



Strand	Listening and Speaking
Sub - Strand	Correct Choice of Vocabulary
Learning Outcome	To enable students to use the words correctly in a sentence.

Activity: Use the correct vocabulary to complete the sentences below:

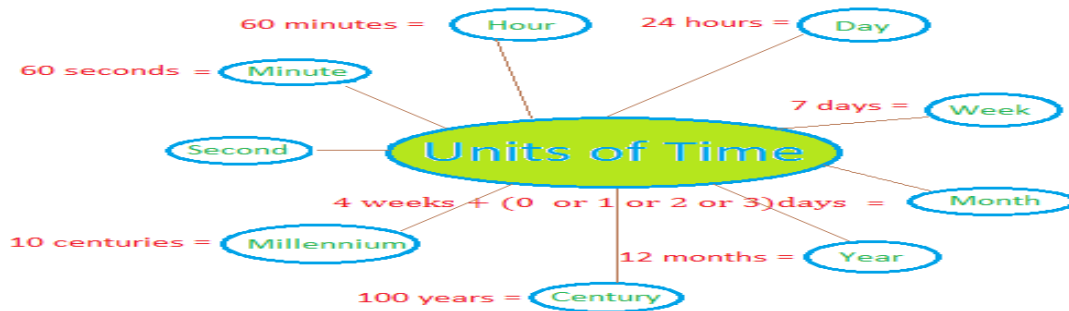
(Use one word per space only)

1. I met my friend John \_\_\_\_\_.
2. \_\_\_\_\_ Ram nor Peni came to school today.
3. Mr Chand had too \_\_\_\_\_ books to mark \_\_\_\_\_ he worked until 11pm.
4. We must use our natural resources \_\_\_\_\_ or else we will \_\_\_\_\_ an unstable future.
5. We use \_\_\_\_\_ muscles when \_\_\_\_\_ move our body.
6. Either Sheetal \_\_\_\_\_ Komal will join me for the march.
7. When Roger went to Nadi, he \_\_\_\_\_ with his aunt.
8. The guests shook hands \_\_\_\_\_ one another.
9. William \_\_\_\_\_ an interesting book from the bookshelf.
10. The girl \_\_\_\_\_ won the oratory contest \_\_\_\_\_ our school prefect.
11. The boy had to \_\_\_\_\_ a song during the school function.
12. Mere was \_\_\_\_\_ tired that she couldn't finish her work.
13. Last Saturday was the \_\_\_\_\_ day of my life.
14. Non Communicable Diseases kills thousands of \_\_\_\_\_ every year.
15. The children continued playing \_\_\_\_\_ the rain.
16. I went home in my \_\_\_\_\_ car.
17. It is important to \_\_\_\_\_ healthy food.
18. If I had studied hard, I \_\_\_\_\_ have passed my exam.
19. The children went home early \_\_\_\_\_ school.
20. It is a bad habit to \_\_\_\_\_ at people.
21. It is important to eat \_\_\_\_\_.
22. The purse \_\_\_\_\_ I lost was found in the playground.
23. My mum scolded me \_\_\_\_\_ I broke the glass.
24. The person \_\_\_\_\_ came yesterday was my uncle.
25. Lazy people always \_\_\_\_\_ excuses.
26. The fireman could not save the house \_\_\_\_\_ fire.
27. The chief guest \_\_\_\_\_ an interesting speech during his \_\_\_\_\_ to our school.
28. Kamal \_\_\_\_\_ wakes up late \_\_\_\_\_ the morning.
29. The cartoon character I \_\_\_\_\_ in the video was really funny.
30. The hunters walked \_\_\_\_\_ out of the forest.



Strand	Measurement
Sub - Strand	Units of time
Learning Outcome	To enable students to learn the units of time.

### UNITS OF TIME



### Calender Rhyme

Thirty days have September

April June and November

All the rest have 31 days

Expect February which has 28 days normal

And 29 days in a leap year

Activity: Use the flow chart and the calendar rhyme to complete the table given below:

<b>Example: Number of days in a year</b>	<b>365</b>
Number of days in September	
Number of months in a year	
Number of seconds in a minute	
Months which has thirty days	
Number of days in a week	
Number of days in February in a leap year	
Number of years in a century	
Number of months which has 31 days	
Number of minutes in an hour	
Number of hours in a day.	

