



ARISE! AWAKE! AND STOP NOT TILL THE GOAL IS REACHED

THEN INDIA SANMARGA IKYA SANGAM FIJI

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Realigned Weekly Home Study Package

Name of Child: _____ **Solutions** _____

Grade: 5

Subjects for this week:

1. Elementary Science
 2. Healthy Living
 3. Social Studies
 4. Mathematics
 5. English
 6. Art & Craft
 7. Music
 8. Physical Education
 9. Hindi
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YEAR/LEVEL: 5

SUBJECT: ELEMENTARY SCIENCE

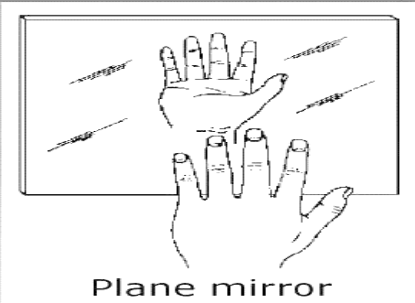
STRAND	3 Energy
SUB-STRAND	S3.1 Energy sources and transfer
CONTENT LEARNING OUTCOME	S5.3.1.2 and S5.3.1.2

LESSON NOTES


Plane, Concave and Convex Mirror

3 Types of Mirrors

- **Plane Mirror:** a flat mirror – produces an image that is right side (virtual) up and the same size as the original object –
- **Concave Mirror:** a mirror with a surface curved inward like a “cave” or a bowl.
 - Light reflected comes together to meet at a **Focal Point**.
 - Can produce virtual or real images
- **Convex Mirrors:**
 - A mirror w/ a curved surface facing outward
 - Reflected rays appear to come from a focal point behind the mirror
 - Images formed are always Virtual



Plane mirror



Mirrors

Used of the different types of mirrors

<u>Plane Mirrors</u>	are used at home while dressing up.
<u>Concave Mirror</u>	are the mirrors used in head lights, torch lights, etc.
<u>Convex Mirror</u>	are the mirrors used as rear side mirrors of vehicles, calling bell, etc.

Activities

Define the following term

- (i) Plane mirror – **produces an image that is right side (virtual) up and the same size as the original object.**
- (ii) Concave – **a mirror with a surface curved inward like a “cave”. It can produce virtual or real images.**
- (iii) Convex mirror – **a mirror with a curved surface facing outward. Images formed are always virtual.**

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Recap

YEAR – 5

SUBJECT: HEALTHY LIVING

STRAND	Strand 3 Safety
SUB-STRAND	H5.3.1 Personal Safety
CONTENT LEARNING OUTCOME	CLO H5.3.1.1 Recognize and demonstrate personal safety and practices and behaviors being alone.

Exercises

1. What is **Personal Safety**?

➤ *Personal safety is the study of how you can identify, describe and discuss risks and hazards in your environment that may pose a threat to your health and safety.*

