

NADI SANGAM SCHOOL

HOME STUDY PACKAGE 13

YEAR 7



2021

1076 NADI SANGAM SCHOOL
WEEKLY HOME STUDY PACKAGE 13

Subject: ENGLISH

Year/Level : 7

Letter Writing:

Your name is Saiasi Kali if you are a boy or Kesaia Vono if you are a girl. You attend Nauciwai Primary School in Navua.

Your class is planning to visit the Fiji Museum in Suva as part of your Social Science Research Project. As the class prefect, you are required to write to the Director, Fiji Museum, Suva, informing him of the planned visit.

In your letter, include the following details:

- (i) the reason for your visit
- (ii) the date and time of your visit
- (iii) the number of students and teachers visiting
- (iv) any other information your class will need to know before the trip

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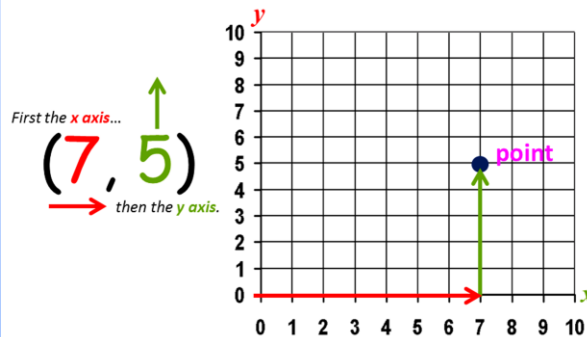
Subject: Mathematics

Year/Level : 7

Strand	M 4: GEOMETRY
Sub Strand	M 4.1: Coordinates
C L O	<ul style="list-style-type: none"> ❖ <i>Count coordinates on the x-y plane.</i> ❖ <i>Identify the x and y axis (horizontal and vertical lines).</i> ❖ <i>Determine and plot co-ordinates of any given point.</i>

PLOTTING POINTS

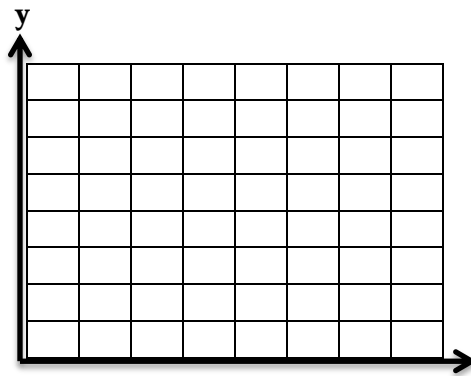
Coordinates are ordered pairs of values usually in numbers to show position. Points are plotted on a Cartesian or coordinate plane with the x and y axis; similar to two number lines intersecting at the corner called the origin. The X- axis is the horizontal line (across) direction. The Y- axis is the vertical line (up-down) direction.



The point is always written in the (x, y) format.

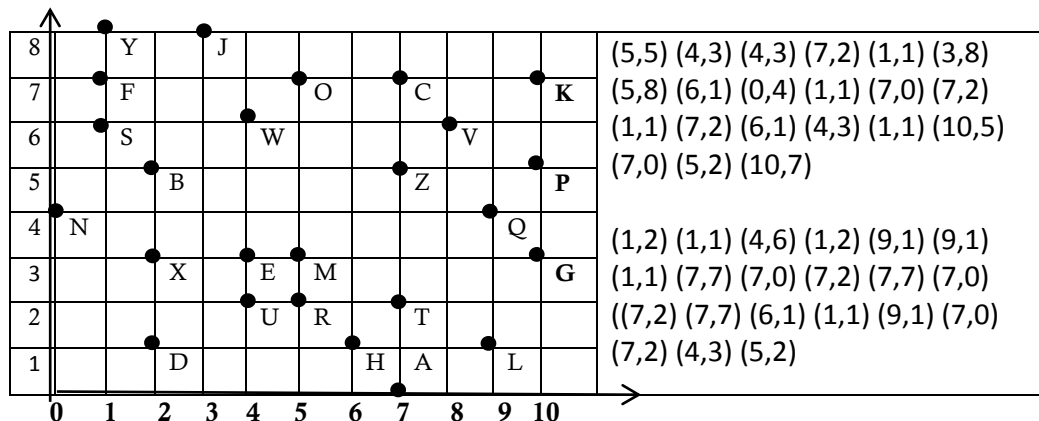
(x, y) values tell us how far from the center (0,0) Origin a specific point is located.

