

NADI SANGAM SCHOOL

WORKSHEET 12

HOME STUDY PACKAGE 9

YEAR 7



2021

1076 NADI SANGAM SCHOOL
WORKSHEET 12 / WEEKLY HOME STUDY PACKAGE 9
Subject: English **Year/Level : 7**
GRAMMAR EXERCISE

HOW TO MAKE PLURALS

1. Most Nouns

The 's' at the end of each noun indicates the plural, more than one thing. Most nouns in English form their plural in this way, by adding 's' at the end.

Example: chair – chairs, cup – cups.

EXERCISE 6A

Write the plural of these words.

Singular	Plural	Singular	Plural
Shark		cow	
Pen		drain	
Tree		boy	
Car		jug	
Fan		dog	

2. Nouns ending in 'y'.

If the noun ends in 'y' and a consonant comes before the 'y', change the 'y' into 'i' and add 'es'.

Example: berry – berries, quarry – quarries.

EXERCISE 6B

Write the plural of these words.

Singular	Plural
Fly	
Baby	
Party	
Story	
Spy	

3. Nouns ending in 'ay', 'ey' or 'oy'.

When a vowel comes before the 'y', simply add 's' to form the plural.

Example: donkey – donkeys, boy – boys.

EXERCISE 6C Write the plural of these words.

Singular	Plural
Day	
Key	
Tray	
Toy	
Monkey	

4. Nouns ending in 's', 'x', 'ch', 'ss' or 'sh'.
Add 'es' to the singular to make the plural.

Example: church – churches, pass – passes.

EXERCISE 6D

Write the plural of these words.

Singular	Plural
Watch	
Dress	
Branch	
Fox	
Glass	

5. Nouns ending in 'f' or 'fe'.

If the singular ends in 'f' or 'fe', the plural changes into 'ves'.

Example: loaf – loaves, wolf – wolves.

EXERCISE 6E

Write the plural of these words.

Singular	Plural
Thief	
Leaf	
Shelf	
Knife	
Wife	

6. Nouns ending in 'o'.

a. Add 'es' to the singular.

Example: hero – heroes, cargo – cargoes.

b. For some, add only 's'.

Example: radio – radios, photo – photos.

7. Plurals that end in 'en'.

Example: child – children, ox – oxen.

8. Nouns which form their plural by vowel change.

Example: man – men, woman – women, foot – feet, mouse – mice, tooth – teeth, goose – geese.

9. Nouns which do not change in plural.

Example: deer, fish, sheep, scissors.

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WORKSHEET 12 / WEEKLY HOME STUDY PACKAGE 9

Subject: Mathematics

Year/Level : 7

Strand	M 3: MEASUREMENT
Sub Strand	M 3.5: MONEY
C L O	<ul style="list-style-type: none">• <i>Financial obligations from the credit and implications of getting into debt</i>• <i>Calculate the profit and loss percentage or actual amount</i>

Calculating the Amount

The amount is the total sum of money you receive or pay back to the bank after a period of time so the interest is added to the principal to give us the amount.

$$\text{Amount} = \text{Principal} + \text{Interest}$$
$$\text{or} = P + I$$

Example: Find the interest and the amount you have to pay back on a loan of \$300 for 1 year at a rate of 3% per annum?

$$I = \frac{P \times R \times T}{100}$$
$$= \frac{300 \times 3 \times 1}{100}$$
$$= \$9$$

$$\text{So the Amount} = P + I$$
$$= \$300 + \$9$$
$$= \$309$$

Exercise:

- Antonio borrowed \$1500 from a bank for 18 months at a rate of 12.5% per annum.
 - What interest did he pay back to the bank after 18 months?
 - How much did he pay back at the end of the loan period?
- Mrs Tawake had \$750 in a Fixed Deposit Account in a bank for 2 years. The bank is offering a 12 ½ % interest per annum. What amount would she get in her account after 2 years?
- Calculate the amount that has to be paid back to the bank for each of these loans.
 - \$1200 for 2 ½ years at 7.25% per annum.
 - \$20 000 for 5 years at 14% per annum.

CALCULATE THE PROFIT AND LOSS PERCENTAGE

Profit and Loss Percentage:

Profit and loss are usually expressed as percentages.

$$\text{Profit} = \frac{\text{S.P} - \text{C.P}}{\text{C.P}} \times 100\%$$

$$\text{Loss} = \frac{\text{C.P} - \text{S.P}}{\text{C.P}} \times 100\%$$

Example: Find the percentage profit or loss. CP = \$10 SP= \$15

$$\begin{aligned}\text{Profit} &= \frac{\$15 - \$10}{\$10} \times 100\% \\ &= \frac{\$5}{\$10} \times 100\% = \frac{1}{2} \times 100 \\ &= \frac{100}{2} \\ &= 50\%\end{aligned}$$

Exercise:

1. Ecely bought a Nokia Mobile phone during a sale for \$190.00. After 2 months of using it she decided to sell it for \$200.00.
 - a) Did she make a profit or loss?
 - b) How much was her profit or loss?
 - c) Calculate her profit or loss percentage.

