Solomon's wealth, and named the islands "The Islands of Solomon".
3. In 1595 and 1605 Spain again sent several expeditions to find the islands and establish a colony, however these were unsuccessful.
4. In 1767, Captain Philip Carteret rediscovered Santa Cruz and Malaita.
5. The capital of this country is Honiara.



### Activity

Answer the following questions.

1. Who gave the name to the island?
2. Name the capital of Solomon Islands.
3. What happened in 1767?
4. Who rediscovered Santa Cruz and Malaita?
5. What happened in 1595 and 1605?

**2036 PENANG SANGAM PRIMARY SCHOOL**

**YEAR 7**

**NA VOSA VAKAVITI**

**WORKSHEET 8**

**Ulutaga Ni Lesoni: Na Veika Vakaviti**

**: Na Wiliwili Vakaviti**

1. 100 na dalo – sa dua na duludulumata
2. 1000 na niu – sa dua na selavo
3. 10 na voivoi – sa dua na i buki
4. 100 na voivoi – sa dua na vakasici se buto
5. 10 na moto – sa dua na tuatua
6. 10 na tabua – sa dua na vulo
7. 10 na kuita – sa dua na dali
8. 10 na ika lalai – sa dua na bola
9. 10 na i kovu vakalolo – sa dua na wai
10. 10 na mana – sa dua na kasi
11. 100 na niu – sa dua na koro
12. 100 na waqani viti – sa dua na bola
13. 10 na i kau vudi se tiaina – sa dua na bewa
14. 10 na niu - sa dua na i qali
15. 10 na masi – sa dua na doko se tekau
16. 10 na ibe – sa dua na sasa
17. 10 na moto ni cocoka – sa dua na saisai
18. 10 na tamata – sa dua na kumakumare

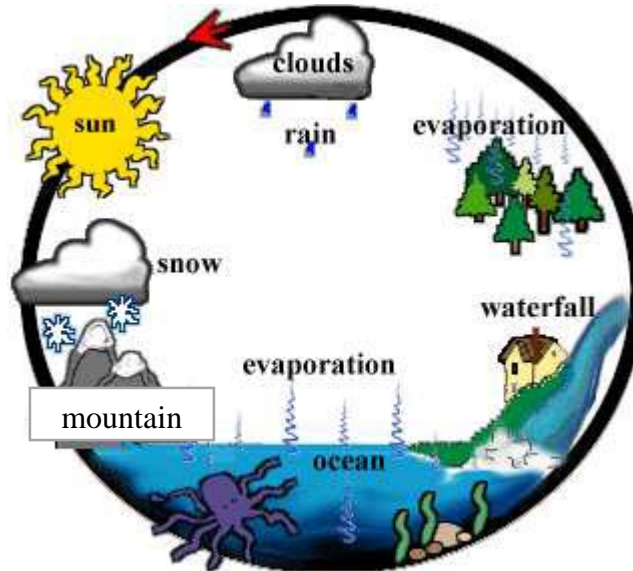
**Cakacaka lavaki**

**Vakacuruma na vosa e veiganiti:**

1. 10 na qio - \_\_\_\_\_
2. 10 na vuaka - \_\_\_\_\_
3. 10 na vonu - \_\_\_\_\_
4. 100 na niu - \_\_\_\_\_
5. 100 na voivoi - \_\_\_\_\_
6. 1000 na niu - \_\_\_\_\_

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

### The Water Cycle



1. The heat from the sun causes water to evaporate from seas, rivers and streams.
2. The water vapour rises, cools and condenses to form tiny water droplets.
3. These droplets form clouds.
4. The clouds are carried along by air.
5. They cool and droplets join to form larger drops.
6. These then fall as rain (precipitation) when the water droplets become too heavy to be supported in the air.
7. Evaporation is the process by which water changes from a liquid to a gas or vapour.

### Activity

Answer the following questions.

1. What is one form of precipitation mentioned above in the notes?
2. Where does the rain come from?
3. What is the significance of sun in a water cycle?
4. Define the term evaporation.
5. Draw a water cycle and label it accurately. Please colour your drawings neatly.