

1628 LABASA SANGAM PRIMARY SCHOOL

YEAR: 7

ENGLISH

WORKSHEET: 6

STRAND	Reading and Viewing
SUB STRAND	Pacific Folk Tales – Pages: 122 – 123 – ‘The First Birds and Fish’
CONTENT LEARNING OUTCOME	Read and view with understanding Making Good – Chapters 14 and 15, Pages: 66-77 and answer the questions.

Read Pacific Folk Tales – Pages: 122 – 123 – ‘The First Birds and Fish’ and the summary and answer the questions.

Title: The First Birds and Fish

Setting: Australia

Main Character: Brush Turkey,

Other Characters – Baiame, owl and other birds

Plot / Summary

This is an aboriginal story narrating how the god name Baiame created birds out of a rainbow. It is believed that when the rainbow filled the sky in the shape of an upside down bowl, he shattered it, into a thousand tiny pieces and each piece became a bird and began falling toward the earth. Most of the birds enjoyed the experience of falling to the earth and sang joyfully, apart from one, the Brush Turkey.

The Brush Turkey got so envious of the beauty of the other birds that it decided to destroy them by setting fire to the forest. The Brush Turkey went to the **magic tree** which was struck by the lightning to get the fire. He picked up the stick and lit and happily went back thinking about the success of his cruel scheme. He set the forest on fire; all birds were sleeping except for an Owl. The Owl warned and woke up the birds and they all flew to their safety. Some birds flew right out to the sea. They got exhausted and fell right into the water. As these birds fell into the water, their wings dropped off, their bodies grew bigger and their feathers became scale thus they turned into fish in the sea.

Everything regenerated after the fire and birds were all happy once again, except for Brush Turkey as his feathers got covered with ash from the fire and he turned an ugly grey colour.

Theme

- Never be envious of others.
- As you sow, so shall you reap.
- Be content of what you have in life.

QUESTIONS – Answer each question in a complete sentence.

1. What is the name of the aboriginal people’s god of creation ?

---

---

2. Explain why the kangaroo no longer uses its front legs, according to the story.

---

---

3. What is the reason suggested for why birds sing ?

---

---

4. Give **two** reasons why Brush Turkey was jealous of the other birds.

---

---

---

5. What had started the **magic tree** burning ?

---

---

6. Why was Brush Turkey not a very good runner ?

---

---

7. Why should Brush Turkey be thanked ?

---

---

8. In what way was Brush Turkey a loser ?

---

---

STRAND	Strand 3 – Measurement.
SUB STRAND	M 3.2: Volume/Capacity
CONTENT LEARNING OUTCOME	<ul style="list-style-type: none"> <li>Express volumes and capacities using appropriate units and language of comparison.</li> <li>Estimate, measure and compare capacities using standard unit.</li> <li>Solve word problem in volume.</li> </ul>

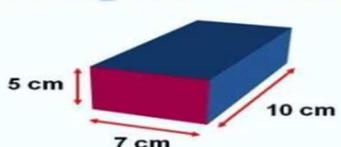
VOLUME OF RECTANGULAR PRISM

**VOLUME IS THE SPACE AN OBJECT OCCUPIES**

**Volume of Rectangular Prism**

$V = \text{Area} \times \text{Height}$

$V = L \times W \times H$



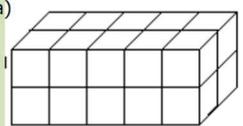
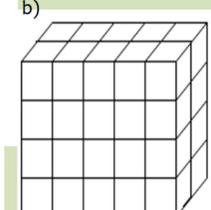
$V = L \times W \times H$

$V = 10 \times 7 \times 5$

$V = 350 \text{ cm}^3$  ✓

Exercise 3.2A

1. Find the volume of each rectangular prism in cubic centimetres.

<p>a)</p> 	<p>b)</p> 
---	--

2. If the volume of a cube is  $1 \text{ cm}^3$ , find the volume of a:

a) a stick	b) flat	c) block
------------	---------	----------

3. Find the volume of each **set** of Dienes blocks.

<p>a) 5 cubes, 4 sticks and 7 flats e.g. 7 flats = <math>700\text{cm}^3</math> 4 sticks = <math>40\text{cm}^3</math> 5 cubes = <math>5\text{cm}^3</math> <u>Total = <math>745\text{cm}^3</math></u></p>	<p>b) 9 flats, 1 block ,6 cubes and 1 cube</p>	<p>c) 12 cubes, 7sticks, 1 block and 8 flats</p>
<p>d) 19 cubes, 9sticks and 19flats</p>	<p>e) 15 sticks, 15 cubes, 5 flat and 1 block</p>	<p>f) 8 cubes, 6 sticks and 8 flats</p>

