ARISE! AWAKE! AND STOP NOT TILL THE GOAL IS REACHED
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Weekly Home Study Package
(Realigned Curriculum)
SET 3

Name of Child: _____ Grade: 7

Subjects for this week:

1. Mathematics
2. English
3. Basic Science
4. Social Science
5. Healthy Living
6. Hindi
7. Physical Education
8. Music
9. Art & Craft

Answer Booklet – 2 sheets (3 pages)

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REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Mathematics*

STRAND:	**M3 – Measurement**
SUB-STRAND:	**M3.2 – Volume / Capacity**
CONTENT LEARNING OUTCOME:	M7.3.2.1 - Calculate capacities and solve simple real life word problems using mathematical operations.
ACHIEVEMENT INDICATORS:	•Express volumes and capacities using appropriate units and language of comparison. •Estimate, measure and compare capacities using standard unit. •Solve word problem in volume and capacity.

LESSON NOTES

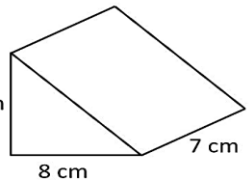
Volume

Volume is the quantity of three-dimensional space enclosed by a closed surface, for example, the space that a substance or 3D shape occupies or contains. Volume is often quantified numerically using cm^3 or m^3.

Example 1

Area of triangle = ½ x 8 x 6
= ½ x 48
= 24 cm^2

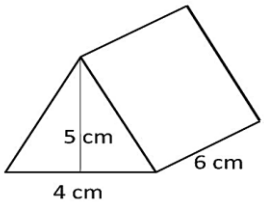
Volume = area x length
= 24 X 7
= 168 cm^3

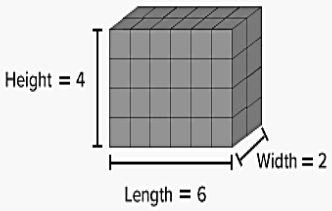


Example 2

Area of triangle = ½ x 5 x 4
= ½ x 20
= 10 cm^2

Volume = area x length
= 10 X 6
= 60 cm^3





Volume of rectangular prism = Length x Breadth x Height
= 6 x 2 x 4
= 48 cubic units

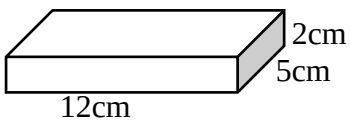
Formulas for Calculating Volume

Volume of any 3D Shape = Area of Cross-Section X Length	Volume of Rectangular Prism = Length X Width X Heigth
Volume of a Triangular Prism = $\frac{1}{2}$ Base X Heigth X Length	Area of a Square = Length X Length X Length

ACTIVITIES / EXERCISES

Calculate the volumes of the given 3D shapes. **SHOW ALL NECESSARY WORKING.**

1. (a)



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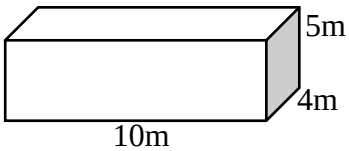

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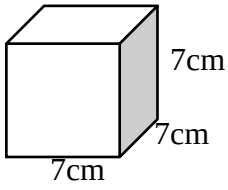
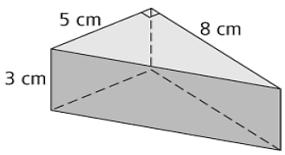


2. (a)



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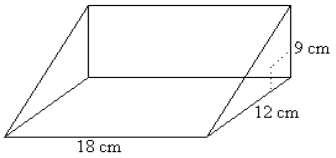

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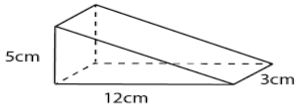
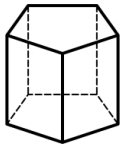


3. (a)



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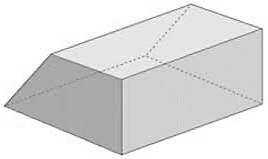

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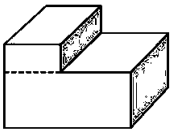

Area of Cross Section = 25cm^2
Length = 10cm

Area of Cross Section = 20m^2
Length = 15m

Area of Cross Section = 30cm^2
Length = 6cm

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REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *English*

STRANDS	Listening and Speaking	Reading and Viewing	Writing and Shaping	
SUB-STRAND: *(Integrated Approach)*	1-Text types media everyday communication, literary texts.	2-Language features and rules.	3-Socio-cultural context and situations.	4-Language learning processes and strategies.
CONTENT LEARNING OUTCOMES:	Explore and assess features of a wide range of literary, every day and media texts in print and multi modal text.	Explore and discuss the diverse ways texts present their ideas.	Examine and explain how texts present various cultural, religious values, attitudes and beliefs for a particular purpose and audience.	Explore and apply a wide range of strategies to comprehend, interpret, and evaluate a range of text.

