

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 3 -2021**

Subject: English

Year: 7

Name: _____

Strand: Writing and Shaping

Sub-Strand: Language features and rules

CLO: Examine & explain socio cultural & other values, attitudes and beliefs and their relationships with the text used, audience, purpose and conventions.

LESSON NOTES:

ESSAY WRITING: Prepare a plan for your essay. Write not less than 20 lines on the topic you have chosen in the Answer Book. Give your story a suitable title. Write a story using the sentence given below as your **ending**. "*I woke up with a shiver and realized I had been dreaming.*"

PLAN:

- 1) My friend and I planned to watch a movie.
- 2) Our parents allowed us to go. We booked our tickets.
- 3) We watched '**Harry Potter**' movie at Life Cinemas.
- 4) I woke up and realized that I was dreaming.

An Exciting Dream

All days are not the same, some can be _____ while some can be really exciting _____ leave an unforgettable impression on your mind. Life is a blessing thus every moment of your _____ has to be lived to the fullest.

On a Thursday, I was _____ grateful when my parents _____ me to go with my friend to see a _____. It was the _____ time that I was permitted to go _____ and I was given twenty dollars for

_____ . My friend booked the tickets in _____ for a Saturday at Life Cinemas _____ Lautoka.

On Saturday _____, I gave a big _____ to my parents for _____ me to go out with my _____. I reached Lautoka at 9 a.m. My friend was _____ already. The _____ was full as today was the first _____ of Harry Potter's movie. I had _____ the book and _____ that the movie would be even more _____. The movie was just out of the _____, it was scary, it was magical and it was thrilling. We had _____ popcorns, chips and cold drinks to _____ in the cinema hall.

I found _____ in the same magic _____ as Harry and we _____ had become good _____. As I was _____ on a broom, my broom _____ naughty and it _____ me to my _____ where my teacher was _____ for me as I was _____. My _____ was glowing with anger as I was _____ for my examination. His eyes pierced into _____. I almost vomited. Someone _____ me. It was my mother. I woke up with a shiver and _____ I had been _____.

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 3 -2021**

Subject: Mathematics

Year: 7

Name: _____

STRAND – Measurement

SUB – STRAND: Calculating Area

CLO: Calculate area by using the correct formula.

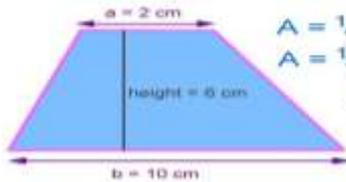
Derive formula for area of trapezium / rhombus from tabulated information and makes nets for rectangular solid

LESSON NOTES:

Area of Trapezium

The area of a Trapezium equals half the sum of the parallel sides, times the height between them.

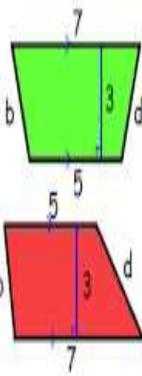
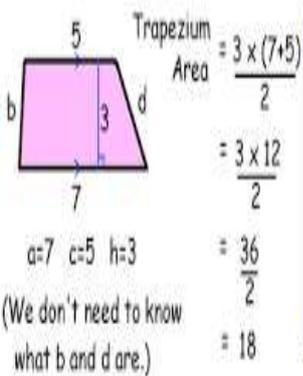
$$A = \frac{1}{2} (a + b) \times h$$



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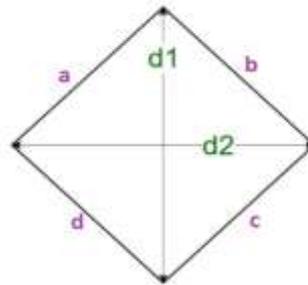
$$A = \frac{1}{2} (2 + 10) \times 6$$

$$A = 36 \text{ cm}^2$$

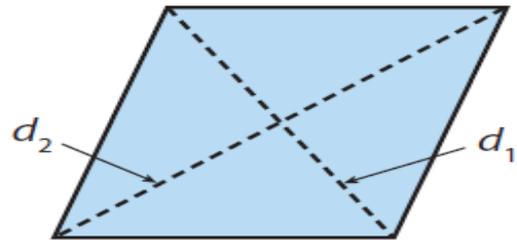


As lengths b and d don't matter, and a and c can be either way round, these trapeziums also have an area of 18.

Area of Rhombus

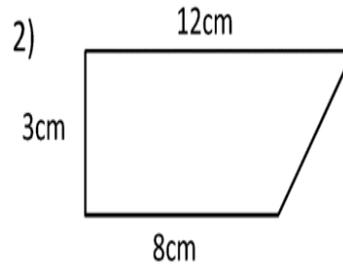
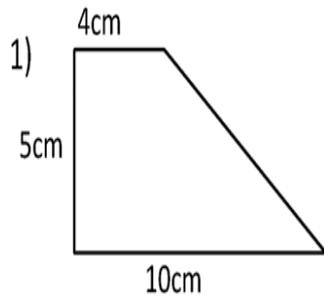


