

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
ENGLISH
WORKSHEET 9

Strand	Listening and speaking.
Sub Strand	Text Types Media, Everyday Communication Literacy Texts.
Content Learning Outcome	Listen carefully, speak and respond confidently to a variety of literacy texts.

Read Chapter 14 from pages 66 to 71.

Novel: Making Good

Chapter 14

Hard Work

Summary

George was very happy with the Glover family, even though Mr. Glover was very strict. Mrs. Glover fed him well and gave him shark-liver oil twice a day to make his cough get better. After six months, he was much better and even a bit fat. Tebutinnang (movement of clouds), the Glover's eldest daughter, became his good friend. After eight months, Mr. Glover started to teach George to read and to do arithmetic. Mr. Glover started to teach alphabets to George and he learnt arithmetic by working in the shop and did very well.

George was now sixteen years old. Mr. Glover was very pleased with him and asked him to keep living with his family. George was very happy about this but he was also a bit sad because he had not heard from his mother, even though he had sent money to her. Mr. Glover said that a letter might come the next time the Trade Wind visited.

Activity

Answer the following questions.

1. How did Mrs. Glover help George recover from TB?
2. Who was Tebutinnang?
3. How did Mr. Glover start teaching George to read?
4. How did Mr. Glover teach arithmetic to George?
5. Why was George a bit sad?

Strand	Measurement
Sub Strand	Weight/Mass
Content Learning Outcome	Convert the weights of objects using kilograms and grams.

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

C. Trauma

1. Trauma is an emotional response someone has to an extremely negative event.
2. The effects can be so severe that they interfere with an individual's ability to live a normal life.

Main Sources of Trauma (Causes)

- Physical violence.
- Rape.
- Domestic violence.
- Natural disasters.
- Severe illness or injury.
- Death of a loved one.
- Witnessing an act of violence.

Symptoms of Trauma

- Shaken or disoriented.
- Not responding to conversations.
- Withdrawn.
- Anxiety – irritated, poor concentration and mood swings.
- Emotional symptoms – anger, sadness and emotional outbursts.
- Physical symptoms – paleness, tiredness, fast heartbeat and panic attacks.

D. Stress Management

1. Stress is what we feel when we think we've lost control of events.
2. We experience stress almost any time we come across something unexpected or something that frustrates our goals.
3. Stress reduces our ability to work effectively with other people because in this state we are nervous, anxious and irritable.
4. Stress can also cause severe health problems. Stress management techniques could be sought from the professionals.

Activity

Answer the following questions.

1. _____ is an emotional response someone has to an extremely negative event.
2. What are some causes of trauma?
3. List down some emotional symptoms of trauma.
4. _____ is what we feel when we think we've lost control of events.

Strand	हिंदी व्याकरण
Sub Strand	कविता
Content Learning Outcome	कविता को पढ़ो और अभ्यास कार्य पूरा करो ।

देश की मिट्टी

इस मिट्टी से बैर करो मत ये मिट्टी ही सोना है,
 इसी में हँसना, इसी में गाना, इसी में यारों रोना है।
 इस मिट्टी में जन्म लिया है, इसी मिट्टी में रहना है,
 इसी में खा के, इसी में जा के, इसी में वापस आना है।
 इससे प्रेम करोगे प्यारे, नाम अमर हो जाना है,
 इसी में सपना, इसी में अपना, इसी में ये जग सारा है।
 इसी में कंकड़, इसी में पत्थर, इसी में अन्न भी होना है,
 इस मिट्टी से बैर करो मत ये मिट्टी ही सोना है।
 इसी में आना, इसी में जाना, इसी में पाना खोना है,
 इसी में श्रीराम, इसी में श्रीकृष्ण, इसी में प्रभु को आना है।
 इसी में पाप, इसी में पुण्य, यहीं से दोनों को जाना है,
 अच्छे कामों का फल अच्छा, बुरा कर के पछताना है।
 इस मिट्टी से प्यार करोगे, हँसते हँसते जाना है,
 इस मिट्टी से बैर करो मत ये मिट्टी ही सोना है।

- शम्भू नाथ

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. कविता में 'इसी' शब्द का प्रयोग किसके लिए किया गया है?

२. लेखक के अनुसार मिट्टी से प्रेम करने से क्या होगा?

३. मिट्टी से बैर करने पर क्या होगा?

४. इस कविता से हमें क्या सीख मिलती है?

2036 Penang Sangam Primary School
Year 7
Social Science
Worksheet 9

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.

Samoa

1. In the history of Samoa, contact with Europeans began in the early 18th century.
2. In 1722, a Dutchman by the name of Jacob Roggeveen was the first European to sight the islands.
3. Missionaries and traders arrived in the 1830s. Halfway through the 19th century, the United Kingdom, Germany and the United States all claimed parts of the kingdom of Samoa, and started trade posts.
4. After World War I, Britain and New Zealand took over the western islands which became 'Western Samoa' and USA claimed the eastern half of the country which became American Samoa.
5. In 1962, Western Samoa became the first Pacific Island nation to gain independence.
6. In 1997, Samoa officially dropped the 'Western' from its name as it was an appendage from its colonial era.
7. The country's capital is Apia.



Activity

Answer the following questions.

1. The capital of Samoa is _____.
2. When did Western Samoa gain its independence?
3. Who was Jacob Roggeveen?
4. Missionaries and traders arrived in the year _____.
5. Britain and New Zealand claimed the _____ part of the island.

2036 PENANG SANGAM PRIMARY SCHOOL

YEAR 7

NA VOSA VAKAVITI

WORKSHEET 9

Na Vakacacali

Ulutaga ni lesoni: Na serekali

Kakana Bulabula

Kakana draudrau rui bulabula
Rourou, na bele kei na ota
Sau rawarawa, buta totolo mo nanuma
Ni ratou solia na dra bulabula

Lewe ni manumanu kei na ika
Sasalu ni waitui sa totoka dina
Riri, vavi, tavu se **koda**
Na **vakasoso** kena I vakaloma vinaka

Gauna ni kua sa duatani
Kakana ena kedra veimataqali
Tu tale ga na kena I saluwaki
Gagaria ia e **vakarerevaki**

Cakacaka lavaki

Sauma na veitaro;

1. Vola e **dua** na vinaka ni kakana draudrau _____

2. Na kakana cava e dau

i. **Koda?**

ii. **Vakasoso?**

2036 Penang Sangam Primary School
Year 7
Basic Science
Worksheet 9

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

Physical Change and Chemical Change

Physical Change	Chemical Change
It is the change of state only.	Change is stable.
Can be reversed.	It is irreversible.
The change is temporary.	The change is permanent.
No new substance is formed.	A new substance is formed.
Example: water can be cooled to form ice and later on, the same ice can be melted to get the water back.	Example: a paper when burnt, turns into ashes. It cannot be brought back to paper.

Note:

1. When **melting** substances, **heat is taken in** to make this happen.
2. When **boiling** substances, **energy is taken in as heat**.
3. When substances are set on fire, it is a **chemical reaction** since the substance burning is reacting with oxygen.
4. **Condensation:** a change of state where gas turns into liquid.
5. **Chemical reaction** is a process in which substances/ reactants are converted to different substances.

Activity

Answer the following questions.

1. Write down any two differences between a physical change and a chemical change.
2. Define the term condensation.
3. What happens when boiling takes place?