Exercise:



1. Label the x and y axis correctly.
2. Plot these points:
A (1,2) B (5,2) C(5,6).
3. Plot point D, to make a square on the coordinate plane.
4. What is the coordinate for point D?

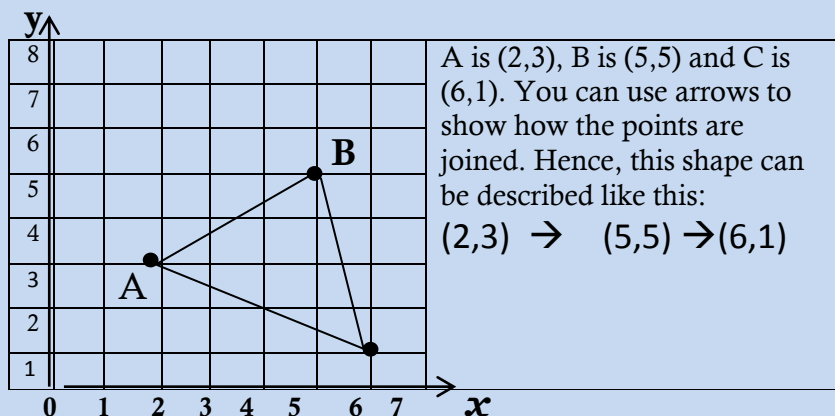
Coordinates can also be used to send secret messages. Decoding this.



GEOBOARD SHAPES *Achievement Indicators:*

- ❖ *Count coordinates on the x-y plane.*
- ❖ *Determine and plot co-ordinates of any given point.*

Coordinates can also be used to name each corner of a particular shape. Now study the given example.



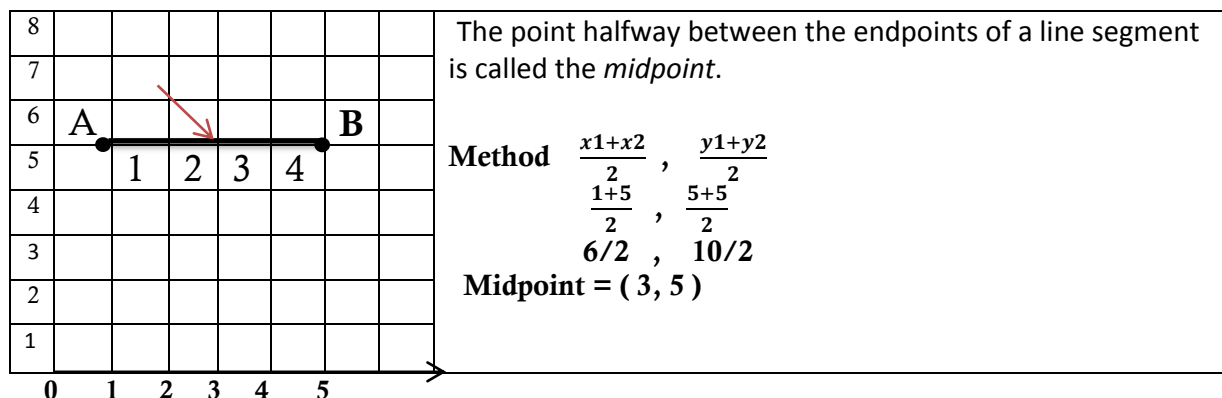
EXERCISE:

1. Draw your x-y axis and plot the following coordinate points on the plane. Join the points and name the shape it forms.
 - a. $(1,1) \rightarrow (1,3) \rightarrow (3,5) \rightarrow (6,5) \rightarrow (8,3) \rightarrow (8,1) \rightarrow (1,1)$
 - b. $(5,1) \rightarrow (5,2) \rightarrow (6,2) \rightarrow (6,1)$
 - c. $(1,3) \rightarrow (8,3)$

MID-POINT

Achievement Indicator:

- ❖ *Solve any problem on the x-y axis.*



Find the midpoints for these lines.