LESSON NOTES / EXERCISES

Listening and Speaking: Discuss about the 3Rs with your family. Focus your discussions on the importance of 3R.

Reading and Viewing: Read the following passage carefully.

WHY SHOULD WE RECYCLE?

Recycling is a very important thing to do in our modern world and everybody should do it. Many millions of tons of waste are dumped in landfills every year. As much as 80 percent of this can be recycled. Natural resources such as forests and oil supplies will run out if we don't recycle. If we recycle we are helping our planet by reusing things more than once.

Recycling can save energy. We use a lot of energy to make metals like aluminium and steel. The fuel used to make one aluminium can could be used to make lots of recycled cans. This is because we have to mine raw materials from the ground, transport them and then melt them to make new cans.

Recycling can save money. By recycling things like glass, plastics and paper we are saving money on the cost of producing new products made from raw materials. Recycling allows us to continually use the same materials for the same purpose. For example, glass is made into bottles over and over again. Recycling cuts down on pollution. Many new items are made into factories which pollute our air and water.

If we follow three simple rules – reduce, re-use, and recycle – we will help our planet by using less, reusing what we already have and recycling waste materials. Be smart and save our planet, follow the 3R's…… reduce, reuse and recycle.

Writing and Shaping:
Answer these questions using *complete sentences* in the **Answer Booklet** provided.

Part A

1. Why is recycling important?
2. In a year how much can we recycle?
3. What do we use metals for?
4. How can you help our planet?
5. What does recycling reduce?

Part B
Write a short paragraph about any environmental issue of your choice. Your paragraph should contain an introductory sentence, body and a concluding sentence. You may use between 50 – 70 words.

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REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Basic Science*

STRAND:	**S7.3 – Energy**
SUB-STRAND:	**S7.3.2 – Energy Transformation, Use and Conservation**
CONTENT LEARNING OUTCOME:	S7.3.2.1 - Explore the different forms of energy and their uses and discuss conservation of renewable and non-renewable energy sources.
ACHIEVEMENT INDICATORS:	• List and give examples of different forms of energy. • State uses of different forms of energy. • Gather and display relevant information on how energy can be conserved.

LESSON NOTES

Energy Transformation, Use and Conservation

Form of energy	Description	Diagram/Example
Chemical Energy	is energy caused by chemical reactions. A good example of chemical energy is food when eaten, fuel for cars, etc.	Food  Fuel 
Electrical Energy	is when motion, light or heat is produced by an electrical current like the electric coils on your stove.	 Battery  Gas  electricity
Heat(thermal) Energy	Thermal energy is what we call energy that comes from heat. For example, a cup of hot tea, hot iron, etc.	 iron  hot cup of tea  roasting
Solar Energy	Solar energy is energy from the sun that is collected and used to produce other forms of energy like electricity or heat	solar water heater[hot water] 

ACTIVITIES / EXERCISES

1. Explain how you keep your food and vegetables fresh at school and at home?
2. How do you keep your classroom cool on hot days?
3. What is the most common source of energy used in your school?
4. Would the source of energy named in part 3 above be classified as renewable or non-renewable?
5. Which appliances in your school uses a lot of energy?

6. Complete this paragraph. Choose the correct words from the Word List provided.

WORD LIST

machines non-renewable wind solar renewable

Energy is all around us and it exists in different forms. The energy which comes from the sun is known as _____(a)_____ and is useful to men, plants and animals in many ways. Energy is also generated from water and _____(b)_____. This makes our work easier and quicker. Man has invented different types of ____(c)_____ that use either ____(d)_____ or _____ (e) _____ energy to suit his

needs.