2. Write down **true/false** for the sentences given below:

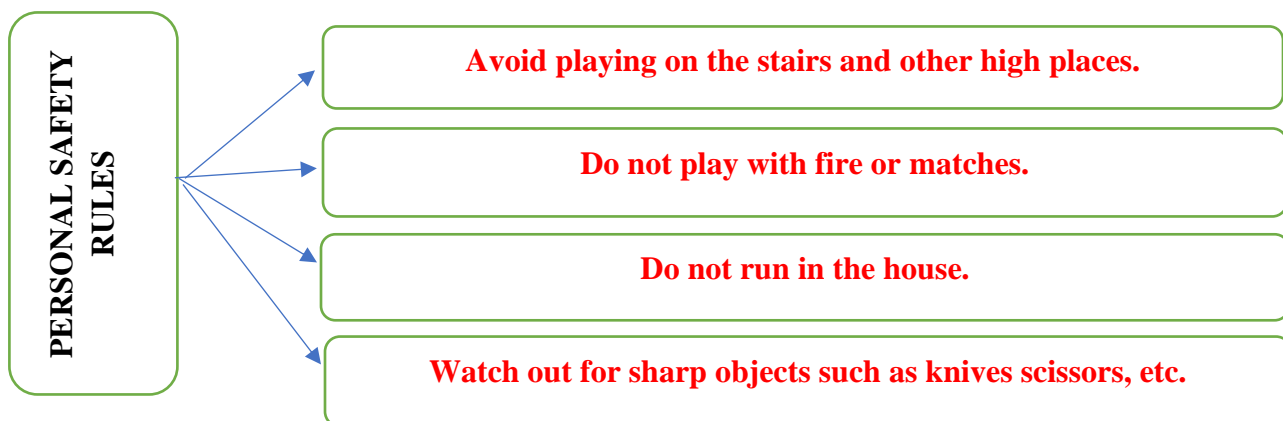
- a. You should watch out for loose wires and cables. **True**
- b. Do not play with matches. **True**
- c. We should play with candles. **False**
- d. Keep dangerous chemicals in a juice bottle. **False**
- e. Do not climb on desks and chairs. **True**

3. **Fill in the blanks** using the words given.

We must **follow** the safety rules at home so that we **don't** get hurt. We must seek **help** from our parents if we are handling things near a fire.

help
follow
don't

4. List down **Four** personal safety rules that can protect you and your love ones.



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Recap

YEAR/LEVEL – 5

SUBJECT: SOCIAL STUDIES

STRAND	Strand 3 Place and Environment
SUB-STRAND	SS5.3.1 Features of Places
CONTENT LEARNING OUTCOME	Recap- SS5.3.1.1 Discuss special physical features and the unique attraction of Fiji

Activities

Short Answer Questions

1.) What is Cultural environment?

- **Cultural environment is part of the physical environment which man has changed to satisfy their needs.**

2.) List down two examples of cultural environment.

- **Clearing forest and making hotels, roads parks etc**

3.) What is physical environment?

- **Physical Environment - an environment that is made by nature.**

4.) How does hotel workers benefit from the tourism industry?

- **Besides the regular wages you earn, you can get the best tips and bonuses**
- **Some hotels offer free staff meals and uniforms.**

5.) How does taxi drivers benefit from the tourism industry?

- **Gets income and tips from tourists.**

6.) How does villagers benefit from the tourism industry?

- **Earn money by selling their handicrafts.**
- **Earn money by showcasing their traditional items.**

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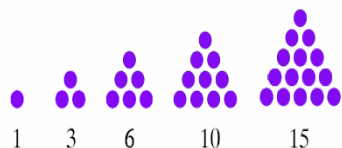
YEAR/LEVEL – 5

SUBJECT: Mathematics

STRAND	Strand 2 Algebra
SUB-STRAND	M.2.1 Patterns
CONTENT LEARNING OUTCOME	<u>M5.2.1.1 and M5.2.2.2</u>

LESSON NOTES- Triangular and Rectangular Number (Lesson One)

Triangular number Sequence - is formed from a pattern of dots which forms dots.

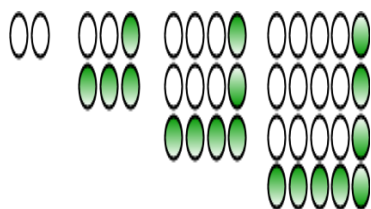


Rule
 $n(n + 1) \div 2$

Find the 2nd triangular number using the rule.

Rule
 $n(n + 1) \div 2$
 $= 2(2 + 1) \div 2$
 $= (2 \times 3) \div 2$
 $= 6 \div 2$
 $= \underline{3}$

Rectangular numbers are numbers that can be arranged to form a rectangle.



Rule
 $n(n + 1)$

Find the 2nd rectangular number using the rule.