Strand	Measurement
Sub - Strand	Calendar / Timetable
Learning Outcome	To enable students to correctly interpret and use calendar and timetable.

Activity One: Interpreting a Calendar Month

Reading a Calendar						
MARCH 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Use the calendar above to answer the questions.

1. How many days are in March? \_\_\_\_\_ days.
2. What day of the week is March 20? \_\_\_\_\_.
3. What day of the week is March 18? \_\_\_\_\_.
4. How many Mondays are in March? \_\_\_\_\_ Mondays.
5. How many Fridays are in March? \_\_\_\_\_ Fridays.

Activity Two: Interpreting a Timetable

School timetable						Name: Kim
	Monday	Tuesday	Wednesday	Thursday	Friday	
9.00 - 10.30	English 	maths 	history 	English 	science 	
<b>Break</b>						
11.00 - 12.30	maths 	IT 	science 	maths 	English 	
<b>Lunch time</b>						
1.30 - 3.00	geography 	music 	PE 	drama 	art 	
After school	football 		piano 		swimming 	

1. How many Maths lessons does Kim have in a week? \_\_\_\_\_
2. How long is her lunch break? \_\_\_\_\_
3. On which day and at what time does she have music? \_\_\_\_\_
4. State some activities she does after school? \_\_\_\_\_
5. What is the duration of her History lesson on Wednesday? \_\_\_\_\_

Strand	Safety
Sub - Strand	Effects Of Alcohol On The Individual, Family And Community
Learning Outcome	To enable students to learn about the impact of alcohol consumption on our lives and the lives of others.

Notes:

<b>Effects Of Alcohol</b>		
On The Individual	On The Family	On The Community
<ul style="list-style-type: none"> <li>➤ Unable to save money for future hardships.</li> <li>➤ Poor health as it causes liver, heart and kidney diseases.</li> <li>➤ Loss of interest in hobbies and voluntary work.</li> <li>➤ Neglecting his/ her responsibilities.</li> <li>➤ Getting involved in conflict and fights.</li> <li>➤ May lead a person to resort to suicide when traumatized.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Unable to fulfil all your family needs.</li> <li>➤ Death as a result of alcohol consumption leads to pain and suffering to others.</li> <li>➤ Accidents caused by drinking and driving puts the family members in trauma.</li> <li>➤ Family loses trust in the person who becomes an alcoholic.</li> <li>➤ Children learn bad habits.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Brings shame to the community due to conflicts and fights in public places.</li> <li>➤ Accidents because of alcohol can lead to death of a future community leader.</li> <li>➤ Road accidents may cause infrastructure damage leading to high repair costs.</li> <li>➤ Sets bad examples to the youths in the community.</li> </ul>

Activity:

1. Who is referred to as an alcoholic or alcohol addict?

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2. Why shouldn't you drink alcohol?

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3. What are its effects on the children?

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4. What are some effects of alcohol consumption on the family?

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5. What are some effects of alcohol consumption on the community?

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Strand	Safety
Sub - Strand	Effects Of Tobacco On The Individual, Family And Community
Learning Outcome	To enable students to learn about the impact of Tobacco use on our lives and the lives of others.



Notes:

Effects Of Tobacco Use		
On The Individual	On The Family	On The Community
<ul style="list-style-type: none"> <li>➤ Unable to save for future hardships due to high cigarette costs.</li> <li>➤ Affects a person's heart, lungs and brain.</li> <li>➤ Losing support from friends and family.</li> <li>➤ Affects a student's education when caught smoking in schools with peers.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Family members also inhale the chemicals from smoke released from cigarettes.</li> <li>➤ Children also learn these bad habits.</li> <li>➤ Conflicts within family for money to buy cigarettes.</li> <li>➤ Unable to meet the family needs.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Sets bad examples to youths in the community.</li> <li>➤ Requires the need to organise more anti-smoking campaigns.</li> <li>➤ Smoking in public places affects other people's health when they inhale the chemicals from cigarette smoke.</li> </ul>

