

**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**ENGLISH**  
**WORKSHEET 6**

Strand	Reading and viewing
Sub Strand	Language learning processes and strategies.
Content Learning Outcome	Explore and apply a wide range of strategies to comprehend, interpret and evaluate a range of texts.

**Read the passage given below carefully and answer the questions given below.**

**A Storm at Sea**

The big waves rocked the boat from side to side. At times the front of the boat went under the waves. It was a big storm. Pita clung onto his mother while she held his hands. There were tears in her eyes and Pita knew something was wrong. Everyone was worried. But the **crew** worked hard looking after the passengers and their belongings.

Another big wave hit the boat. Pita's mother screamed while Pita was thrown to the floor. He cried with pain and slowly crawled to his mother. Some men ran outside to tie up the cargoes properly. There were baskets of crops and coconuts and some goats. But one man slipped and fell into the water. Luckily, the other men pulled him out quickly.

Everyone was happy that the man was saved. Realising that they were still in danger, someone quietly sang, "God loves me". They all sang then Pita's mother prayed for their lives. They had dinner and tried to find a place to sleep. In the morning, the sea was calm and the sun was shining brightly. The sea birds were out looking for food. Pita hugged his mother with joy. Then the boat sailed smoothly to Suva. Pita knew God had heard their prayers.

**Activity**

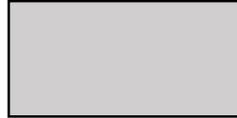
**Circle the letter of the best answer.**

- At times the front of the boat went under the waves because
  - it was raining.
  - the sea was calm.
  - it was a big boat.
  - the sea was very rough.
- The word **crew in line 3** refers to the
  - passengers.
  - cargoes on the boat.
  - group of people working on the boat.
  - men, women and children on the boat.
- Pita fell on the floor when
  - someone shouted.
  - his mother screamed.
  - he crawled to his mother.
  - the boat was hit by another big wave.
- How did one of the men fall into the water?
  - He jumped and fell.
  - He accidentally fell over.
  - Someone pushed him over.
  - He jumped over by himself.
- The passengers sang a hymn and prayed because they were
  - happy.
  - rescued.
  - in danger.
  - pleased.

Strand	Measurement
Sub Strand	Length/Area
Content Learning Outcome	Calculate area by counting squares or other non-standard units.

**Area**

1. **Area** is the amount of space inside the boundary of a 2D shape.

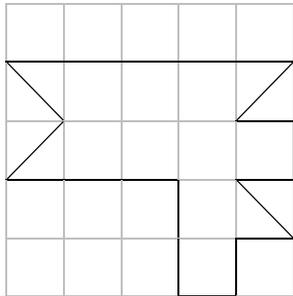


*The shaded part in the shape given above represents its area.*

2. Area is expressed in square units: **units<sup>2</sup>, cm<sup>2</sup>, m<sup>2</sup>, mm<sup>2</sup>, km<sup>2</sup>**

**Example:**

Calculate the area of the shape given below by counting the squares.



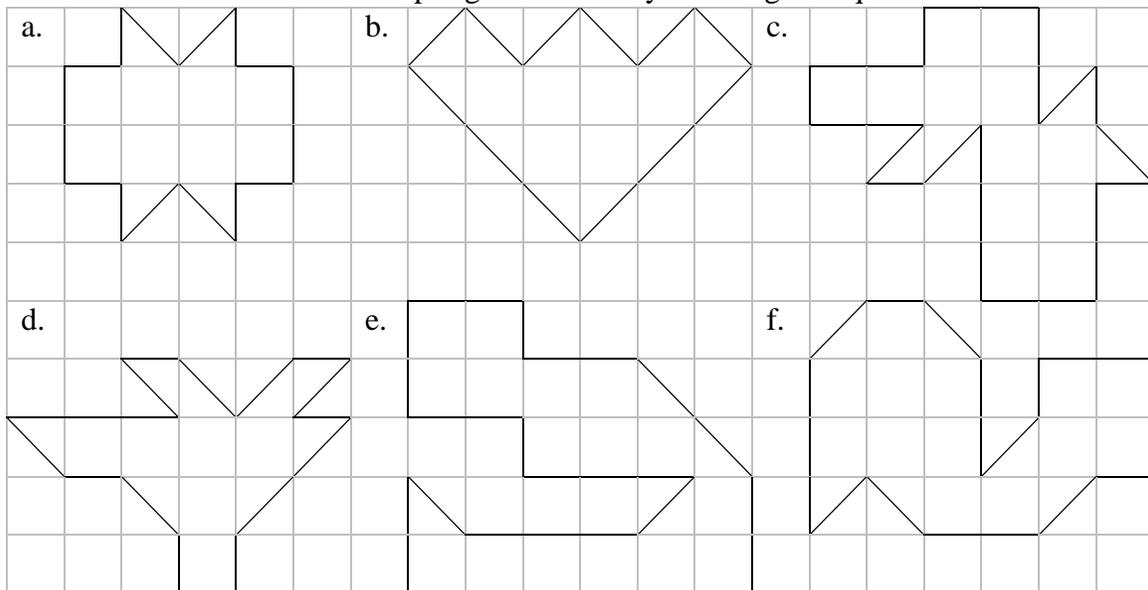
$$9 \text{ whole squares} = 9 \text{ units}^2$$