Rule
 $n(n + 1)$
 $= 2(2 + 1)$
 $= (2 \times 3)$
 $= \underline{6}$

1. Use the rule to find the following Triangular and Rectangular numbers below:

Triangular Number	Rectangular Number
<p style="text-align: center;">3rd</p> $n(n + 1) \div 2$ $= 3(3 + 1) \div 2$ $= (3 \times 4) \div 2$ $= 12 \div 2$ $= \underline{6}$	<p style="text-align: center;">4th</p> $n(n + 1)$ $= 4(4 + 1)$ $= (4 \times 5)$ $= \underline{20}$
<p style="text-align: center;">4th</p> $n(n + 1) \div 2$ $= 4(4 + 1) \div 2$ $= (4 \times 5) \div 2$ $= 20 \div 2$ $= \underline{10}$	<p style="text-align: center;">5th</p> $n(n + 1)$ $= 5(5 + 1)$ $= (5 \times 6)$ $= \underline{30}$

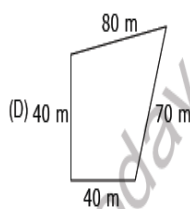
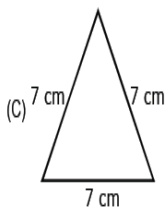
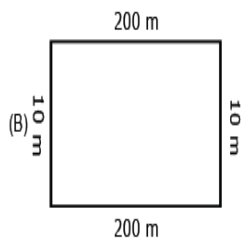
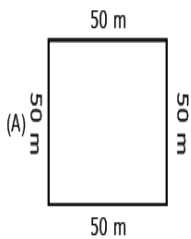
Lesson Two – Measurement

Activities

1. Identify and write down which unit (mm,cm,m,km) will be used to measure the following:

<u>Measurement</u>	<u>Measuring Tool</u>
Length of a classroom	<u>Metre</u>
Length of a desk	<u>Centimetre</u>
Length of a playground	<u>Kilometre</u>

2. Find the perimeter of the following shapes



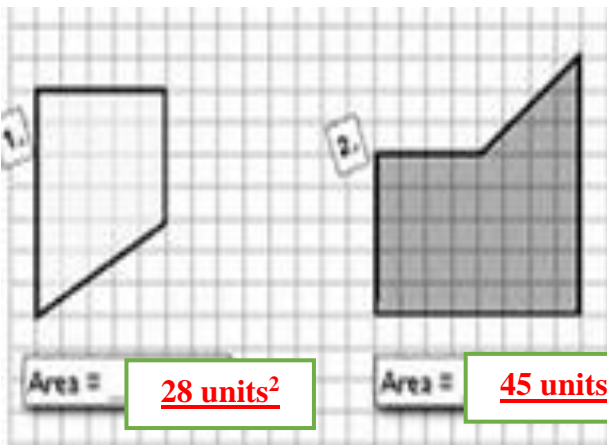
$$\begin{aligned} \text{(A) } P &= a + b + c + d \\ &= 50 + 50 + 50 + 50 \\ &= \underline{200 \text{ m}} \end{aligned}$$

$$\begin{aligned} \text{(B) } P &= a + b + c + d \\ &= 10 + 200 + 10 + 200 \\ &= \underline{420 \text{ m}} \end{aligned}$$

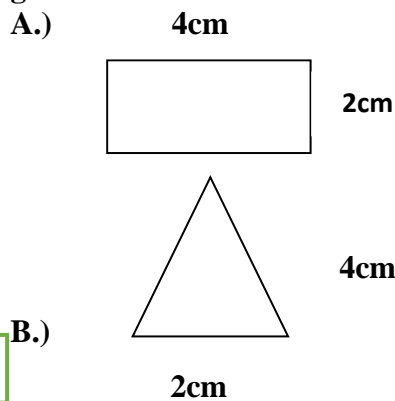
$$\begin{aligned} \text{(C) } P &= a + b + c \\ &= 7 + 7 + 7 \\ &= \underline{21 \text{ cm}} \end{aligned}$$

$$\begin{aligned} \text{(D) } P &= a + b + c + d \\ &= 40 + 80 + 70 + 40 \\ &= \underline{230 \text{ m}} \end{aligned}$$