Activity:

1. Who is called a heavy smoker?  
\_\_\_\_\_
2. Why shouldn't you smoke cigarette?  
\_\_\_\_\_
3. What are the effects of smoking on children?  
\_\_\_\_\_
4. What are some effects of smoking in public places?  
\_\_\_\_\_
5. What are some effects of smoking on the community?  
\_\_\_\_\_

A. Word Formation ( Two Letter Words)Example

रब	सब	टब	कब	भज	सज
जग	मग	खग	पग	ठग	नग
नल	चल	फल	दल	पल	बल
कल	छल	जल	थल	टल	तल
डर	कर	पर	मर	नर	सर
रथ	नथ	पथ	बस	कस	रस
गज	जज	रज	तज	दस	नस
आप	आज	आठ	आग	आर	आस
तन	थन	मन	धन	फन	टन
वन	ईश	ईख	ऊख	पत्र	यज्ञ

Activity:

Make a list of 15 more words. (Use two letters only)

1. _____	6. _____	11. _____
2. _____	7. _____	12. _____
3. _____	8. _____	13. _____
4. _____	9. _____	14. _____
5. _____	10. _____	15. _____

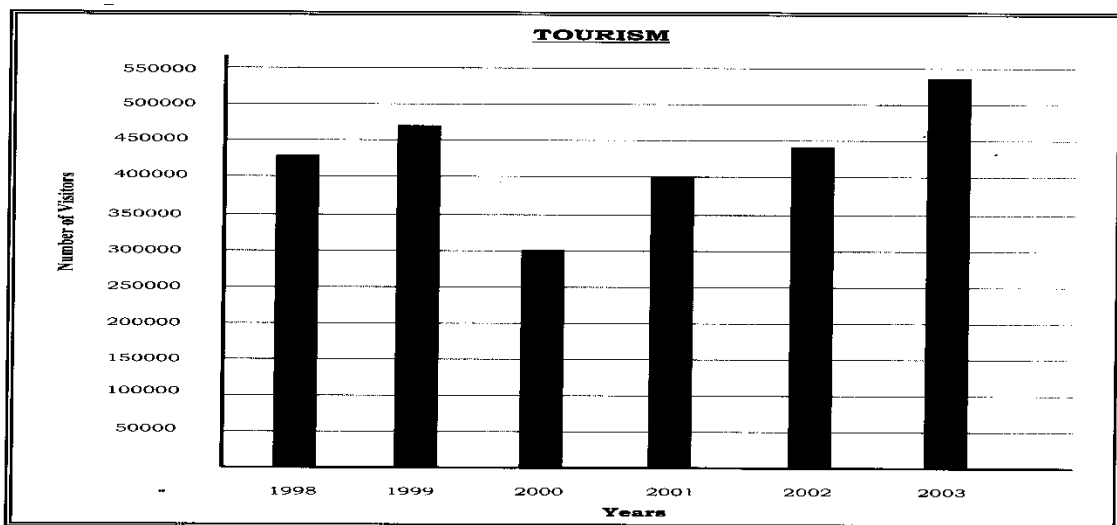




Strand	Social Organisation and Processes, Time Continuity and Change, Place And Environment and Resources and Economic Activities.
Sub - Strand	Resource Interpretations.
Learning Outcome	To enable students to correctly interpret graphs, pictures, tables and charts.

Graph Study:

Use the graph given below and your knowledge to answer the questions given.



*Source : Fiji Islands Bureau of Statistics*

- Which year had the highest number of tourist arrival?  
\_\_\_\_\_
- What could have been one reason for the low number of tourist arrivals in year 2000?  
\_\_\_\_\_
- State two ways by which tourism contributes to Fiji's Economy?  
\_\_\_\_\_  
\_\_\_\_\_
- . How many tourists arrived in the country in 2001?  
\_\_\_\_\_

Picture Interpretation:

Study the picture given below and use your own knowledge to answer the questions given.