$$4 \text{ half squares} = 2 \text{ units}^2$$

$$\text{Area} = 9 \text{ units}^2 + 2 \text{ units}^2 \\ = \underline{11 \text{ units}^2}$$

**Activity**

1. Calculate the area of the shapes given below by counting the squares.



**2036 PENANG SANGAM PRIMARY SCHOOL**  
**YEAR 7**  
**HEALTHY LIVING**  
**WORKSHEET 6**

Strand	Building Healthy Relationship
Sub Strand	Resilience and Proactive Behaviour
Content Learning Outcome	Recognizes the evils of threatening behaviour and identifying ways of asserting oneself in such scenarios.

**Resolving Conflicts**

1. Conflict is a normal part of any healthy relationship. After all, two people cannot be expected to agree on everything all the time.
2. When conflict is mismanaged, it can cause great harm to a relationship, but when handled respectfully and in a positive way, conflict provides an opportunity to strengthen the bond between two people.

**Ways of Resolving Conflicts**

- Separate yourself from the situation and take time to cool out.
- Focus on the issue, not your position about the issue.
- Accept and respect individual opinion, work to develop a common agreement.
- Do not make the situation a competition.
- Work towards a solution where both parties can have their needs met or both parties agree.
- Focus on areas of common agreement and interest.
- Never jump to conclusions or make assumptions.
- Listen without interrupting; ask for feedback if needed to have a clear understanding of the issue.
- Forget the past and stay in the present.
- Build 'power with' NOT 'power over' others.

**Non-Violent Ways of Resolving Conflict Resolution**

*\*Conflict resolution - methods and processes involved in facilitating the peaceful ending of a conflict.*

- Non-resistant.
- Recognise impulsive behaviour (*to act without thinking*).
- Engage in conversation (*talk*).
- Do not try to change others personality.
- Compromise (*to come to an agreement*) and collaborate (*work together*).
- Discuss on the facts and current situations.
- Be accommodative.
- Ask for others viewpoints.

**Activity**

**Answer the following questions.**

1. Conflict is a normal part of any \_\_\_\_\_ relationship.
2. What can happen if conflict is mismanaged?
3. List down some ways of resolving conflicts.
4. List down some non-violent ways of resolving conflicts.

Strand	हिंदी व्याकरण
Sub Strand	विशेषण
Content Learning Outcome	दिए गए वाक्यों में विशेषण को पहचानो ।

### विशेषण

१. **विशेषण** उन शब्दों को कहते हैं जो संज्ञा और सर्वनाम की विशेषता बताते हैं ।  
जैसे:

वाक्य	विशेषण
अ. वह काला घोड़ा हमें पसंद है ।	काला
आ. नारियल का पेड़ लम्बा होता है ।	लम्बा
इ. शीला और रोहन प्रतिदिन कसरत करते हैं ।	प्रतिदिन
ई. इस समय अधिक गर्मी पड़ रही है ।	अधिक
उ. मैं ने रात को भयानक सपना देखा ।	भयानक

### अभ्यास

नीचे दिए गए वाक्यों से विशेषण चुनकर रिक्त स्थान में लिखो ।

१. वह सफ़ेद गाड़ी में बैठ कर चला गया । \_\_\_\_\_
२. तेज़ हवा चलने के कारण हम समुद्र नहीं जा सकें । \_\_\_\_\_
३. रात को गंभीर वर्षा हो रही थी । \_\_\_\_\_
४. कोमल के पिताजी एक तंदरुस्त आदमी है । \_\_\_\_\_
५. कई लोगों ने गरीबों के लिए चंदा तैयार किया । \_\_\_\_\_
६. अंधा आदमी रास्ता पार नहीं कर सकता । \_\_\_\_\_
७. मेहनती किसान खेत में काम कर रहे हैं । \_\_\_\_\_
८. चोरों ने कई घरों को लूटा । \_\_\_\_\_

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.