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE

SET: 3

YEAR: 7 **SUBJECT:** *Social Science*

STRAND:	**SS7.3 – Place and Environment**
SUB-STRAND:	**SS7.3.2 – People and Care of Places.**
CONTENT LEARNING OUTCOME:	SS7.3.2.1 - Analyse pollution problems in the Pacific; discuss their effects and ways of alleviating the problems.
ACHIEVEMENT INDICATOR:	• Collect and identify types of contamination and issues on the environment.

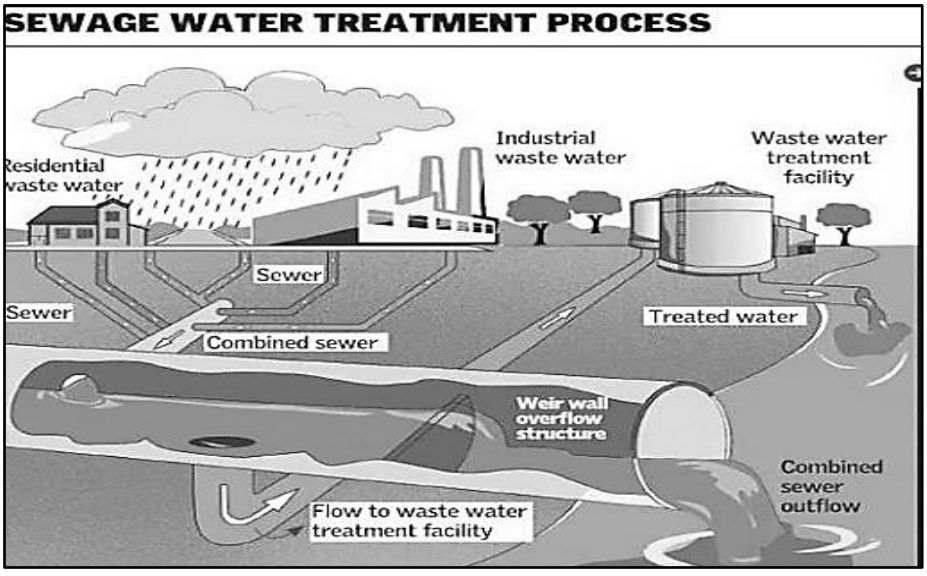
LESSON NOTES

How to Prevent Sewage Pollution

Sewage discharges can be prevented by changing human excreta to a useful resource rather than disposing it of as a waste. Several treatment options are available which use natural method to change excrement or into useful products and avoid wastewater discharges. Such an example would be to convert or change human excrement into fertilizer, fuel, or valuable plants. Perhaps the simplest and cheapest of these technologies are waterless biological toilets, which use soil bacteria to change excrement into soil inside a sealed container, also known as composting toilets, this is used around the world mainly in Europe and North America.. Other examples of sewage treatment technologies include contained wastewater gardens, constructed wetlands and biogas systems.

What Needs To Be Done?

The discharge of industrial waste to conventional sewage treatment systems should be prohibited, allowing sewage effluent and sludge to be reused for a variety of purposes which pose no danger to public health. In addition, the use of chorine for disinfection of sewage effluent, which causes the formation of highly toxic chemical pollutants, should be replaced with non-toxic alternatives such as oxygen-based additives or ultraviolet radiation.



Source: http://charmbd.com/sewerage-treatment-plant

ACTIVITIES / EXERCISES

1. Define the term '**contamination**'
2. Identify **three** types of contamination that humans have caused to our environment.
3. What are **two** ways of preventing sewage pollution?
4. What happens at a sewage treatment plant?

5. How can you assist in controlling water contamination?

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Healthy Living*

STRAND:	**H3 – Safety**
SUB-STRAND:	**H3.1 – Personal Safety**
CONTENT LEARNING OUTCOME:	H7.3.1.1 – Explains the need for applying rules in familiar settings.
ACHIEVEMENT INDICATORS:	• Describe the need for rules at home and in school. • Identify rules for safe behaviour in familiar settings.

LESSON NOTES

What are Rules?

Rules are instructions that tell you what you are allowed to do and what you are not allowed to do. A rule is a prescribed guide for conduct or action.

