

1077 RAVIRAVI SANGAM SCHOOL

YEAR 4

ENGLISH

Realigned Curriculum: Weekly Home Study Package Solutions

| | |
|---------------------------------|---|
| STRAND | Listening and Speaking / Reading and Viewing / Writing and Shaping |
| SUB-STRAND | 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. |
| CONTENT LEARNING OUTCOME | EN4.1.1 / EN4.2.4 / EN4.3.2 |

Listening & Speaking

Sports

- ❖ Talk about your favourite sport with your family members and discuss the importance of being active. You can also talk about the most popular sports in your country and your most favourite sport star.

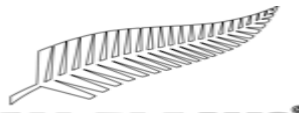


Reading & Viewing

Read the text below and answer the following questions.

My Favourite Sport

My name is Serevi Kato and I'm nine years old. I'm Fijian and my favourite sport is rugby. I play rugby twice a week at school. On Saturdays I usually have a match with my team. I am one of the flankers as I am good in tackling and of course I'm in the school team too! On Sundays I play rugby with my family members in the park. My favourite team is All Blacks and my favourite rugby star is Tim Mikkelsen. I watch rugby on Sports Channel every Friday's.



Part A

1. What is Serevi's surname? _____ Kato _____.
2. How old is he? _____ He is nine years old. _____.
3. What is Serevi's favourite sport? _____ Rugby _____.
4. Which position does Serevi play in the rugby team and why?
_____ He is one of the flankers as he is good in tackling. _____
5. Where do Serevi and his family members play rugby on Sundays? _____
At the park. _____.
6. What is Serevi's favourite team? _____ All Blacks _____.
7. Who is his favourite player? _____ Tim Mikkelsen _____.

Writing & Shaping

Part B: From the story above, list down:

- a. 2 proper nouns - ____ Serevi____, ____Saturday____.
- b. 2 verbs - ____play____, ____watch____.
- c. 2 articles - ____a____, ____the____.
- d. Write down the past tense of the following words:
Play - _played____, is- _was____, watch - _watched____.
- e. Write the following words in the alphabetical order:
(Sports, Saturday, School) - ____Saturday, School, Sports____.

Part C

Fill in the blanks

Choose the most suitable word from the brackets and fill the blanks.

1. Mere came first in the 2000 meters _____. (game/ **race**)
2. Peter goes jogging every morning to keep _____. (**fit**/trained)
3. Our local stadium isn't large enough for so many _____.(viewers/ **spectators**)
4. Justin won first _____ reward in the cookery competition. (medal/**prize**)
5. Our team _____the match by three goals to one. (beat/**won**)

Part D

Creativity: draw, label and colour your favourite sport in the space provided.

- Children's own answers.

| | |
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| STRAND | Strand - Measurement |
| SUB-STRAND | M3.2 Volume |
| CONTENT LEARNING OUTCOME | Express the use of non- standard units to measure volume/ capacity.. |

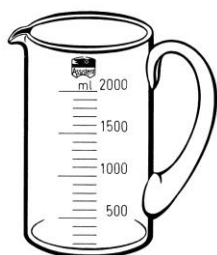
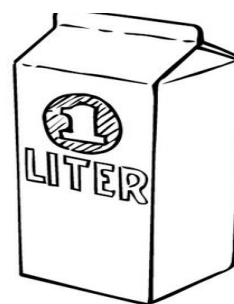
LESSON NOTES

What is Capacity?

- Capacity is the amount of liquid a container can hold; capacity is the volume of a container giving in terms of liquid measurement.
- It is measured in millilitres and Litres.
- Example :

This carton holds 1 litre of milk. It has the **capacity** of 1 litre.

- The main unit for measuring volume is called the litre.
We write 1 litre as **1L**.
- We can use different equipment to measure capacity. Example:



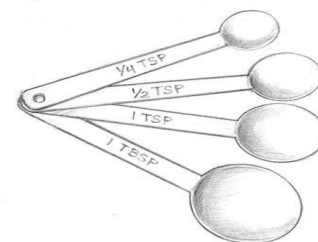
Measuring Jug



Measuring Cylinder



Beaker



Measuring Spoon

- 1 L = 1000 ml

ACTIVITIES

Answer the following questions.

