

**1077 RAVIRAVI SANGAM SCHOOL**

**YEAR 4**  
**ENGLISH**

**Realigned Curriculum: Weekly Home Study Package - Solutions**

<b><i>STRAND</i></b>	<b>Listening and Speaking / Reading and Viewing / Writing and Shaping</b>
<b><i>SUB-STRAND</i></b>	<b>EN4.1.1 Text types- media, everyday communication, Literary texts. EN4.2.4 Language Learning processes and strategies. EN4.3.2 Language Features and rules.</b>
<b><i>CONTENT LEARNING OUTCOME</i></b>	<b>EN4.1.1 / EN4.2.4 / EN4.3.2</b>

**Listening & Speaking**

**Reading & Viewing**

Under Parental guidance watch the video about Punctuation on the Youtube Channel Scratch Garden and explain them to your parents. <https://youtu.be/LdCOswMeXFQ>.

**Abigail's Family**

Abigail has a large family. Abigail's mom is an artist, she works at the art studio. She makes paintings for people's houses. Abigail's dad is a heart doctor. He works at the hospital and helps people who are sick. Abigail has two brothers, Adriel and Melvin. Adriel is ten years old and Melvin is fourteen years old.

Abigail also has two pets. Shadow is a small, brown dog. Mikki is a big, black cat. Abigail loves her family very much.

1. How old is Adriel? Ten years old.
2. What kind of doctor is Abigail's dad? A heart Doctor.
3. What colour is Shadow? Brown.
4. What work does Abigail's mom do? She is an artist, she makes paintings.
5. How many brothers does Abigail have? Two brothers.
6. How many pets does Abigail have? Two pets.
7. What is the above passage about? The passage is about Abigail's Family.

**Writing & Shaping**

Period or Question Mark.

Put a Period(.) or Question Mark(?) at the end of each sentence. \* Period is a full stop (.)

1. What time is it\_\_?\_\_\_\_\_
2. I like pizza\_\_\_\_.\_\_\_\_
3. I fell down and got hurt\_\_\_\_.\_\_\_\_\_
4. Where is my blue shirt\_\_?\_\_\_\_\_
5. That candy is not good\_\_\_.\_\_\_\_\_
6. Do you have a green hat \_?\_\_\_\_\_
7. Mom made cookies for us\_\_\_.\_\_\_\_\_

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**MATHEMATICS**

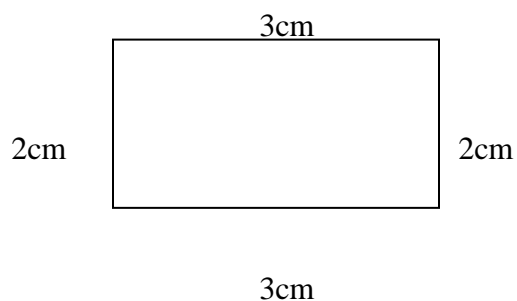
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<b><i>STRAND</i></b>	<b>Strand - Measurement</b>
<b><i>SUB-STRAND</i></b>	<b>M2.1 Length and Area</b>
<b><i>CONTENT LEARNING OUTCOME</i></b>	<b>Calculate the perimeter of a shape.</b>

**LESSON NOTES**

**Perimeter of a Shape**

- Perimeter is the total distance around a shape or object.
- Example:



$$\begin{aligned} \text{Perimeter} &= 3\text{cm} + 2\text{cm} + 3\text{cm} + 2\text{cm} \\ &= 10\text{cm} \end{aligned}$$

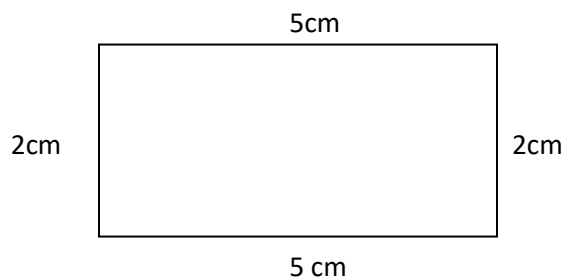
The perimeter of this shape is 10cm.

$$P = (l+l+w+w) \text{ or } (l+w) \times 2$$

**ACTIVITIES**

Find the perimeter of the following shapes.