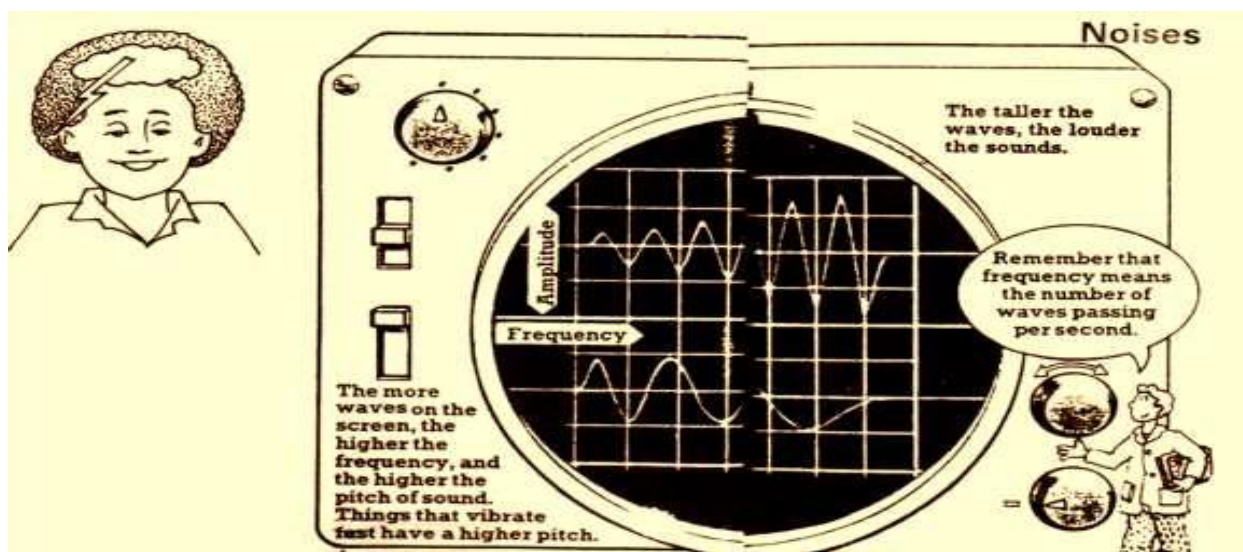
2. Mr Walker bought a van for \$24 000. After using it for 3 years he sold it for \$20 000.
 - a) Did he make a profit or loss?
 - b) How much was the profit or loss?
 - c) Find the percentage profit or loss.

1076 NADI SANGAM SCHOOL
YEAR 7
BASIC SCIENCE
WEEKLY HOME STUDY PACKAGE 9

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 length of pendulums differ its frequency.

Uses of Sounds We Hear (Energy form)

- Sound is very important in our world.
- It is useful, sometimes it 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 crests show where the big group of molecules is hitting the microphones.
- There are different kinds of energy in Sound called electromagnetic energy.



- 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.

Vibration and Sound

What is it that causes sound?

- Sound is made when an object vibrates or when moves backwards and forwards very quickly.

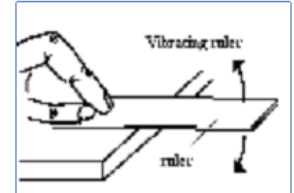
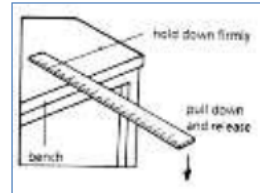
- The vibrations pass through the air until they reach our ears.
- A pendulum is a heavy object tied to a string which swings forward and backward.
- The frequency of the pendulum depends on the length of the string.

Activity 1: The Vibrating Ruler

Materials: ruler for each student

Method:

1. Hold the ruler firmly on the edge of the desk with the palm of your hand. Let part of the ruler stick out over the edge of the desk.
2. Pluck the overhanging part of the ruler. Watch and listen. *What is vibrating? What do you hear? What causes the sound?*
3. Change the overhanging part to 25cm. pluck the ruler. Do the same when the overhanging is 20cm. watch and listen in each case. Which vibrates faster(20cm or 25cm) overhanging?



Exercise: The Vibrating Ruler

1. Copy and complete:

When we plucked the ruler it moved _____.
We say it vibrated. We changed the _____ of the overhanging part to 25cm. we plucked the ruler. We did the same when the _____ was _____ cm.

2. Answer the questions in complete sentences.

- a. What is vibration?
- b. what causes the sound from the ruler?