- Define the term Capacity.
Capacity is the amount of liquid a container can hold.
- List two equipments to measure capacity.

Measuring Jug, Beaker.

- What is the main unit for measuring volume called? Litres.
- 1L = 1000 ml
- Small amounts are measured in milliliter (ml), large amounts are measured in Litres.

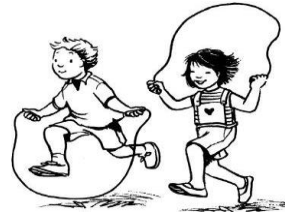
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| STRAND | 4 - PERSONAL AND COMMUNITY HEALTH |
| SUB-STRAND | H4.4.3 – Disease Prevention |
| CONTENT LEARNING OUTCOME | H4.4.3.1 Outline the significance of physical activity and preventing communicable diseases. |

LESSON NOTES

Importance of Physical Activity.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and heart diseases. It has other benefits such as:

- Controls weight.
- Improves memory and brain function.
- Helps gain strong bones and muscles.
- Lowers blood pressure and improve heart health.
- Improves joint pain and stiffness.
- Improves quality of sleep.
- Improve chance of living longer.



Some Examples of Physical Activity:

- Going for a walk, jogging, running.
- Doing household chores.
- Raking leaves, gardening.
- Dancing, aerobic exercises.
- Playing sports like soccer, netball, rugby, volleyball, tennis, etc.



ACTIVITIES

Answer the following questions.

1. Write two importance of physical activity.

Helps gain strong bones and muscles.

Lowers blood pressure and improve heart health.

2. Name two physical activities you like doing the most.

Gardening, Dancing, etc

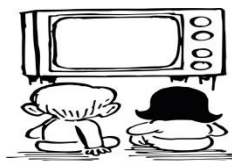
3. Under each diagram write whether it is physically **active** or **inactive**.

a)



Active

b)



Inactive

c)



Active

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SOCIAL STUDIES

Realigned Curriculum: Weekly Home Study Package- Solutions

| | |
|---------------------------------|---|
| STRAND | 4 – Resources and Economic Activities |
| SUB-STRAND | SS4.4.2 People and Work |
| CONTENT LEARNING OUTCOME | SS4.4.2.3 – Contribute in assisting those in need. |

LESSON NOTES

Who are the people in need?

People in need are basically those who lack enough money to meet basic needs including food, clothing shelter and other essentials for a minimum standard of living.

How can we help those in our neighbourhood?

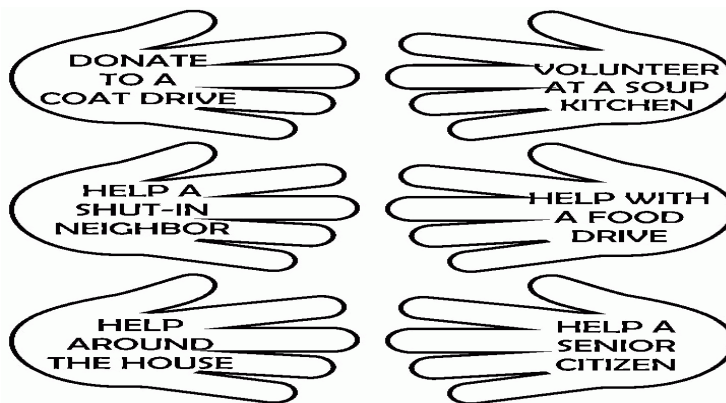
Here are some ideas:

- Donate your pre-loved clothes.
- Share food, groceries and drinking water.
- Share the message and learn to save lives.
- Be a friendly face.



Why is it important to help those in need?

- Helping others is not only good for them, it also makes us happier and healthier too.
- Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone.
- Helping is not all about money, we can also give our time, ideas and energy.



ACTIVITIES

Answer the following questions.

1. State two ways of how we can help the needy people in our community.

Donate your pre-loved clothes.

Share food, groceries and drinking water

2. State a reason why it is important to help the needy in our community.

We can create stronger communities and help to build a happier society for everyone.

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YEAR 4

ELEMENTARY SCIENCE

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| | |
|---------------------------------|---|
| STRAND | S3: ENERGY |
| SUB-STRAND | S3.3Forces |
| CONTENT LEARNING OUTCOME | S4.3.3.2 Consider the importance of force which start, increase, decrease or stop movement in everyday life. |

LESSON NOTES

Types of forces and their uses

1. The Force of Gravity

Planets pull objects towards them. Earth pulls you and other objects towards it. This pulling force is called gravity.