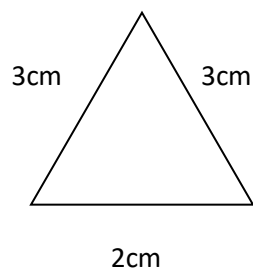
a)



$$P = 5\text{cm} + 2\text{cm} + 5\text{cm} + 2\text{cm}$$

$$P = \underline{14\text{cm}}$$

b)



$$P = 3\text{cm} + 3\text{cm} + 2\text{cm}$$

$$P = \underline{8\text{cm}}$$

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**HEALTHY LIVING**

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<b>STRAND</b>	<b>4 - PERSONAL AND COMMUNITY HEALTH</b>
<b>SUB-STRAND</b>	<b>H4.4.2 – People and Food</b>
<b>CONTENT LEARNING OUTCOME</b>	<b>H4.4.2.1 Relate information about balanced meals and promote healthy growth.</b>

**LESSON NOTES**

**Importance of Balanced Meals and Physical Activity**

- A balanced meal is a meal that consists of the right amount of food from the three food groups.
- The three food groups are Body Building Foods, Energy Giving Foods and Healthy Foods.
- Some examples of Body Building Foods - meat, fish, eggs, dairy products like yoghurt, cheese, etc.
- Examples of Energy Giving Foods - root crops like dalo, cassava, kumala, roti, rice, biscuits, etc.
- Examples of Healthy Foods – fruits, vegetables like beans, cabbage, tomatoes, etc.

**If we need to have healthy growth and development then we should:**

- Eat balanced meals.
- Exercise regularly.
- Have enough rest and sleep.
- Eat lots of fruits and vegetables.
- Drink a lot of water.
- Breathe in fresh air.

**ACTIVITIES**

Answer the following questions.

1. Define the term balanced diet.

Balanced diet is a diet that consists of the right amount of food from the three food groups.

2. Plan and draw a balanced meal for breakfast, lunch and dinner.

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"><li>• Wheat-bix (Energy Food)</li><li>• Milk (Body building)</li><li>• Apples (Healthy Food)</li><li>• Water</li></ul>	<ul style="list-style-type: none"><li>• Roti (Energy Giving)</li><li>• Fish Curry (Body Building)</li><li>• Orange Juice (Healthy)</li></ul>	<ul style="list-style-type: none"><li>• Kumala (Energy Food)</li><li>• Boiled Eggs (Body Building)</li><li>• Vegetable Salad (Healthy Food)</li></ul>

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**ELEMENTARY SCIENCE**

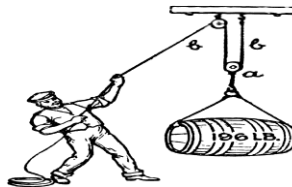
**Realigned Curriculum: Weekly Home Study Package Week – Solutions**

<b>STRAND</b>	<b>S3: ENERGY</b>
<b>SUB-STRAND</b>	<b>S3.3 Forces</b>
<b>CONTENT LEARNING OUTCOME</b>	<b>S4.3.3.1 Demonstrate that an object can be moved stopped or change directions by applying push, pull and twist.</b>

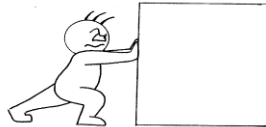
**LESSON NOTES**

**Forces**

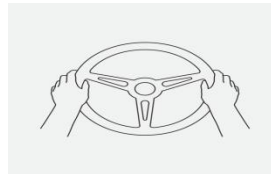
- Object is moved by applying forces.
- Energy, in all its different forms, is used to make things happen in our world, from driving a machine or kicking football to turning a wheel.
- However, whenever energy is used it involves forces.
- Forces are pushes, pulls and twist.
  - *Examples of pulling activities.*



- *Examples of pushing activities.*



- *Examples of twisting activities.*



**ACTIVITIES**

Answer the following questions.

1. What are forces?  
Forces are pushes, pulls, and twist.
2. Name an activity where you :
  - a) Push - We push the fridge door to close it.
  - b) Pull - We pull the car door to open it.
  - c) Twist - We twist the door knob to open the door.

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**SOCIAL STUDIES**

**Realigned Curriculum: Weekly Home Study Package Week - Solutions**

<b>STRAND</b>	<b>4 – Resources and Economic Activities</b>
<b>SUB-STRAND</b>	<b>SS4.4.2 People and Work</b>
<b>CONTENT LEARNING OUTCOME</b>	<b>SS4.4.2 – Gather information on services that are available in your community and compare the different roles they play in helping people.</b>

**LESSON NOTES**

**People who help us**

- People help us in our community with their job or occupation.
- A job, or occupation, is a person's role in society. More specifically, a job is an activity, often regular and performed in exchange for payment/ wages.
- Below are some examples of jobs in our community:



**ACTIVITIES**

Answer the following questions.

State how the following people help us.

1. A Doctor helps us by- looking after and treating the sick people in the hospital.
2. A Shop keeper helps us by – selling us goods.
3. A Farmer helps us by – planting fresh crops for us.
4. A Policeman helps us by- controlling the crime and catching thieves.
5. A taxi or bus driver helps us by - transporting people where they need to go.
6. A Teacher helps us by- educating us.
7. State your ambition, what you want to become and why.