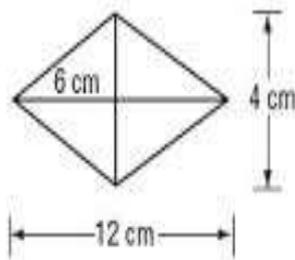
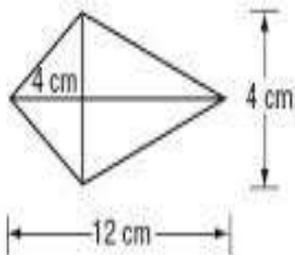
$$\text{Area} = \frac{d_1 \times d_2}{2}$$



$$A = \frac{1}{2} d_1 d_2$$

ACTIVITY: Calculate the area of the following:





**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 3 -2021**

Subject: Healthy Living Year: 7 Name: _____

STRAND: Building Healthy Relationships

SUB-STRAND: Resilience & Proactive Behaviour

CLO: Explore and state strategies needed to prevent harmful situations.

LESSON NOTES:

Trauma

- Trauma is an emotional response someone has from an extremely negative event.
- Severe trauma can interfere with an individual's ability to live a normal life.
- In some cases help is needed to treat the stress and dysfunction caused by the traumatic event.

Main sources of Trauma

- Rape
- Domestic violence
- Natural disasters
- Severe illness or injury
- The death of a loved one
- Witnessing an act of violence

Signs and symptoms of trauma

- Traumatized person will be depressed, shaken and disoriented.
- Person will not respond to conversation as they would normally do.
- A person will suffer from anxiety.
- Person seems to be withdrawn or not present when speaking.
- Person will have poor concentration and mood swings.

Emotional Symptoms of Trauma

- Denial
- Anger
- Sadness
- Emotional outbursts
- Depression

Physical Symptoms of Trauma

- Paleness
- Lethargy
- Fatigue

- Poor concentration
- Anxiety
- Mood swings
- Racing heartbeat

Short term and long term effects of trauma

- Short term and long term effect of trauma can be similar
- Long term trauma effects are more severe
- In short term mood changes are fairly normal after a trauma, but if the shifts in mood lasts longer than few weeks, long term effect can occur.

ACTIVITY:

1. Define the term **Trauma**?

2. List down some **signs** which indicate that a person is suffering from **trauma**?

3. List **two** emotional symptoms of trauma?

4. List **two** physical symptoms of trauma?

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 3 -2021**

Subject: Hindi

Year: 7

Name: _____

STRAND:	Strand 3 - Writing and Shaping
SUB STRAND:	HN 6.3.1 Language Features & Rules
CONTENT LEARNING OUTCOME:	HN 6.3.2.1. Use appropriate conventions of short formal writing.

LESSON NOTES:

जाते जाते सावन बोला,
देता हूँ सौगात तुम्हें ।
भाई बहन प्यार से सुन लो,
कहता हूँ एक बात तुम्हें ॥

बाँध कलाई पर भैया के,
दो धागों का पक्का बन्धन
मुँह मीठा करके फिर कहन
मंगलमय हो रक्षा-बंधन ॥

अभ्यास

रक्षा-बंधन वर्ष के किस महीने में आता है ?

रक्षा-बंधन किन लोगों के रिश्ते को मजबूत बनाता है ?

रक्षा-बंधन कहाँ पर बाँधा जाता है ?

रक्षा-बंधन का दूसरा नाम क्या है ?

रक्षा-बंधन कौन बांधती है और किस को बांधती है ?

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 3 -2021**

Subject: Social Science

Year: 7

Name: _____

Strand: TIME, CONTINUITY & CHANGE

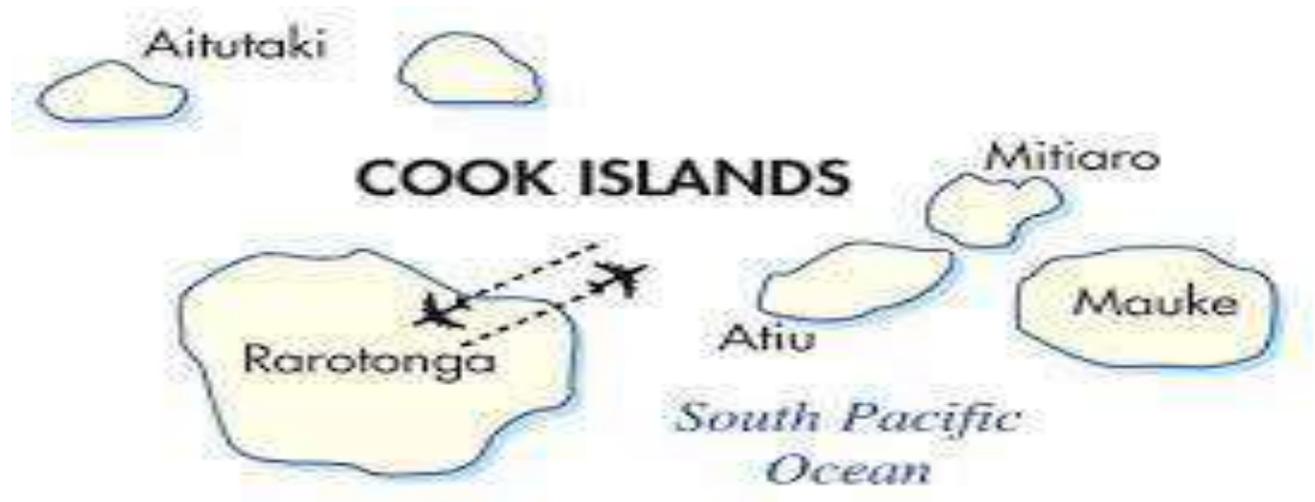
Sub- Strand: Understanding the Past

CLO: Investigate “colonization” in the Pacific, and its effects on the different countries in the Pacific