Types of Rules

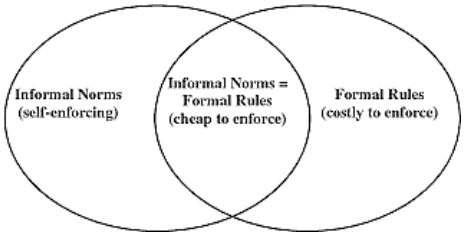
(a) **Formal Rules**: Formal rules (also known as Written Rules) are all the codified laws and regulations that are issued by a legislative process or formal decree. These include the constitution of a country, laws, traffic rules, organisation policies, company protocols, examination rules, school rules, etc.

(b) **Informal Rules**: Informal rules (also known as Unwritten Rules) are all expected norms and guidelines that are supposed to be followed, yet not written or displayed. It includes the traditional or cultural norms/codes, family rules, village rules, etc.

Importance of Rules

Rules are very important for everyone because rules:

(a) provide a sense of predictability and consistency.
(b) help guide actions toward desired results.
(c) promote physical and emotional safety.
(d) tend to protect the weaker class in the society.
(e) provide a stable environment and human co-existent in a country, which leads to peace and development.



ACTIVITIES / EXERCISE

Answer the following questions in the **Answer Booklet**.

1. Why do you have rules at home?
2. Who monitors these rules at home?
3. Why do schools need rules?
4. Who monitors the rules in your community/village?
5. If there were no rules in schools, what do you think will happen?

6. Mention **two** informal rules that you expected at home.

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Hindi* (हिन्दी)

STRANDS	**H1:** सुनना वं बोलना	**H2:** पढ़ना व सर्वेक्षण करना	**H3:**लिखना व निर्माण करना	
SUB-STRAND: *(Integrated Approach)*	**H1.1**मूल–पाठ के प्रकार– मीडिया, साधारण सम्प्रेषण, साहित्यिकविषय	**H1.2** भाषा की विशेषता वं नियम	**H1.3** सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ	**H1.4** भाषा अधिगमप्रकिया और युक्तियाँ
CONTENT LEARNING OUTCOMES:	Explore and assess features of a wide range of literary, every day and media texts in print and multi modal text.	Explore and discuss the diverse ways texts present their ideas.	Examine and explain how texts present various cultural, religious values, attitudes and beliefs for a particular purpose and audience.	Explore and apply a wide range of strategies to comprehend, interpret, and evaluate a range of text.

LESSON NOTES / EXERCISES

Listening and Speaking: (saunanaa evaM baaolanaa) – Apnao Baa[- va bahna sao safa[- ko ivaYaya pr cacaa- kroM.

Reading and Viewing: (pZ,naa va savao-xaNa krnaa) – naIcao ide gae baaoQana kao pZ,ao AaOr samaJaao.

माहेश और रोहित Oक ही शाला में पढ़ते थे। पर दोनों का स्भाव Oक–दूसरे से नही मिलता था । महेश सदाप्रसन्न रहता था । उसके कपड़े साफ़ थे। शरीर भी स्वच्छ था । रोहित का स्वभाव बहुत चिड़चिड़ा था । वह सदा बीमार रहता था । Oक दिन महेश घूमते– घूमते रोहित के घर की ओर जा पहुँचा । महेश को देखकर रोहित ने उसे घर में बुला लिया ।

महेश ज्यों ही वहाँ जाकर बैठा कि मच्छर आकर कान में गुन–गुन करने लगे। मक्खियाँ

भन– भन करने लगीं । घर में बैठना कठिन हो गया । घर में खिड़कियाँ नहीं थीं । फर्श सीला था । नालियों में पानी सड़ रहा था । वहाँ की हवा में से दुर्गन्ध आती थी । महेश वहाँ से भागा और पेड़ के नीचे आकर उसने साँस ली । अब उसकी समझ में आया किक्यों रोहित का स्वभाव चिड़चिड़ा है और क्यों वह बीमार रहता है ।

Writing and Shaping: (ilaKnaa va inama-Nnaa krnaa) – naIcao ide gae p`SnaaoM ka sahI javaaba]<ar puistka maoM ilaiKe.

1. महेश कैसा लड़का था ?
2. रोहित कैसा लड़का था ?
3. रोहित बीमार क्यों रहता था ?

4. मच्छर कैसे जगहों में पलते हैं ?
5. मच्छरों से क्या बीमारी होतीं हैं ?