<p>Volume = (l x w) x h</p>	<p>Area = <math>\frac{\text{Volume (V)}}{\text{height (h)}}</math></p>	<p>Height = <math>\frac{\text{Volume (V)}}{\text{Area (A)}}</math></p>
-----------------------------	--	--

4. Complete the table given below:

	Area of base	Height	Volume of prism
a	$10\text{cm}^2$	6cm	
b		12cm	$180\text{cm}^3$
c	$50\text{cm}^2$		$450\text{cm}^3$
d		9cm	$108\text{cm}^3$

Show your working here for question 4.

# 1628 LABASA SANGAM PRIMARY SCHOOL

YEAR: 7

## HEALTHY LIVING

### WORKSHEET: 6

STRAND	Safety
SUB STRAND	Personal safety
CONTENT LEARNING OUTCOME	Explain the need for applying rules in familiar settings.

#### UNIT 27: COMMUNITY SAFETY

It is a safety of any community that we live in. Everyone should contribute to the safety of our communities by looking after everyone caring for one another.

Community safety is not just an issue for police and fire and rescue authorities. Town Councils contribute in a variety of ways.

Their work which is carried out through community safety partnerships are:

- **emergency planning** – ensuring that plans are in place to deal with emergency situations such as flooding, earthquakes, tsunami, civil unrest or terrorist incidents.
- **regulation, licensing and trading standards** – such as alcohol and entertainment licenses to help maintain public order, food hygiene certification for businesses to prevent food poisoning.
- **contributing to anti-social behaviour strategies** – through a range of council services including lighting, street cleansing, planning and leisure.
- **new governance arrangements** – for policing and crime plans including the introduction of community police posts, police and crime stoppers and police and crime panels.

#### UNIT 28: VOLUNTARY ORGANISATIONS

In a society, voluntary organisations are necessary as they perform a number of functions for the welfare of its members, the development of the country and combination and solidarity of the society and nation. Below are four major responsibilities of Voluntary Organisation:

- i. Man is a sociable being. The urge to act in groups is essential to him. People therefore form groups and associations voluntary for their benefit as also of others with a view to lead a full and richer life.
- ii. They enable the individuals to learn the basics of groups and political action through participation in the governing of their private organisations.
- iii. The state does not have the necessary financial resources and manpower to meet all the needs of its citizens. It can therefore have the responsibility of providing them minimum needs. The voluntary organisations by raising additional resources locally and also some are funded by international financial institutions can meet uncovered needs and enrich local life.

- iv. Voluntary organisations also help the government during disasters as they provide relief assistance and manpower to affected areas.

### SOME VOLUNTARY ORGANISATIONS IN FIJI

#### **a). Fiji Red Cross Society**

To bring assistance without discrimination to the wounded to prevent and alleviate human suffering wherever it may find. Its purpose is to protect life and health and ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all people. Types of serves offered by them are:

- ✓ Providing wheelchairs.
- ✓ Collect blood for blood bank.
- ✓ Help people during natural disasters.

#### **b). Saint Johns**

They provide first aid and disaster preparedness. They recognize healthcare and humanity.

### **Answer these questions**

What are voluntary organisations?

---

---

Name five voluntary organisations in Fiji

---

---

What do they do?

---

---

Why do they do what they do?

---

---

Where do they get their items, money from?

---

---

When do they give out help?

---

---

STRAND	Strand 3 – Energy
SUB STRAND	Energy Saving
CONTENT LEARNING OUTCOME	Explore the importance of good Energy Management

**Energy Saving**

**The law of conservation of energy says that it cannot be created or destroyed.** Energy takes on many forms and **energy** within a system is constant. [James Joules]

Source: <http://www.lawofconservationofenergy.com>. **Energy is measured in Joules (J).**

Coal, natural gas and crude oil production is likely to increase much beyond today's level. Even though large coal resources remain, pollution problems restrict its use. It is estimated that world coal reserves will last for another 300 years while gas and oil resources will be depleted within the next 60 to 100 years.