### Papua New Guinea

1. European navigators first sighted Papua New Guinea in the early part of the 16th century.
2. Humans arrived on New Guinea probably by sea from Southeast Asia during an ice age period when the sea was lower and distances between islands were shorter.
3. The first arrivals were hunter-gatherers.
4. Early evidence shows that people coped with the forest environment to provide food for themselves.
5. Papua New Guinea mainly exports gold, copper, palm oil and coffee.
6. Their most common export destination is Australia, China, Japan, Chinese Taipei and South Korea.
7. The country's capital is Port Moresby.



### Activity

Answer the following questions.

1. In which century was the country sighted?
2. Name the capital of PNG.
3. List some export commodities of this country.
4. Where does the country's export normally go to?
5. How did the early settlers satisfy their hunger?

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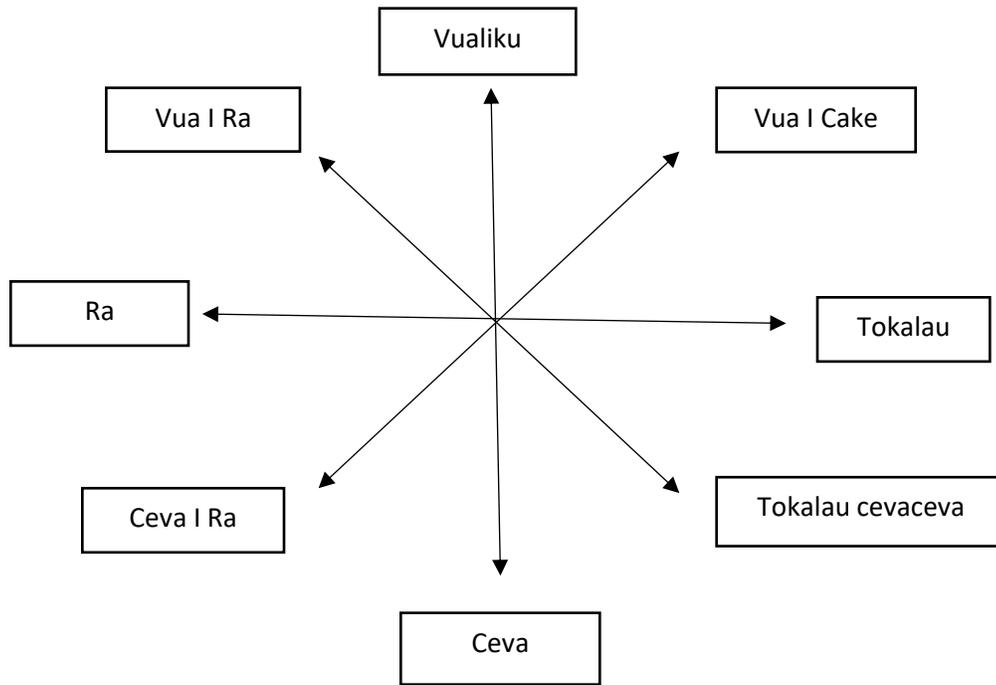
**YEAR 7**

**NA VOSA VAKAVITI**

**WORKSHEET 6**

**Lesoni: Na Veika Vakaviti**

**Ulutaga: Na Matanicagi**



**Cakacaka lavaki**

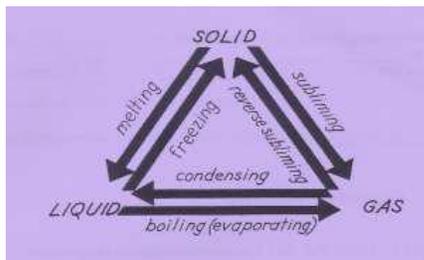
**Me veisataki mai.**

- |             |                          |  |
|-------------|--------------------------|--|
| 1. Ceva     | <input type="checkbox"/> | A. kedrau veimama na matanicagi na Ra kei na Vualiku |
| 2. vualiku  | <input type="checkbox"/> | B. na cadra ni matanisiga                            |
| 3. vua I Ra | <input type="checkbox"/> | C. na dromu ni matanisiga                            |

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

### Changes of State

- Substances can change from solids to liquids to gases as they gain more energy.  
For example: Ice (solid)  $\longrightarrow$  Water (liquid)  $\longrightarrow$  Steam/ Vapour (gas)
- We can change gases into liquids and then to solids by taking away the energy (by cooling down).  
For example: Water vapour (gas) cools down into water (liquid), further cooling will lead to ice (solid).
- In most substances, this process is **reversible**, which means we can get back the initial substance.
- It is a **physical change** therefore, it can happen either ways.



### Activity

Answer the following questions.

- Define the word reversible.
- How can we change gases into liquids?
- Why are these changes of state reversible?
- What will happen to liquid if we further cool it down?
- Fill in the missing spaces.