1. State the type of pollution shown in the above picture. \_\_\_\_\_
2. State one impact of this type of pollution.  
\_\_\_\_\_
3. Discuss one way by which the problem above can be prevented?  
\_\_\_\_\_

Table Study :

Use the information given in the table below to answer the questions that follow.

<b>1990 – 1999 - Road Accidents in Fiji</b>			
YEAR	FATALITY	YEAR	FATALITY
1990	87	1995	63
1991	108	1996	59
1992	93	1997	78
1993	91	1998	78
1994	88	1999	76

1. In which year was the road fatality rate the highest on our roads? \_\_\_\_\_
2. Which two years had the same number of deaths occurring on roads in Fiji?  
\_\_\_\_\_
3. State one way by which road accidents can be prevented?  
\_\_\_\_\_

Strand	Energy
Sub - Strand	Vibration And Sound
Learning Outcome	To enable students to learn how sound forms through vibration.

## What is sound?



- **Sound** is a form of energy that can be heard and travels in waves.
- When matter **vibrates** or moves back and forth very quickly, a sound is made.
- Sound waves can travel through solids, liquids, or gases.



**Example:** When a school bell rings, parts of the bell will vibrate creating sound.

The diagram below will help you understand how and when the sound changes when an object vibrates.



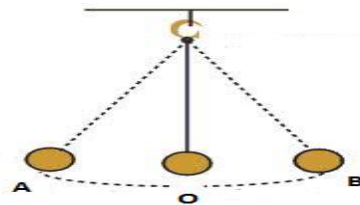
**Explanation:** As shown in the diagram above, the ruler when plucked will cause vibration through quick movement of an object backwards and forwards. When the ruler is placed at a shorter length from the table example 4 inch, the movement will be faster thus the sound produced will be louder because of high frequency of the movement. Whereas, the movement of the ruler when plucked will be slower when placed at a longer length from the table example 11 inch. Thus it will cause a softer sound since there will be less vibration as a result of lower frequency of the movement. **Note:** When an object moves back and forth once, it is counted as one frequency. Therefore the more the movement, the higher will be the frequency and the higher will be the sound produced.

### Activity:

1. What is sound? \_\_\_\_\_
2. What causes sound? \_\_\_\_\_
3. Define the term vibration. \_\_\_\_\_
4. Sound can travel through \_\_\_\_\_, liquid and \_\_\_\_\_.
5. The ruler when placed at a longer length from the table has \_\_\_\_\_ frequency, thus it produces a softer \_\_\_\_\_ since there will be lesser \_\_\_\_\_.

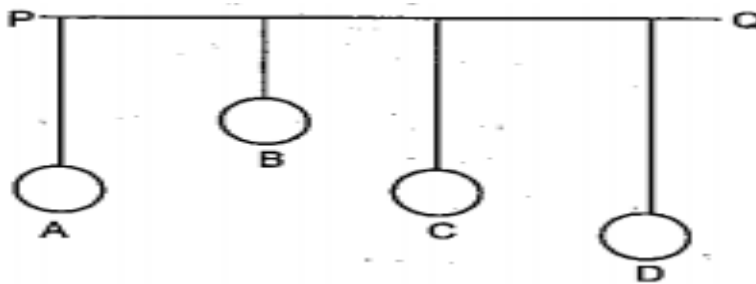
Strand	Energy
Sub - Strand	A Swinging Pendulum
Learning Outcome	To enable students to learn about the change in frequency of a pendulum at different lengths.

Definition of a Pendulum: A pendulum is a heavy object tied to a piece of string which moves forward and backwards. A picture of a pendulum is shown below:



The object tied to the string swings forward and backwards. Its movement from point A to point B and then back to point A completes one swing which is counted as one frequency.

The diagram below shows four pendulums with strings of various lengths.



Explanation: The pendulum with shorter length will make more swings back and forward thus the frequency count per minute will be more compared to the one with a longer length.

Activity: Use the notes, explanation and diagrams above to answer the questions given:

1. What is a pendulum?

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2. When does the swinging pendulum complete one swing?

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3. Which one the four pendulums shown above will have the greatest frequency?  
Explain why?

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4. Which one the four pendulums shown above will have the lowest frequency? Explain why?

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