Activity: Energy Conservation

A.

i. How can we save energy at home?

---

ii. How can we save energy at school?

---

B. Study the chart displayed on the board and use your worksheet to fill in the gaps.

Copy and complete.

**CONSERVATION – ENERGY SAVING**

1. Turn off the \_\_\_\_\_ when you have a room.
2. Turn off the \_\_\_\_\_ when no one is watching.
3. Decide what you want, then \_\_\_\_\_ the refrigerator door.
4. Hang \_\_\_\_\_ to dry, in the sun.
5. Wear warm clothes on \_\_\_\_\_ days.
6. During hot weather open \_\_\_\_\_ and \_\_\_\_\_ to let the cool breeze inside.
7. During cold weather close the \_\_\_\_\_ and \_\_\_\_\_ to keep the cold out.
8. Turn off dripping \_\_\_\_\_ to save water.
9. Walk or ride your \_\_\_\_\_ instead of using your car.
10. Open curtains and blinds during the \_\_\_\_\_ to use light from the window.

C. Copy and complete:

**Draw machines that use fossil fuels.**

<b>1. Petrol</b>	<b>3. Coal</b>
<b>2. Diesel fuel</b>	<b>4. Gas</b>

D. Copy and complete:

- a) Energy obtained from the sun is \_\_\_\_\_ and is known as \_\_\_\_\_ energy.
- b) Solar energy \_\_\_\_\_ forever and is \_\_\_\_\_ free. It can be used to generate heat that makes electricity for lighting and heating.
- c) Wind energy powers a \_\_\_\_\_ which in turn powers a \_\_\_\_\_ that draws water from the ground.
- d) Water power makes a hydro machine work that generates \_\_\_\_\_ for lighting and makes work easier.

E. Copy the statements and write TRUE or FALSE next to each.

- a) Home electricity bill can be less if you keep all your lights on all night. \_\_\_\_\_
- b) Cooking gas is renewable energy. \_\_\_\_\_
- c) The more electrical appliances used at home the less energy consumed. \_\_\_\_\_
- d) Fuels used by machines cause pollution and health risks. \_\_\_\_\_
- e) Energy eaters at school can use less energy if we maintain them sensibly. \_\_\_\_\_

F. Answer all questions with complete sentences.

- a) How can we maintain a regular supply of wood ?

---

- b) How can we control the misuse of fossil fuels ?

---

c) Why is coal energy not in great use nowadays ?

---

d) Electricity can be generated from water power. What other sources of energy can generate electricity ?

---

e) Which source of energy is mostly used in your area ?

---

f) How can you save energy when heating water ?

---

g) List some ways to save energy while cooking ?

---

h) Name appliances you use at home that you don't really need.

---

i) Why is it wise to save energy at home ?

---

### **The Greenhouse effect**

A non-renewable energy source, such as coal, contributes to Global Warming by releasing a greenhouse gas into the atmosphere, which traps the Sun's heat, like a Greenhouse. The Sun's heat can get in, but it has a harder time getting out when there are too many Greenhouse gases in the atmosphere.