\* Own Answers

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**ART & CRAFT**

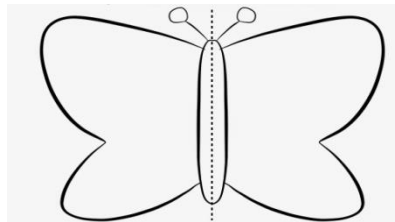
**Realigned Curriculum: Weekly Home Study Package Week – Solutions**

<b><i>STRAND</i></b>	Visual Arts
<b><i>SUB-STRAND</i></b>	A2.2 Art Skills and Processes
<b><i>CONTENT LEARNING OUTCOME</i></b>	A4. 2.2.1 Use a range of media and processes to make and modify images.

**LESSON NOTES**

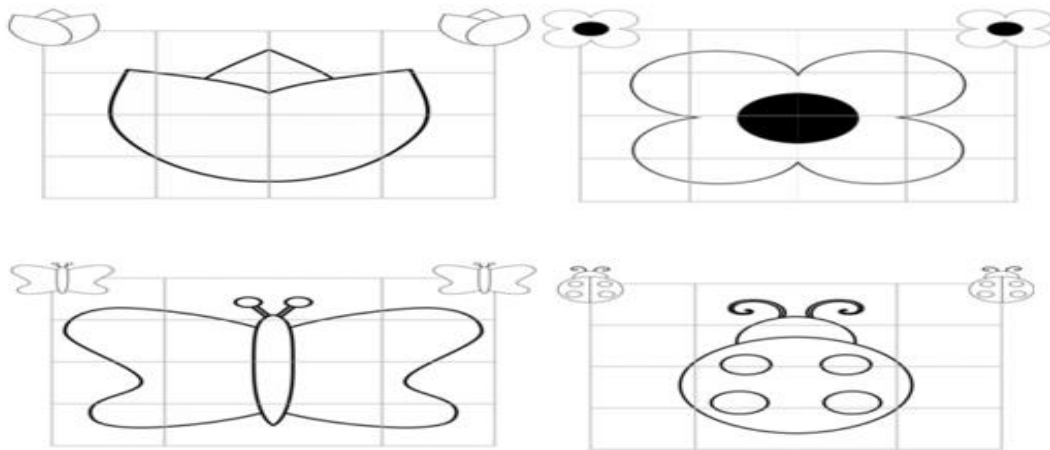
**Symmetrical Drawing**

- Symmetrical drawing is made up of exactly similar parts facing each other or around an axis; showing symmetry.
- It refers to harmonious and beautiful proportion and balance.
- In simple words, one side is the same as the other.
- If you can draw a line down the centre of something and get two similar halves, its symmetrical.
- Shapes like squares and circles are symmetrical.
- Example:



**ACTIVITIES**

**Draw the missing half of each image and colour.**



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**PHYSICAL EDUCATION**

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<b><i>STRAND</i></b>	<b>Physical Education</b>
<b><i>SUB-STRAND</i></b>	<b>PE1.2 Fitness, Personal Development and Safety</b>
<b><i>CONTENT LEARNING OUTCOME</i></b>	<b>PE4.1.2.1 Explore and identify the energy sources and its impact in the execution of body movement in physical activity.</b>

**LESSON NOTES**

**Nutritional Needs**

- Every living thing needs food to live. The food we eat is made up of nutrients such as carbohydrates, fats, proteins, minerals, vitamins and water.
- The amount of each nutrient needed by the body is called the **nutritional needs**.
- Example:
  - We need things like milk and cheese (**body building**) to help us keep our bones strong.
  - We need meat (body building) with protein and iron for our muscle growth and repairs.
  - We need fruits and vegetables (**healthy foods**) to help keep important organs and eyesight in good shape. It also protects us from diseases.
  - We need bread, rice, dalo, cassava and potatoes (**energy giving food**) to give us the energy needed to work and play.
- We need a balanced diet as a source of pure nutrition. A balanced diet contains the nutrients from the three food groups that are needed by the body for health, growth and energy.

**ACTIVITIES**

Answer the following questions.

1. Name the three food groups.

Energy giving foods, body building foods, healthy foods.

2. Define the term balanced diet.

Balanced diet is a diet that consists of the right amount of food from the three food groups.

3. State what you understand by the term nutritional needs.

The amount of each nutrient needed by the body is called the nutritional needs.

4. Name two foods that provide the body with energy.

Rice, Cassava.

5. Name two foods that provide the body with protein and iron.

Egg, Milk.

6. Name two healthy foods that protect our bodies from diseases.

Fruits and Vegetables.