- i) A(3,7) B(9,7)
- ii) F(3,1) G(3,7)
- iii) M(3,4) N(5,6)

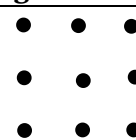
GEOBOARD

Achievement Indicator:

- ❖ *Utilize and express information regarding shapes and lines or points on a geoboard.*

Geoboard:

This is a small wooden board with rows of nails partly driven in at regular intervals. Geoboard are given names. For example, here is a “3 x 3” geoboard because it has “3 nails across” and “3 nails up”



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YEAR 7
BASIC SCIENCE
WEEKLY HOME STUDY PACKAGE 10

STRAND	STRAND 3 ENERGY
SUB STRAND	USES OF ENERGY
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Explain how vibrations lead to creation of sound.➤ Understand how sound travels in solid, liquids and air

Sound, Matter and Vacuum

Sound can travel. Sound travels through matter. Sound travel at different speed through solids, liquids and gases. However, sound cannot travel through a vacuum. A vacuum is an empty space without air.

When sound meets a solid object, some of the sound is reflected and the rest is absorbed. Materials that absorb the sound “soak it up” and stop it being reflected. In this lesson we will try to discover how sound travels, how it is absorbed and reflected.

Exercise: Can Sound Travel Through Solids?

1. Copy and complete:

I tapped the desk softly. The sound from the desk _____ through the air to my ears. I pressed one ear firmly on the _____. My friend (*name*) *tapped* the other end of the desk gently. The sound travelled through the _____ to my ears. The sound travelling through the desk was *louder/softer* than the sound travelling through the air.

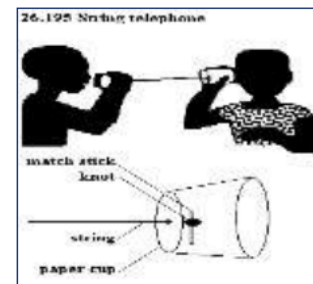
When I talked to (*who?*) on the tin telephone, the sound travelled through the _____ to my friends ears.

2. Answer the questions in complete sentences.

- a.) Is air, solid, liquid or gas?
- b.) What is your desk made of, solid, liquid or gas?

3. Conclusion:

In this activity we observed that sound can travel faster through _____ than through air.



Exercise: Can Sound Travel Through Liquids?

1. Copy and complete.

We tapped two _____ in the air. The sound it produced travelled through _____ to our ears.

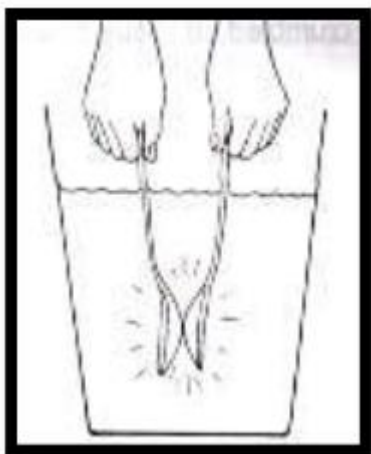
We tapped the two spoons together in the plastic bucket of _____. The sound travelled through _____ to our ears. Similarly when we flicked our fingers the sound travelled through _____ to our ears.

2. Answer the questions in complete sentences.

- a.) Can sound travel through liquid?
- b.) Draw a diagram to show how sound travel through liquid.
- c.) What did you do with the spoons?

3. Conclusion:

When we tapped the two spoons together in the bucket of water, we could/
could not hear the sound. This tells us that sound can travel through _____.



Words You Should Know

Vacuum

reflected

absorbed

Echo

supersonic

acoustic

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WEEKLY HOMESTUDY PACKAGE 13

Strand 3 Place & Environment- Belonging To Special Places

THE SOUTH PACIFIC

- The South Pacific region covers vast portion of the world's Earth surface; its ocean is massive and spreads from the Asian **continent** in the East to the Americas in the West. The islands are scattered and are tiny dots in the big ocean when we look at the world map. The islands are remote and are far from the big continents that surrounds the region.
- The islands of the Pacific are not the same; some have **Continental Islands** like Papua New Guinea because they are located next to a big continent example Australia. These islands are big in size and have very rich plant and animal life. They have big rivers also.
- Then you have **Volcanic Islands** such as Fiji they are smaller than Continental Islands, Solomon Islands and Vanuatu are also volcanic islands.
- **Coral Limestone Islands** are found in the eastern side of the Pacific. They are smaller than the volcanic islands have fewer plants and animal varieties.
- **Atoll Islands** are found in the northern-western part of the Pacific and they include Kiribati, Marshall Islands and the **Federated States of Micronesia**.
- These islands are small in size and have poor soils and plant life. There are few species that survive on these islands

Activity:

1. Find the meaning of the terms given:
 - a) Pacific Ocean
 - b) Continents
 - c) South Pacific
2. What is Fiji's location ?(give latitude and longitude)
3. Explain two advantages and two disadvantages of Fiji's location

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YEAR 7
HEALTHY LIVING
WEEKLY HOME STUDY PACKAGE 13

STRAND	UNIT 29 DISEASES
SUB STRAND	PERSONAL AND COMMUNITY HEALTH
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Be able to identify and name some communicable diseases.➤ State ways of keeping good hygiene standards.