### **Energy Saving Hints**

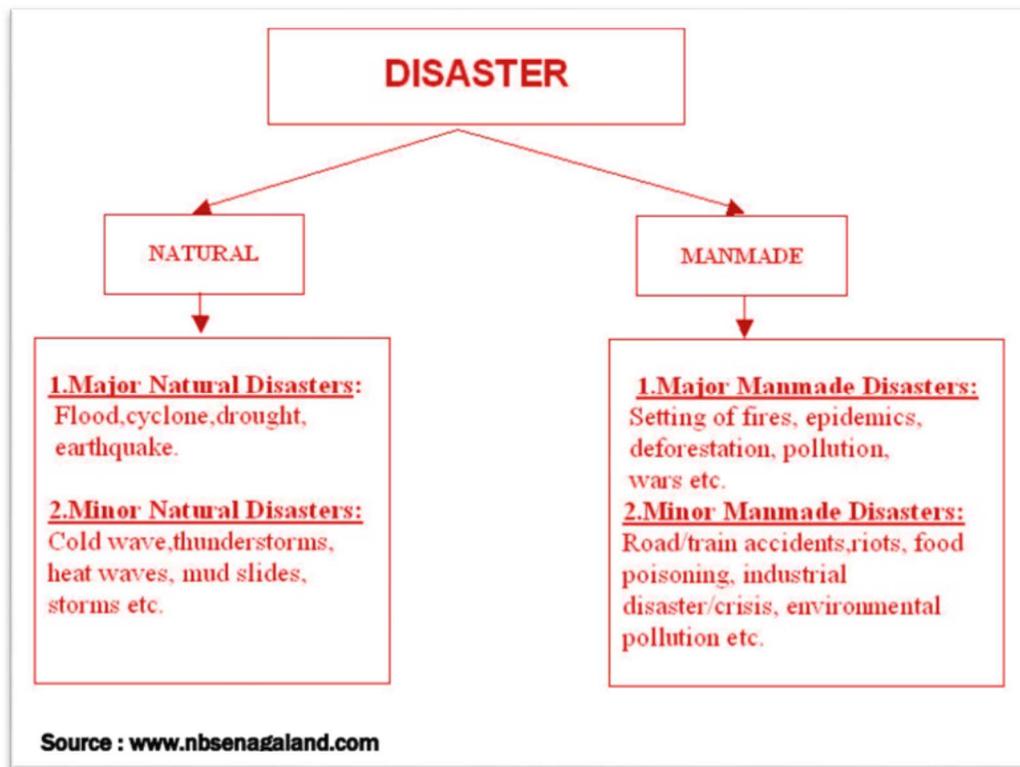
- Energy can be saved if it's only being used wisely.
- Wood energy can be plentiful if we keep on planting trees.
- To save energy at home we should turn off electricity when appliances are not in use
- Environment can be pollution free if usage of fossil fuels is minimized and other forms of energy which are pollution free are harnessed, like solar energy, wind energy and water power.
- Being energy wise now will take us to a good and healthy future.

STRAND	Strand 3: PLACE AND ENVIRONMENT - Belonging to special places.
SUB STRAND	3.2 PEOPLE AND CARE OF PLACES
CONTENT LEARNING OUTCOME	Analyze pollution problems in the Pacific; discuss their effects and ways of alleviating the problems.

Hazard, Disaster and its Socio- Economic Environmental Impact

Hazard – is a danger or a risk.

Disaster - a sudden event, such as an accident or a natural catastrophe, that causes great damage or loss of life.



Hazards are occurrences that pose a threat or danger on the lives of people and livestock's, and damages to their environment. They can be caused naturally or intensified by human actions.

The Pacific is affected with natural hazards but not all the natural hazards occur in the region. The Natural

Hazards that affect the region are:

- Tropical cyclones / hurricanes
- Earthquakes
- Tsunamis
- Storm Surge
- Flood
- Landslides
- Drought

The manmade disasters that affect the region are:

- Fire
- Deforestation
- Pollution
- Road Accidents

### BEING AWARE OF THE APPROACHING OCCURANCE OF NATURAL HAZARDS

Fiji is affected by all the hazards listed above and have understood the signs of an approaching hazard over time by using traditional knowledge and modern machines.

#### Traditional Knowledge

The people of the past without the use of instruments and modern machines can detect an approaching hazard by looking at the signs and odd behaviour of animals and birds.

- For approaching tropical cyclones bee hives are found on the ground instead of being suspended or hanging from a tree.
- For tsunamis the low tide, extends further out to sea, beyond the normal shoreline of low tides.
- For approaching hurricanes and tsunamis the nocturnal birds are found flying in the day and rats are visible, dogs howl abnormally.

#### Modern Machines

Machines are being used nowadays to detect the possible occurrence of natural hazards. These are some machines used:

- Seismograph– detects the shake of the ground (earthquakes)
- Anemometer – measures wind speed (tropical cyclone / hurricane)
- Barometer – measures air pressure (depression / tropical cyclone)
- Rain Gauge – measures rainfall (flood / drought)

### NATURAL DISASTERS/HAZARDS IN THE PACIFIC

All year round warm tropical climate is one of the main aspects of the Pacific that attracts visitors from all over the world. However, the hot weather, humidity and its South Pacific location can also lead to dangerous and life-threatening natural disasters, including cyclones, floods, droughts, earthquakes and tsunamis.