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Physical Education*

STRAND:	**Physical Education**
SUB-STRAND:	**Body Movement and Motor Skill Development**
CONTENT LEARNING OUTCOME:	Fundamental Motor Skills – Rhythmic Movement Skills Students develop social skills and a positive self-concept when rhythmic activities are taught in a sensitive, educational way.
ACHIEVEMENT INDICATORS:	• Know where to find sources of rhythmic accompaniment. • Understand the inherent rhythmic nature of all physical activity.

LESSON NOTES

Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body:

(i) **Aerobic Exercise**
Any physical activity that uses large muscle groups and causes your body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

(ii) **Anaerobic Exercise**
Also called strength or Resistance training and can firm, strengthen, and tone your muscles, as well as improve bone strength, Balance, and Coordination. Examples of strength moves are push-ups, lunges, and bicep curls using dumbbells. Anaerobic exercise also include weight training, functional training, eccentric training, Interval training, sprinting and high-intensity interval training increase short-term muscle strength.

(iii) **Flexibility Exercises**
Stretch and lengthen your muscles. Activities such as stretching help to improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

Physical exercise can also include training that focuses on accuracy, agility, power, and speed. Sometimes the terms 'dynamic' and 'static' are used. 'Dynamic' exercises such as steady running, tend to produce a lowering of the diastolic blood pressure during exercise, due to the improved blood flow.
Conversely, static exercise (such as weight-lifting) can cause the systolic pressure to rise significantly (during the exercise).

ACTIVITIES / EXERCISES

1. Give **three** examples of aerobic exercises.
2. Give **three** examples of anaerobic exercises.
3. Define the following terms:
   (i) agility (ii) speed (iii) flexibility

4. Practical – Do the following exercises and record the time taken in the table provided in the **Answer Booklet**. (Similar to the table below) [**Parental Supervision Recommended**]

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Exercises	Brisk Walking (50 steps)	Jumping (30 jumps)	Push-Ups (20 push ups)	Arm Swings (20 swings)	Jog on Spot with knees high (10 jogs)
(Time in seconds)					

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Music*

STRAND:	**Performing Arts**
SUB-STRAND:	**Art Ideas**
CONTENT LEARNING OUTCOME:	• Interpret and use information from simple music scores and demonstrate it correctly.
ACHIEVEMENT INDICATORS:	• Distinguish semitones from 7 main pitches (with accidentals). • Transcribe simple staff notation to Tonic Solfa / Sargam.

LESSON NOTES

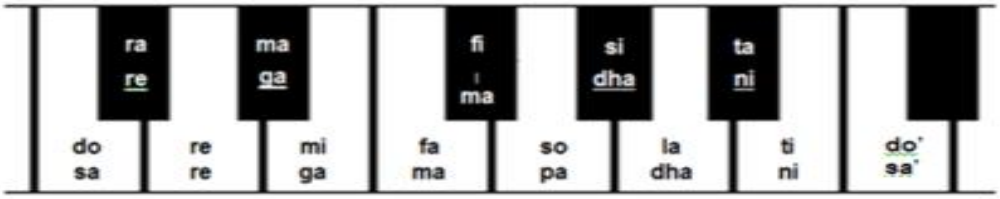
Topic 3: Semitone pitches

➢ We can find these symbols on the staff notation scores; they are **accidentals.** They change the pitch by a semitone up or a semitone down.

[accidentals]

♯ sharp	♭ flat	♮ natural
Raise a note a semitone up	Lower a note a semitone down	Cancel the effect of sharp or flat

➢ Semitone is the pitch interval between the two keys, either white or black, that are next to each other on the keyboard piano.
➢ There are 5 semitone pitch names apart from the main 7 pitches. See below;

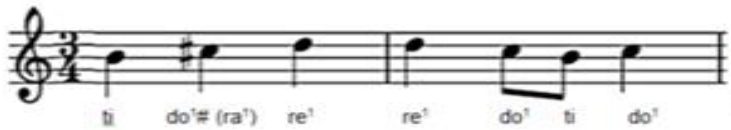


Here are some examples;
- "**do + #**" is the next right black key named "**ra**"
- "**ti + ♭**" is the next left black key named "**ta**"

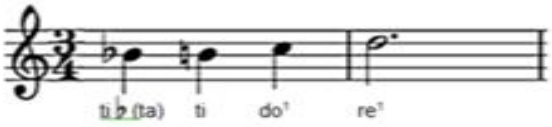
CD Track 1

- When we sing, we use the semitone pitch names, but when explaining or reading scores, we can say "do-sharp," "ti-flat."