Diseases – Personal and Community health

Communicable disease

- Also known as contagious disease, which is spread from one person to another through sharing of personal items such as clothes, comb, soap, towel etc.

Some examples of communicable diseases are

- Scabies
- Ring worm
- Itch
- Whooping cough
- Flu
- Dhani

What is Scabies?

- is a skin disease caused by mite that burrows into your skin
- it affects people of all ages
- Scabies is spread by close contact with someone who has scabies
- It can also be spread by sharing of personal items such a towels, comb clothes, or soap
- Scabies causes severe itching that is usually worse at night and a rash with tiny blisters or sore.
- Special cream or prescribed medicines from doctor is needed to cure scabies

Activity

Dhani, exposed, fungal, help, rough, infection, Treatment

Ringworm and Dhani

Ringworm is a _____ infection growing in the form of a ring. The affected area of the skin is _____ and itchy.

_____ is another fungal infection that causes white patches on the skin. Most fungus _____ grow in the form of a ring. They often itch. _____ of such infections involve washing the infected part everyday with soap and water.

The affected areas must be kept dry and _____. Medical _____ must be sort if fungal infection persists.

Water borne diseases and preventing water borne diseases

- Water borne diseases are basically spread by drinking dirty or contaminated water
- In Fiji water borne diseases rises rapidly after any natural disaster such as cyclone or flooding

Examples of water borne diseases

- Diarrhea
- Cholera
- Typhoid
- Dysentery

Prevention of water borne diseases

- Boil all water before drinking
- Avoid using water from contaminated or dirty water source such as creeks and rivers
- Use water filter to clean water before drinking.

1076 NADI SANGAM SCHOOL
YEAR 7 - हिन्दी HINDI
WEEKLY HOMESTUDY PACKAGE 13

तत्व	संस्कृति
उप-तत्व	कला व शिल्प
विषय के अधिगम परीक्षण	प्रथाओं और परंपराओं के माध्यम से प्राप्त किए गए सरल शिल्प ढेंकी/ मूसल आदि का प्रेमिनि तैयार करना ।

इस अंश को ध्यान से पढ़ो ।

पाठ ७

विद्यार्थी का कर्तव्य

भारतीय संस्कृति के अनुसार मनुष्य के जीवन का सबसे उत्तम समय - विद्यार्थी जीवन होता है। वह इस समय जैसे कार्य करता है वैसा ही उसका आगे का जीवन बनता है। स्कूल पढ़ने वाले बच्चों का यह कर्तव्य बनता है कि वे विद्यार्थी जीवन को व्यर्थ की बातों में बरबाद न करें। हर एक व्यक्ति सुखी रहना चाहता है और सुखी रहने के लिए सब को विद्यार्थी जीवन में कड़ी मेहनत करके अच्छे चरित्र का निर्माण करना चाहिए। अच्छे गुणों को सीखना चाहिए।

बच्चो! क्या आप जानते हैं कि एक घर बनाने से पहले क्या किया जाता है? सबसे पहले चारों तरफ जमीन खोदकर मजबूत नींव (foundation) डाली जाती है। यह नींव जितनी मजबूती से बनाई जाती है उतना ही मजबूत घर बनकर तैयार होता है। इसी तरह यह विद्यार्थी जीवन हमारे भविष्य की नींव है। इस समय हमें अपनी शारीरिक और मानसिक शक्ति को बढ़ाना चाहिए। अच्छे आचरण और चरित्र निर्माण की शुरुआत विद्यार्थी जीवन में कर देनी चाहिए। तब जाकर हमारा भविष्य उज्ज्वल और सुखमय होगा।