LESSON NOTES:

Cook Islands

- In Cook Islands history, migrants from French Polynesia are believed to have arrived on the Southern Island group around 800 AD. Similarly, the Northern Islands were settled by expeditions from Samoa and Tonga.
- The capital **Rarotonga** is believed to have been the launching site of waka ship voyagers who originally settled in New Zealand.
- The Cook Islands Maori language is closely related to the Te Reo Maori indigenous language of New Zealand.
- The country is named after **Captain James Cook** who surveyed and landed on some of the islands between 1774 and 1777.



ACTIVITY:

1. Where did the migrants of Cook Islands originate from?

2. What is the capital of Cook Island?

3. When did the first migrants arrive?

4. What was the purpose of the capital of Cook Islands?

5. Where did the waka ship voyagers settle in?

6. What is the language of the Cook Islands?

7. The language of the Cook Islands is closely related to:

8. The country is named after

9. When did he land in the Cook Islands?

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 3 -2021**

Subject: Basic Science

Year: 7

Name: _____

STRAND: Energy

SUB-STRAND: Energy Source & Transfer

CLO: Find the uses of different forms of energy

LESSON NOTES:

Sound as an energy form

- ✓ Sound is very important in our world. It sometimes gives us pleasure and sometimes it is a nuisance.
- ✓ Scientists use an oscilloscope, which looks like a small television to see the patterns that sound makes. Sound vibrations are changed to electrical vibrations inside a microphone and these are used to make wave shapes appear on the screen.
- ✓ The more waves on the screen, the higher the frequency, and the higher the pitch of the sound. Things that vibrate fast have a higher pitch. The taller the waves, the louder the sounds. (Note: frequency means the number of waves passing per second).
- ✓ There are different kinds of energy in Sound called electromagnetic energy.

Vibration and sound

- Sound is made when an object vibrates or when moves backward and forward very quickly.
- The vibrations pass through the air until they reach our ears.
- Sound is produced when something vibrates.
- A short overhanging ruler vibrates more quickly than a long overhanging ruler when plucked.

ACTIVITY:

1. What does sound give us?

2. What is an oscilloscope?

3. How are wave shapes formed?

4. The more waves on the screen, the higher the _____.

5. The higher the frequency, and the higher the _____ of the sound.

6. Sound is very _____ in our world.

7. Things that _____ fast have a higher pitch.

8. Frequency means the number of _____ passing per second.

9. There are different kinds of energy in Sound called _____.

10. Sound is made when an object _____ or when moves _____ and forward very quickly.

11. The _____ pass through the air until they reach our ears.

12. Sound is _____ when something vibrates.

13. A short overhanging ruler vibrates more _____ than a long overhanging ruler when plucked.

NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKHEET 3

Subject: **Veika Vaka-viti**

Year: **7**

Name: _____

STRAND	Na ivakarau vakavanua
Sub- Strand	Meke/ Serevasi/Qito vakaviti
Content Learning outcome	Me vulici, lagati ka matanataki na meke vakaviti/ serevasi kei na qito vakaviti

Wilika na serekali e ra ka sauma na taro e rukuna.

Na Vuli

“Dou vuli vei au ni’u sa yalo malua” Qori na vosa ni
noda **i Vakabula**
Taura dei ko na yalomatua
Na **mataniciva**, isa! Kua ni vakalutuma.

Dau Kaulotu era kauta mai
Me sa noda i yau ka i sasabai tu e dai Veisau ni
draki ni bula sa veirawai Kawa i Taukei me kua
na yalowai.

Veikawa tamata e Viti e veisisivi
Vakatagedegede ni vuli cecere me sauvi
Veiliutaki e veivanua ni cakacaka me yacovi
E dodonu me vakavure vakasama ni vakacagau na vuli.

Isa lei gauna ni bau Iesu tale mai!
Meu mai vuli tale mada la vakalailai Domomuni memela
ni la’ki voqa yawa mai Sa moce na wekaqu, kua na
yalowai.

Vola ko: V.Sukanatabua

Sauma na veitaro e ra ena yadua na i yatu vosa.

1. E vakaibalebaletaki vei cei na **i Vakabula**?

2. Na cava era kauta mai na **Dau Kaulotu**?

3. Vola e **rua** na vosa rorogo vata.

a) _____

b) _____

4. Vola e **dua** na laini ka tukuna na veivutuni.

5. Vola e **dua** na i vakasala e cauraki tiko ena serekali.