#### Cyclones

A cyclone/ hurricane is the main and most wide-spread natural disaster in the Pacific region. Severe tropical storms bring about massive rainfall and high winds, plus the low pressure may cause the sea to rise as much as 2 meters. Destruction to houses, other infrastructure and gardens, loss of vegetation, flooding, land erosion, coastal inundation, destruction of coral reefs and sea grass beds, and pollution of water supplies are all effects of cyclones.

#### Floods

Flooding in the Pacific can be the result of cyclones, though it can also occur during the country's rainy season between November and April. The Pacific also has wet and dry zones, so naturally the wet zones, which are mostly located in the southeast region of the islands, are more prone to experience heavy rains and flooding.

#### Droughts

The areas that are driest (also called the dry zones) are the lower islands and leeward areas of the Pacific Islands. These areas are also most vulnerable to droughts and water supplies are affected as well. Droughts can also have a negative impact on our economy.

#### Earthquakes and Tsunamis

The Pacific Islands are seismically active, which means that they are easily faced by earthquakes. The greatest danger of earthquakes, especially severe ones, is the damage and destruction of houses and other infrastructure, as well as to natural environment.

Sometimes earthquakes can also cause tsunamis. A tsunami is a chain of large waves that can be caused by a sudden movement of the ocean floor. Besides an earthquake, the sudden motion or movement can also be the result of an underwater landslide or a powerful volcanic eruption.

Activity:

1. Find the meanings of these terms:

(a) Tropical Cyclones: \_\_\_\_\_

\_\_\_\_\_

(b) Hurricanes: \_\_\_\_\_

\_\_\_\_\_

(c) Earthquakes: \_\_\_\_\_

\_\_\_\_\_

(d) Landslides: \_\_\_\_\_

\_\_\_\_\_

(e) Tsunamis: \_\_\_\_\_

\_\_\_\_\_

(f) Drought: \_\_\_\_\_

\_\_\_\_\_

(g) Storm Surge: \_\_\_\_\_

\_\_\_\_\_

2. Complete the table

For each natural disaster write what you do before, during and after the disaster.

Natural Disaster	Before	During	After
A. Earthquake			
B. Tsunami			
C. Hurricane / Cyclone			

3. Write down what each instrument is used for:

(a) Rain gauge: \_\_\_\_\_

\_\_\_\_\_

(b) Anemometer: \_\_\_\_\_

\_\_\_\_\_

(c) Barometer: \_\_\_\_\_

\_\_\_\_\_

(d) Seismograph: \_\_\_\_\_

\_\_\_\_\_

4. Define the following words:

(a) Hazard: \_\_\_\_\_

\_\_\_\_\_

(b) Disaster: \_\_\_\_\_

\_\_\_\_\_

1628 LABASA SANGAM PRIMARY SCHOOL

YEAR: 7

HINDI

WORKSHEET: 6

STRAND	Reading and Viewing
SUB STRAND	पाठ ७, विद्यार्थी का क्तव्य (Page 19) - संस्कृति और मानव धर्म
CONTENT LEARNING OUTCOME	Read and view with understanding a passage and answer the questions.

पाठ ७, विद्यार्थी का क्तव्य (Page 19) - संस्कृति और मानव धर्म, को पढ़ कर नीचे दिए सवालों का सही जवाब लिखिए ।

अ. पाठ के अनुसार रिक्त स्थान को सही शब्द से पूरा करिए ।

- सबसे उत्तम समय ----- जीवन होता है ।
- शरीर को स्वस्थ रखने के लिए ----- भोजन करना चाहिए ।
- दुख-सुख में सदा ----- करनी चाहिए ।
- माता-पिता और गुरु ----- करनी चाहिए ।

आ. इन प्रश्नों के उत्तर पूरे वाक्य में लिखिए ।

१. गुस्सा करने से क्या होता ?

-----

२. विद्यार्थी जीवन में विद्या-अध्ययन करना क्यों जरूरी है ?

-----

३. मिलकर रहने के लिए क्या जरूरी है ?