3. Conclusion:

A short part vibrates _____ than a long part. Vibrating things produce _____.

Activity 2: Swinging Pendulums

Materials: Each group should have

2 pieces of string

2 stones/ heavy objects

2 drawing pins

1 clock/stopwatch

Method:

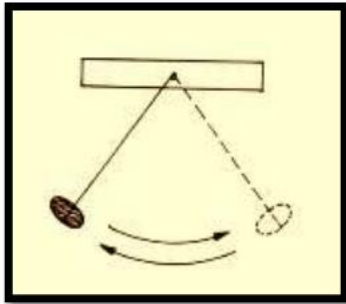
1. Tie a piece of string to a small heavy object such as a stone.

Use a pin to hang the stone down from the side of the table.

Make it swing 10 times.

Note: One complete swing is when the object (stone) moves forward then backwards.

(forward then backwards..... count 1)



2. Make another which is shorter than the first one. Hang it far enough from the first one so that they do not touch each other when they are swinging.

Swing the long pendulum and find the time for 10 complete swings.

Swing the short pendulum and find the time for 10 complete swings.

Which takes more time to complete 10 swings?(long pendulum or short pendulum)

3. Now count how many swings the two different pendulums make in 1minute.

(Repeat this three times)

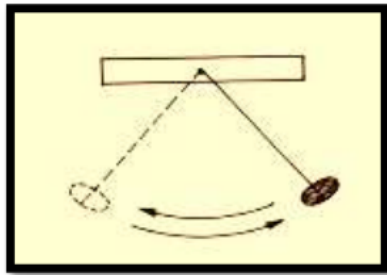
Your teacher will time you.

Record your results in the table provided.

Exercise: Swinging Pendulums

1. Copy and Complete:

- a.) A pendulum is a heavy _____ tied to a piece of _____ which can _____ forwards and backwards.
- b.) One complete swing is when the _____.
- c.) The long pendulum makes 10 swings to in _____ second.
- d.) The short pendulum makes 10 swings to in _____ second.



4. Conclusion: (Put a line across the wrong word)

In this activity we discovered that the longer the pendulum the faster/slower it swings. Short pendulums have high/low frequencies. Long pendulums have high /low frequencies.

WEEKLY HOMESTUDY PACKAGE 12

Kiribati (pronounce as Kiribas)



- Kiribati, the islands which now form the Republic of Kiribati could have been inhabited about seven hundred years ago.
- This Micronesian population was visited by Polynesian and Melanesian invaders before the first European sailors "discovered" the islands in the 16th century.
- The main island chain, the Gilbert Islands, was ruled as part of the British Empire.
- The country gained its independence in 1979 and has since been known as Kiribati.

For You To Do

1. Kiribati was formerly known as _____.
2. When did it gain independence?
3. Which country ruled the island before independence?

CONTINUITY AND CHANGE

Achievement Indicators:

- Identify and sort the various forms of leaders that exist in the Pacific.
- Compare and contrast leadership characteristics of each Pacific country.
- Discuss how colonisation had influenced their leadership style.

A Types of Leadership in the Pacific

Everyday whether individually or collectively, we make many decisions in our own lives. Sometimes decisions are made for us by the leaders of our communities. In some cases leaders are elected by members and others like traditional chiefs are inherited. Leaders whether elected or inherited are important. Leaders have the power to influence or control the lives of people. We all belong to many groups with different levels of leadership in the Pacific.

1. List of Presidents and Prime

Ministers of Fiji since 1987

Date	President	Date	Prime Minister
1987-1993	Ratu Sir Penaia Ganilau	1967-1970	Ratu Sir Kamisese Mara
1993-2000	Ratu Sir Kamisese Mara	1970-1987	Ratu Sir Kamisese Mara
2000-2006	Ratu Josefa Iloilovatu	April 1987–May 1987	Timoci Bavadra
2009-October, 2015	Ratu Epeli Nailatikau	Dec 1987- 1992	Ratu Sir Kamisese Mara
2015	Major General Jioji Konrote	1992-1999	Sitiveni Rabuka
		1999-2000	Mahendra Chaudary
		May 2000	Ratu Tevit Momoedonu (lasted only for few minutes)
		May-July 2000	Laisenia Qarase
		March 14-2001- March 16, 2001	Ratu Tevita Momoedonu
		March 16 2001- Dec-2006	Laisenia Qarase
		2006-2007	Dr Jona Senilagakali
		2007-2009	Josaia Voreqe Bainimarama
		2009-2014	Josaia Voreqe Bainimarama
		2015	Josaia Voreqe Bainimarama

Leaders in Fiji's Democratic Parliament and How they are Chosen

<ul style="list-style-type: none">• President of Fiji- elected by parliament in 2015 to be Head of State
<ul style="list-style-type: none">• Prime Minister- the leader of the party with a majority of members in parliament becomes Head of Government
<ul style="list-style-type: none">• Leader of Opposition- the leader of the largest non-government party and is elected by the members
<ul style="list-style-type: none">• Speaker-Chairs the proceedings of Parliament and is elected by the members of parliament but is not a member of parliament
<ul style="list-style-type: none">• Ministers-Members of Parliament from the Government party selected by the Prime Minister to lead portfolio areas
<ul style="list-style-type: none">• Members of Parliament-elected by the people of Fiji. Generally members belong to a political party.