2. Muscular Force

The muscles in your body are attached to bones. Muscles pull on these bones. This is called muscular force. It allows you to move in many different ways.

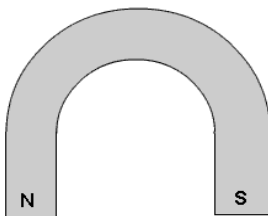
3. The Force of Friction

When two objects slide over each other they rub and push against each other. This pushing force is called friction.

4. Magnetism

Is the force you feel when you put two magnets close together. Sometimes a magnetic force can be a pulling force. This happens when you put opposite poles near each other. Sometimes a magnetic force can be a pushing force. This happens when you put similar poles near each other.

- Two poles of the same kind are called like poles. Two poles of opposite kinds are called unlike poles.
- Two like poles repel each other.
- Two unlike poles attract each other.
 - The basic law of magnetic attraction- the North Pole of a magnet is usually marked with a red dot or with the letter 'N'. The other end, therefore, becomes the South Pole end, usually marked with a blue dot or with the letter 'S'.



ACTIVITIES

Answer the following questions.

1. Describe the type of force which is invisible and pulls objects towards each other.

The force of gravity.

2. Describe the type of force when you put two magnets close together.

Magnetism

3. In magnets, what are two poles of the same kind called? Like poles

4. In magnetism, two unlike poles repel or attract each other? attract each other.

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ART & CRAFT

Realigned Curriculum: Weekly Home Study Package- Solutions

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

LESSON NOTES

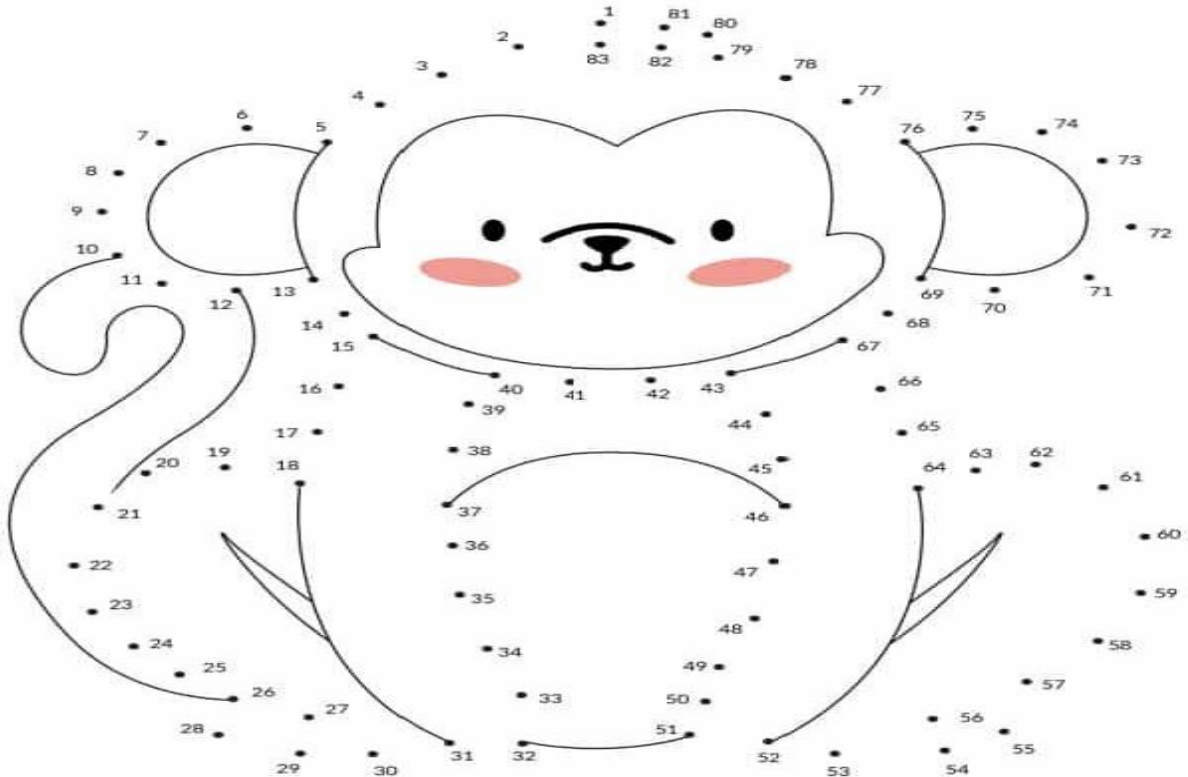
Connect the dots

Art work by connecting the dots has a lot of benefits, which includes:

- Learning number order and counting.
- Practicing hand and eye coordination.
- Developing handwriting skills, learn to create shapes and learn how much pressure to apply to the paper.
- Developing fine motor skills.
- Improving concentration skills and developing pattern visualization skills.

ACTIVITIES

There are 83 dots, connect the dots to find out the animal in the picture below. Happy connecting.

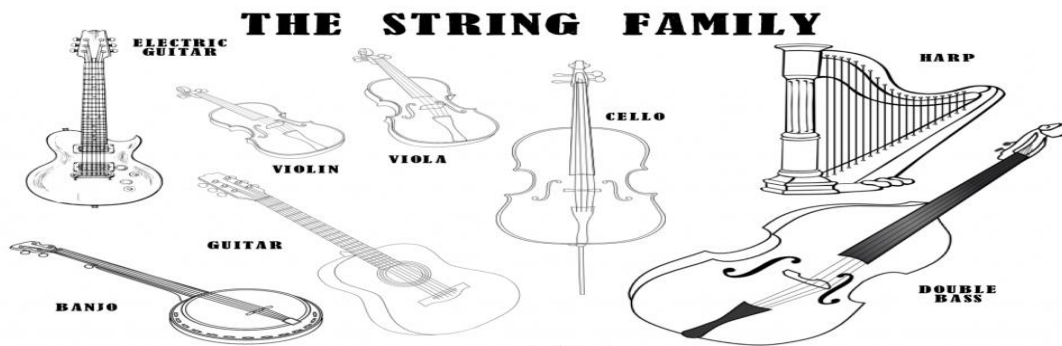


| | |
|---------------------------------|--|
| STRAND | PERFORMING ARTS |
| SUB-STRAND | A1.1 Art Ideas |
| CONTENT LEARNING OUTCOME | A41.1.1 Identify the string family in musical instruments. |

LESSON NOTES

The String Family

- **Stringed instruments** are the most basic **instruments** in the music world. The strings on it can make beautiful sounds if the right touches are made.
- These **stringed instruments found** their place in the first part of the Western music orchestra. In general, wires made from metal vibrate by either being plucked, by a spring or by pulling with fingers.
- **Stringed instruments** are a type of instrument with many models, which normally includes Guitar, Violin, Viola, Cello, Harp, Banjo, Electric and Base Guitar.



ACTIVITY

Draw a line from each string instrument and match to its correct name.

- | | |
|-----------|----|
| 1. Banjo | a. |
| 2. Harp | b. |
| 3. Guitar | c. |
| 4. Violin | d. |



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YEAR/LEVEL: 4

SUBJECT: PHYSICAL EDUCATION

| | |
|--------------------------------|---|
| STRAND | Physical Education |
| SUB-STRAND | PE1.2Fitness, Personal Development and Safety |
| CONTENT LEARNINGOUTCOME | PE4.1.2.1 Explore and identify the energy sources and its impact in the execution of body movement in physical activity. |

LESSON NOTES

Nutritional Needs

Water

- It is important to drink plenty of water before, during and after any form of physical activity.
- Water is necessary for hydration, that is, to maintain the fluid level in the body.
- Water makes up about 60% of our body weight and is found within most of the tissues of the body.
- Water keeps our bodies cool, taking the heat away from inside the body to the skin during any physical activity; water regulates our body temperature.
- We also need to understand that we lose water from the body through sweating, urine and the air we breathe out. This water must be replaced to prevent dehydration.



Water Nutrition Facts

- Water contains no protein, carbohydrate or fats, so does it have any nutritional value? The answer is yes.
- All types of water, including tap water, provide trace elements, such as copper, magnesium and chloride.



ACTIVITIES

Answer the following questions.