Accidentals appear in front of the notes they alter. **Their effects last only within the bar from the point where they appear**, and the "natural "sign can reset these effects. See the examples below;



In the first bar, "do¹" is half-raised by sharp, but it does not affect the next bar.



The first "ti" is half-lowered by flat, but the next one has "natural," so the pitch change is cancelled.

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ACTIVITIES / EXERCISES

In the space provided in the Answer Booklet, draw the musical octave (white and black keys). Label the octave correctly with the 7 main pitches.

REALIGNED CURRICULUM WEEKLY HOME STUDY PACKAGE
SET: 3

YEAR: 7 **SUBJECT:** *Art and Craft*

STRAND:	**Visual Arts**
SUB-STRAND:	**Art Ideas**
CONTENT LEARNING OUTCOME:	Drawing – Tones / Pencil Painting
ACHIEVEMENT INDICATORS:	• Understand that lights have effects on objects. • Understand that solid objects cast shadows.

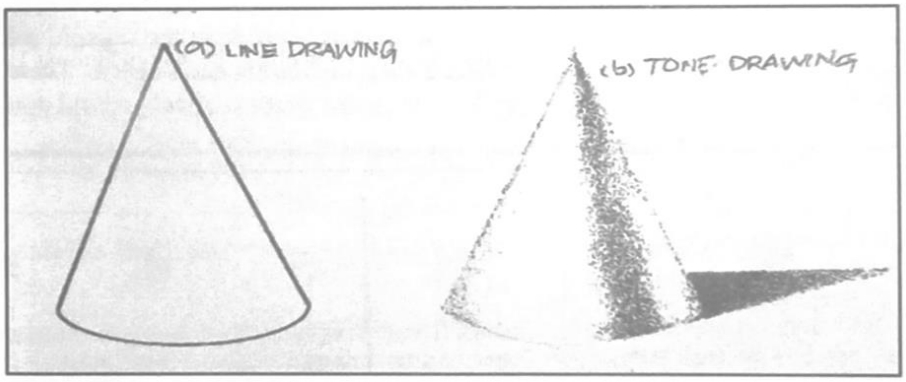
LESSON NOTES

- light as having colours. In a dark moonless night everything you see turns black. With the presence of light, the leaves turn green, the sea is blue. The light reveals all this.

2. Ask students to identify objects and their colours such as the yellow allamenda flower, the white or grey clouds, the blue striped dress or shirt, the brown car.

SHADING TO CREATE THE THIRD DIMENSION

Discuss the topic by reference to the following drawings.



- line drawing could suggest a subject even if it is not shaded
- forms outline is suggested by the addition of rough or uneven texture to a line drawing
- by putting heavy lines on one side of the object in the drawing could suggest shades
- the mood is suggested by including light and shades which reveals more than line alone
- light and shade convey a look of solidity, of reality and of the actual texture and mood of the subject
- Shading objects is a fascinating and absorbing process. Shading makes the drawing more alive, therefore it is important for an artist to know more about light and how it affects the appearance of any object
- light could be artificial or daylight [sunlight]
- using sunlight, it would be advantageous to choose a time of the day when the sun is not directly overhead 9.00 to 10.00 in the morning or 3 to 4 in the afternoon are the best time for effective outdoor drawings.

Do remember that, sunlight change in length and direction as the position of the sun changes

Art & Craft Lesson Notes (Continued)

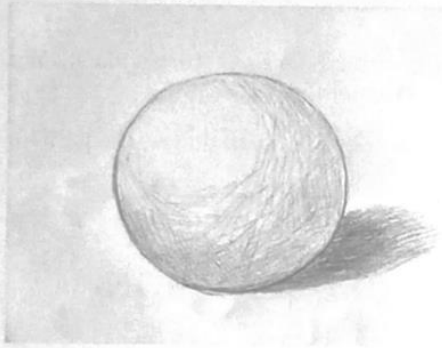
USING ARTIFICIAL LIGHT

Bright light from artificial source such as light bulb, make strong highlights and shaded areas with clearly-defined shadows. Still-life arrangements need this type of lighting.

The distance of light from the objects must be considered. Shadows of objects could appear distorted if light is placed too close to the objects. If the light is too far away, the shadows would lose their sharpness. A 75 or 150 watt bulb is ideal. Eliminate other lights or keep them at minimal.