7. Name two foods which are known as junk foods or unhealthy foods. Candy, Soft Drinks.

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**MUSIC**


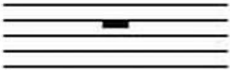



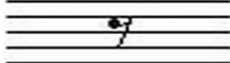
**Realigned Curriculum: Weekly Home Study Package Week - Solutions**

<b>STRAND</b>	PERFORMING ARTS
<b>SUB-STRAND</b>	A1.1 Art Ideas
<b>CONTENT LEARNING OUTCOME</b>	A41.1.1 Identify the beats each note has in music.

**LESSON NOTES**

❖ *Focus on the number of beats each note has.*


**Rhythm Chart Note Values ( Part 2)**

<b>Name</b>	<b>Note</b>	<b>Name</b>	<b>Rest</b>	<b>Beats</b>
Whole Note		Whole Rest		4 beats
Half Note		Half Rest		2 beats
Quarter Note		Quarter Rest		1 beat
Eighth Note		Eighth Rest		1/2 beat


**ACTIVITY**


Study the above chart and answer the following questions.

1. State the number of beats for the following notes.

a.  1 beat \_\_\_\_\_

c.  4 beats \_\_\_\_\_

b.  2 beats \_\_\_\_\_

d.   $\frac{1}{2}$  beat \_\_\_\_\_



<b>STRAND</b>	सुनना एवं बोलना / पढ़ना एवं सर्वेक्षण करना / लिखना एवं निर्माण करना/ संस्कृति			
<b>SUB-STRAND</b>	सुनना एवं बोलना मूल-पाठ के प्रकार -मीडिया, साधार संप्रेषण, साहित्य क विषय	पढ़ना एवं सर्वेक्षण करना सामाजिक व सांस् कृतिक संदर्भ और परिस्थितियाँ	लिखना एवं निर्माण करना भाषा की विशेषताएँ एवं नियम	संस्कृति कला व शिल्प
<b>CONTENT LEARNING OUTCOME</b>	H4.1.1.1 / H2.3/ H3.2/ H4.5			

सुनना एवं बोलना (Listening and Speaking)

स्वस्त आहार क्या है?



कुछ समय निकाल कर अपने परिवार के साथ स्वस्त आहार (healthy foods)

पर वार्तालाप तथा उन पर चर्चा करे। उनके फायदे, महत्त्व, लाभ, नाम और प्रकार पर चर्चा करे।

पढ़ना एवं सर्वेक्षण करना(Reading and Viewing)

इस अंश को पढ़कर प्रश्नों के उत्तर दीजिए।

**दीनू**

मालापुर गाँव में एक लकड़हारा रहता था। उसका नाम था दीनू। वह बहुत मेहनती और ईमानदार था। दीनू सुबह होते ही जंगल में लकड़ियाँ काटने चला जाता था। दीनू की पत्नी मेघा को दीनू का पेड़ काटना अच्छा नहीं लगता था।

एक दिन दीनू जंगल में लकड़ियाँ काट रहा था कि अचानक उसके सामने एक शेर आ कर खड़ा हो गया। दीनू डर के मारे काँपने लगा। शेर को अपने समीप आते देख दीनू काँपते हुए बोला, “शेर जी, आप मुझ पर दया कीजिए। मेरी मृत्यु के बाद मेरी पत्नी और बच्चे भूखा मर जाएंगे।”

**प्रश्न**

१. दीनू लकड़हारा कहाँ पर रहता था ?

मालापुर गाँव में

२. वह कैसा आदमी था ?

वह बहुत मेहनती और ईमानदार था।

३. उसकी पत्नी मेघा को क्या अच्छा नहीं लगता था ? दीनू का पेड़ काटना अच्छा नहीं लगता था ।

४. दीनू क्यों डर के मारे कांपने लगा ?

उसके सामने एक शेर आ कर खड़ा हो गया ।

५ “----- मेरी मृत्यु के बाद मेरी पत्नी और बच्चे भूखों मर जाएँगे । ” यह किसने कहा ? दीनू ने

### लिखना एवं निर्माण करना(Writing and Shaping)

#### व्याकरण और प्रयोग

क. सही जवाब वाले अक्षर को चुनकर गोलाकार निशान बनाइए ।

1 . मेरी कक्षा के ----- बहुत अच्छा खेलते हैं ।

क. लड़का

ख. लड़के

2. ----- सब अक्षर हमसे मिलने आते हैं ।

क. वह

ख. वे

3. अमर ----- मौसी ने पूछा कि मेहमान कब आएँगे ?

क. की

ख. का

4. मैदान में घास बढ़ ----- है ।

क. गई

ख. गया

5. इस गाँव में एक बहुत ----- पहाड़ है ।

क. उँची

ख उँचा

#### संस्कृति (Culture)

. कविता को पढ़कर अपने परिवार के साथ विचार करे ।