-----

४. शरीर मजबूत बनाने के लिए क्या करना जरूरी है ?

-----

इ. इन्हें मिलाओ ।

१. आस्तिक		क. शरीर मजबूत बनेगा
२. खेल-कूद, कसरत		ख. ईश्वर में विश्वास
३. गुस्सा करने से		ग. बुरी आदत
४. लालच, चोरी		घ. अच्छी आदत
५. सच, प्रेम और दया		ङ. ताकत घटती है
६. विद्यार्थी जीवन		च. भविष्य की नींव

1628 LABASA SANGAM PRIMARY SCHOOL

YEAR: 7

NA VOSA VAKA VITI

WORKSHEET: 6

LESSON NOTES

NAME: \_\_\_\_\_

SUBJECT: NA VOSA VAKA VITI

YEAR LEVEL: 7 \_\_\_\_

WEEK: 6

STRAND	Na ivakarau vakavanua
SUB STRAND	Itovo vakavanua
CONTENT LEARNING OUTCOME	Kila na veitarataravi ni vei qaravi vakavanua e dau caka

**Lesson Notes**

**WASE 15 : NA VEIQARAVI VAKAVANUA**

**NA VOSA ME NANUMI:** A. Vola ka vulica na i balebale ni veivosava oqo.

1. vulagi kilai : e dua e namaki e na nona yaco yani ni dokai e na nona dra, i tutu se cakacaka
2. tokatu : yaco, tadu
3. maucokona : vakataucokotaka; me sa qai tiko taucoko kina na ka e vinakati
4. tubetube : na i tavi ni kena tuberi se vakacabori na tabua
5. vakacabo : na vakamacalataka se tuva vosa e na vakaraitaki ni yau, magiti se tabua , yaqona
6. vakawai : kacivaka ni sa laurai e dua na ka e namaki me basika mai.
7. dodo : yatuni me vaka na vakamalolo
8. ucu : basika ka toso mai na matameke
9. cauraki : tukuni me kilai
10. bali : lose (vosa ni sucu)
11. melaca : lagata
12. tadodo : ni sa toso vinaka na i lakolako ni dua na soqo 13. tadu: ni yaco yani e dua na turaga/marama

**B. NA I VOSAVOSA VAKA-VITI**

Vola ka vulica na i balebale ni veivosavosa vaka-Viit oqo.

- (a) Sa tokatu mai : Sa yaco mai e dua e na I lakolako mai.
- (b) Na cavuikelekele : Na veisureti kina waqa vakaturaga me yavi na i kelekele ka kele mai ki vanua
- (c) Na i vakasobu : Na vei qaravi vakavanua vua e dua na turaga ka sureti me gole ki na vanua e sa vakarautaki tu me caka kina vei qaravi.
- (d) Na i luva ni tawake : Na i tovo vakavanua ka vakayacori e na veidokai, me uruci na kuila e waqa ka me sa cavutu na i lakolako vakaturaga ki vanua. E vakacabora na i luva ni tawake na talai mai vanua. E na gauna oqo sa okati me tiki ni vei qaravi levu e vanua ni oti na qaloqalovi.
- (e) Na ucu ni meke : E tukuni oqo ni basika ka toso mai na matanimeke—meke i wau/meke wesi. (
- f) Na dodo ni meke : Na yatuni ni ra sa dabe tiko ka meke na matanimeke – vakamalolo.

**Cakacaka Lavaki.** 1. Tuvana mai vakadodonu na veitarataravi ni veiqaravi vakavanua ka ra koto oqo e ra.

i. yaqona vakaturaga, sevusevu, qaloqalovi, cavuikelekele, wase ni yaqona vakaturaga

---

---

ii. ciqomi, tuberi, vakamaluataki, vatonaki, tama

---

iii. vakamaluataki, tarai, vakacabori, vatonaki, vakarogotaki

---

2. Vakamatanivolataka mada vaka-Viti na veivosa e ra ni yavutaki e na rorogo se i cavucavuti ni vosa vakaVavalagi.

a. helicopter \_\_\_\_\_ c. journal \_\_\_\_\_

c. introduction \_\_\_\_\_ b. propulsion \_\_\_\_\_

d. ombudsman \_\_\_\_\_