प्यारे बच्चो! आप भी यदि अपना जीवन सुखी बनाना चाहते हैं तो आप मेहनत करने और अच्छे गुणों को अपनाने का प्रयास करते रहिए। विद्यार्थियों का कर्तव्य है कि वे इन बातों पर अवश्य ध्यान दें।

१. शरीर को स्वस्थ रखने और दृष्ट-पुष्ट बनाने के लिए पौष्टिक भोजन का सेवन करना चाहिए।
२. आस्तिक बनें। ईश्वर में विश्वास रखते हुए दुःख-सुख में सदा प्रार्थना करनी चाहिए।
३. बुद्धि का विकास करने के लिए विद्या-अध्ययन मन लगा कर करना चाहिए।
४. हमेशा सच बोलना चाहिए और अच्छे लोगों की संगत करनी चाहिए।
५. सबके साथ प्रेम और दया का व्यवहार करते हुए मिल कर रहना चाहिए।
६. माता-पिता और गुरु का आदर करना चाहिए।
७. गुस्सा कभी नहीं करना चाहिए। गुस्सा करने से शरीर की ताकत घटती है और दूसरों को दुःख पहुँचता है।

८. विद्यार्थी जीवन में कड़ी मेहनत करनी चाहिए। सब प्रकार के उत्तम कार्य करने के लिए तैयार रहना चाहिए।
९. खेल-कूद और कसरत आदि पर खूब ध्यान देना चाहिए, इससे शरीर मजबूत बनेगा।
१०. लालच, चोरी, और जलन-भावना मन में कभी नहीं आनी चाहिए।

अभ्यास कार्य:

१. शब्द और अर्थ - इन्हें पढ़िए और समझिए।
- | | | |
|-------------|---|------------------------|
| उत्तम | - | सबसे अच्छा |
| व्यर्थ | - | बेकार |
| दृष्ट-पुष्ट | - | मजबूत, ताकतवर |
| पौष्टिक | - | बल वीर्य बढ़ाने वाला |
| सेवन | - | प्रयोग, खाना |
| आस्तिक | - | ईश्वर में विश्वास रखना |
| विकास | - | बढ़ाना |
२. पाठ के अनुसार रिक्त स्थान को सही शब्द से पूरा करिए।
- क. सबसे उत्तम समय _____ जीवन होता है।
- ख. शरीर को स्वस्थ रखने के लिए _____ भोजन करना चाहिए।
- ग. दुख-सुख में सदा _____ करनी चाहिए।
- घ. माता-पिता और गुरु का _____ करना चाहिए।
३. इन प्रश्नों के उत्तर पूरे वाक्य में लिखिए।
- क. गुस्सा करने से क्या होता है?
- ख. विद्यार्थी जीवन में विद्या-अध्ययन करना क्यों जरूरी है?
- ग. मिलकर रहने के लिए क्या जरूरी है?
- घ. शरीर मजबूत बनाने के लिए क्या करना जरूरी है?

8. इन्हें मिलाओ।

आस्तिक
खेल-कूद, कसरत
गुस्सा करने से
लालच, चोरी
सच, प्रेम और दया
विद्यार्थी जीवन

शरीर मजबूत बनेगा
ईश्वर में विश्वास
बुरी आदत
अच्छी आदत
ताकत घटती है
भविष्य की नींव

दिए गए चित्रों को सही शब्द से लेबल कीजिए ।

पगड़ी

धोती

साड़ी

तुलसी

लोटा

कलश













समाप्त

1076 NADI SANGAM SCHOOL
YEAR 7 HOMESTUDY PACKAGE 13
VEIKA VAKAVITI, 2021

VOSAVOSA VAKAVITI

- a. Sa lau na mua – ni sa donuya na mua I liu ni waqa e dua na yanuyan e na soko.
- b. Waqa levu, Ua levu – e dua na ka e caka se vakarautaki ka namaki vata kaya na veika me na sotava.
- c. Tamata mamaqi - e dua e vukutaka na vakayagataki ni veika e sa maroroya tu.
- d. Bera na sauriva – e dua na ka e totolo se yaco vakasauri.

NA VAKACACALI ALENI KPTAMENI

Wilika tale na wase ni vola oqo

Wase 1 ...: Na Lesu Ki Aferika

Wase 2 ... Ai Talanoa Nei Misi Suweni

Wase 3 ... O Ira Na Masai

CAKACA LAVA

- 1. Vakamacalataka vakalekaleka na veika e yaco kina.