1076 NADI SANGAM SCHOOL
YEAR 7
HEALTHY LIVING
WEEKLY HOME STUDY PACKAGE 9

STRAND	UNIT 28 VOLUNTARY ORGANISATIONS
SUB STRAND	PERSONAL AND COMMUNITY HEALTH
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Be able to identify and describe voluntary organizations present in our communities.➤ Explain the purpose of voluntary organizations.

Voluntary Organizations

- Enable the individuals to learn the basics of groups and political action through participation in the governing of their private organizations.
- Voluntary organizations are non-governmental organizations
- They depend on general public and private companies for funding of the organization
- These organizations are made up of members who are willingly and voluntarily offer their services to the organization without any financial gain. These group of people are called **Volunteers**
- Voluntary organizations also help the government during disasters as they provide relief assistance and manpower to affected areas

Some Voluntary organizations in Fiji

Fiji Red Cross Society

- To bring assistance without discrimination to the wounded to prevent and alleviate human suffering wherever it may find
- Its purpose is to protect life and health and ensure respect for human beings
- It promotes mutual understanding, friendship, cooperation and lasting peace amongst all people
- Red Cross: **provides wheelchairs, collect blood for blood bank, help people during natural disasters.**

St Johns

- They provide first aid and disaster preparedness. They recognize healthcare and humanity

Activity

Answer these questions

What are voluntary organisations?

Name five voluntary organisations in Fiji

What do they do?

Why do they do what they do?

Where do they get their items, money from?

When do they give out help?



1076 NADI SANGAM SCHOOL
YEAR 7 - हिन्दी HINDI
Worksheet 12 WEEKLY HOMESTUDY PACKAGE 9

तत्व	लिखना एवं निर्माण करना
उप-तत्व	भाषा की विशेषताएं एवं नियम
विषय के अधिगम परिणाम	अलंकृत भाषा, मुहावरों और अदृश्य विभिन्न शब्दावलीप्रकार वाक्य, संरचना व शुद्ध विराम चिन्ह के प्रयोग से विभिन्न विषय/ ग्रंथ उत्पन्न करना ।

काल – “समय” क्रिया के होने या घटने के समय को काल कहते हैं।

(1) वर्तमान काल(present Tense)

कोई क्रिया अभी के समय घटित होती है, भाषा में वह समय वर्तमान काल कहलाता है।

जैसे : → मैं दौड़ती हूँ ।

→ माली पौधों को पानी दे रहा है ।

(2) भूतकाल (past Tense)

जिसके द्वारा हमें क्रिया के बीते हुए समय में होने का बोध होता है। उसे भूतकाल कहा जाता है।

भूतकाल को पहचानने के लिए वाक्य के अन्त में ‘था, थे, थी’ आदि आते हैं।

जैसे : → कल मैं दौड़ी थी ।

→ माली ने पौधों को पानी दे दिया ।

(3) भविष्यत काल (future Tense)

क्रिया के जिस रूप से आगे आने वाले समय का बोध हो, वह भविष्य काल कहलाता है।

जैसे : → अगले सप्ताह मैं दौड़ूंगी ।

→ माली रात्री में पौधों को पानी देगा ।

दिए गए वाक्यों के सही काल लिखिए ।

१	पक्षी आसमान में उड़ते हैं ।	११	पिताजी आए हैं ।
२	शालू ने गाना गाया ।	१२	गीता आई है ।
३	बच्चे खेलने जा रहे हैं ।	१३	दादाजी कल आएंगे ।
४	माँ भोजन बना रही है ।	१४	मैं ने भाई को राखी बांधा ।
५	नदी की पानी बहती है ।	१५	ज्योति ने होली में रंग खेला ।
६	राजा को शाबासी मिली ।	१६	दीपावली नवम्बर में है ।
७	मुझे कल सूना जाना है ।	१७	बाढ़ में बच्चे तैर रहे हैं ।
८	मल्लिका नाचेंगी ।	१८	मैं शहर जा रही हूँ ।
९	हम सर्कस देखने जाएंगे ।	१९	डाक्टर ने इलाज किया था ।
१०	वह पढ़कर आई है ।	२०	अच्छे बच्चे पढ़ रहे हैं ।