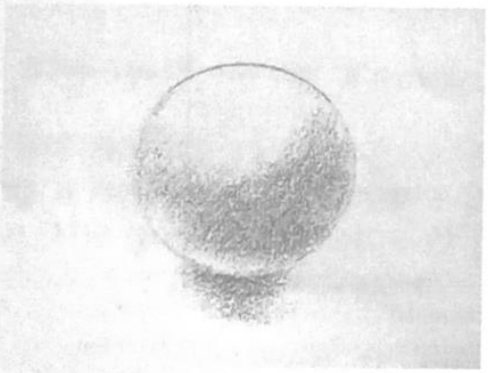
Conventional lighting is positioning your light at 45 degree angle to the objects, a little closer to the artist than the objects. This type of lighting produce strong highlights and shades. There is no hard and fast rule that conventional lighting must be used. Some other desired effects would demand different types of lighting.

(a) Conventional Lighting

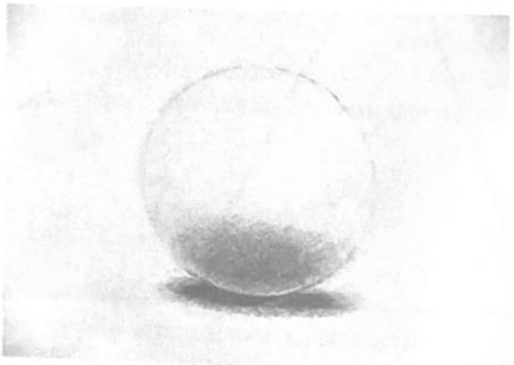


(c) Backlighting – Shadows are cast forward

(b) A shaded lamp or a cloudy day produces very weak shadows. Surfaces of objects are not sharply defined.



(d) Direct lighting – sometimes called top lighting



PLANNING VALUES

Value is the amount of lightness or darkness in a colour – in any colour. In pencil drawing, 'Value' refer to the range from white through grays to black. A value is sometimes called 'tone.' A drawing completed in a range of value is commonly known as a tone drawing.

Shading is the act of adding lights and darks to a drawing putting various values into it. Value is the lightness or darkness of colours or of grays. When we say 'My dress is blue' or 'My shirt is very light green,' we are speaking of values. Values range from the lightest value [white] to the darkest [black] with graded values of gray between white and black. Halfway value could be referred to as 'middle value.'

ACTIVITIES / EXERCISES

In the space provided in the Answer Booklet, draw a 'still-life' drawing of your choice and use a pencil to shade it to show the different types of light as discussed in the notes.

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Realigned Curriculum Weekly Home Study Package

ANSWER BOOKLET: SET 3

NAME OF CHILD: _____ YEAR/LEVEL: 7

GRADE TEACHER: Mr. Dinesh Kumar DATE RECEIVED: _____

SUBJECT: *Mathematics*

SHOW ALL NECESSARY WORKING

1. (a)	1. (b)	1. (c)
2. (a)	2. (b)	2. (c)
3. (a)	3. (b)	3. (c)

SUBJECT: *English*

Part A

1. _____
2. _____
3. _____
4. _____
5. _____

Part B

_____

_____

_____

_____

_____

_____

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SUBJECT: *Basic Science*

1. _____
2. _____
3. _____
4. _____
5. _____
6. (a) _____ (b) _____
   (c) _____ (d) _____
   (e) _____

SUBJECT: *Social Science*

1. _____
2. _____
3. _____
4. _____
5. _____

SUBJECT: *Healthy Living*

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

SUBJECT: *Hindi* ***(Hindi students ONLY)***

1. _____
2. _____
3. _____
4. _____
5. _____

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SUBJECT: *Physical Education*

1. _____
2. _____
3. (i) _____
   (ii) _____
   (iii) _____

4. Practical – Do the following exercises and record the time taken in the table provided below.

[**Parental Supervision Recommended**]

Exercises	Brisk Walking (50 steps)	Jumping (30 jumps)	Push-Ups (20 push ups)	Arm Swings (20 swings)	Jog on Spot with knees high (10 jogs)
(Time in seconds)					

SUBJECT: *Music*

SUBJECT: *Art and Craft*

Teacher's Signature: _____ Date: _____