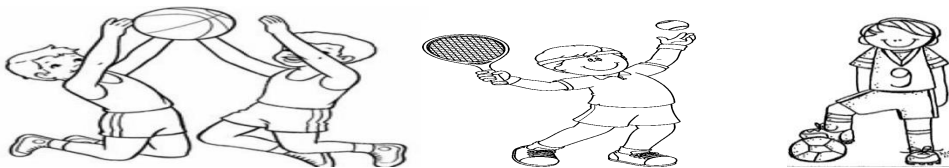
1. State two reasons why water is important for our body.
 - i) ___Regulates body temperature._____.
 - ii) ___Aids in digestion_____.
2. State a way we lose water from our body.
____Through sweating_____.
3. Does water have any nutritional value? ___Yes_____.

Re-aligned Curriculum : Weekly Home Study Package- Solutions

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|-------------------------------------|--|---|---|---|
| STRAND | सुनना एवं बोलना / पढ़ना एवं सर्वेक्षण करना / लिखना एवं निर्माण करना/ संस्कृति | | | |
| SUB-STRAND | सुनना एवं बोलना मूल-पाठ के प्रकार -मीडिया, साधार संप्रेषण, साहित्य क विषय | पढ़ना एवं सर्वेक्षण करना सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ | लिखना एवं निर्माण करना भाषा की विशेषताएँ एवं नियम | संस्कृति पारंपरिक भोजन, पेय, औषधियाँ |
| CONTENT LEARNING OUTCOME | H4.1.1.1 / H2.3/ H3.2/ H4.5 | | | |

सुनना एवं बोलना (Listening and Speaking)

खेल-कूद(Sports)



कुछ समय निकाल कर अपने परिवार के साथ खेल-कूद (Sports)

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

पढ़ना एवं सर्वेक्षण करना(Reading and Viewing)

इस कहानी को पढ़ कर नीचे दिए गए सवालों के जवाब लिखो।

लाल गेंद

सरस और उसकी माँ आँगन की सफाई कर रहे थे, इतने में किसी की लाल गेंद सरस के आँगन में आ गिरी। सरस तुरन्त गेंद की ओर दौड़ी, पर उससे पहले एक छोटी लड़की वहीं आ पहुँची, जहाँ पर गेंद गिरी थी।

उस लड़की ने कहा, “ बहन, जिस गेंद को तुम उठाने जा रही हो वह मेरी है। क्या मैं उसे ले सकती हूँ ?”

सरस ने गेंद उठा कर उस लड़की को दे दी।



प्रश्न

१. सरस किसके साथ आँगन की सफाई कर रही थी ? __माँ के साथ__। _____

२. आँगन में एक क्या आ गिरा ? _____ लाल गेंद _____
३. गेंद किस रंग का था ? _____ लाल _____
४. “ क्या मैं उसे ले सकती हूँ ?” यह किसने कहा ? _____ एक छोटी लड़की _____
५. सरस ने क्या उठा कर उस लड़की को दे दी ? _____ लाल गेंद _____

लिखना एवं निर्माण करना (Writing and Shaping)

लिंग (Gender)

लिंग के दो भेद होते हैं:

१. स्त्रीलिंग (Feminine) - जिन संज्ञा शब्दों से स्त्री जाति का बोध हो, वे स्त्रीलिंग होते हैं।

जैसे : गाय, लड़की, नारी आदि।

२. पुल्लिंग (Masculine) - जिन संज्ञा शब्दों से पुरुष जाति का बोध हो, वे पुल्लिंग होते हैं।

जैसे : कुत्ता, लड़का, आदमी आदि।

व्याकरण और प्रयोग

क. इन वाक्यों को सही शब्द से पूरा करो।

१. राम गाना _____ है। (गाता / गाती)
२. माँ खाना पका _____ है। (रही/ रहा)
३. बिल्ली भाग _____। (गया/ गई)
४. मदन ने दो चोर को _____। (पकड़ा / पकड़ी)
४. सीता पढ़ _____ है। (रहा/ रही)

संस्कृति (Culture)

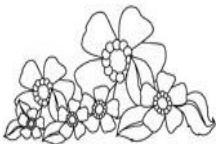
दिए गए शब्दों से रिक्त स्थान भरें।

माला

कलश

पुष्प

लोटा



पुष्प

कलश

माला

लोटा