3. Write down the area in ___ units²



4. Use the formula to calculate the area of the shapes given



$$\begin{aligned} \text{A.) } A &= L \times W \\ &= 4 \times 2 \\ &= \underline{8 \text{ cm}^2} \end{aligned}$$

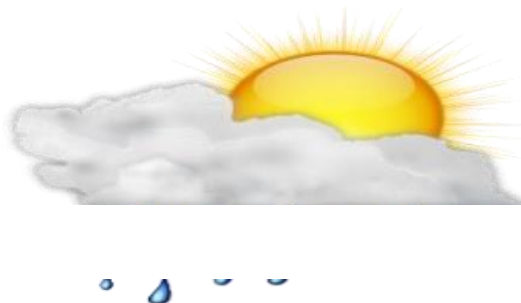
$$\begin{aligned} \text{B.) } A &= \frac{1}{2} \times b \times h \\ &= \frac{1}{2} \times (2 \times 4) \\ &= \frac{1}{2} \times 8 \\ &= \underline{4 \text{ cm}^2} \end{aligned}$$

YEAR/LEVEL – 5

SUBJECT: English

Listening and Speaking

For this strand – Study the picture with your **family members** and discuss the questions given below. (**Just do oral discussions, you don't have to write the answers**)



Oral Questions

- ↻ What's the weather like today?
- ↻ What do you feel like doing in such weather?
- ↻ Which type of weather do you like the most and why?

Reading and Viewing

Sky Colours.

Have YOU EVER WONDERED why clear skies are almost blue and at other times they are almost white? Or why some sunsets are **fury** red and other are watery yellow?

Well, the reason is that the **mixture** of water **particles** in the **atmosphere** is **constantly** changing. Every colour in the sky comes from the sun. Sunlight is white which means it is a mix of every colour in the rainbow. But as it passes through the atmosphere, gases, dust, ice **crystal** and water droplets split it into various colours **bouncing** some towards our eyes and **absorbing** others.

Apparently, the colours that we see depend on which colours are bounced and which have **reflected**. Clear skies are blue because gases in the air reflect mostly blue light from the sun. The sky gets paler when extra dust or moisture reflects other colours, **diluting** the blue.

Sunsets are yellow (or red if the air is dusty) because the sun's rays have to travel so far through the lower atmosphere that all the yellow lights are absorb.

How the earth works by John Farndon.

Read the passage given above and answer the questions that follows

(i) What colour is the sunlight?

➤ **Sunlight I white in colour.**

(ii) Why do sunsets become yellow at times?

➤ **Because the sun's rays have to travel so far through the lower atmosphere that the yellow lights are absorb.**

Writing and Shaping

1. Tell whether each pair of words is Synonyms or Antonyms

a. agree, disagree- **Antonym**

b. guess, estimate- **Synonym**

c. sink, drop - **Synonym**

d. cold, freezing - **Synonym**

e. difficult, easy - **Antonym**

f. broad, wide - **Synonym**

2. **Fill in the blanks with appropriate simple present tense form of the verb given in the brackets**

a. The Fiji Airway's **arrives** at seven o'clock tonight. (arrive)

b. I will phone when my mother **comes** back. (come)

c. The next term **begins** on Monday. (begin)

d. Unless we **start** now we won't be able to finish the sandwich. (start)

e. The doctor **examined** the boy and later gave his medicine. (examine)

f. Let's wait until he **finishes** copying his homework. (finish)

g. When does the next bus **leave** for Sigatoka. (leave)

3. **Complete these sentences by choosing adverbs from the boxes.**

suddenly

loudly

smartly

finally

angrily

a. Pita's dog barked **loudly** scaring the poor kitten.

b. She walked up **smartly** on the stage to collect her prize.

c. My friend, Shiva, spoke **angrily** at her son for being late.

d. Yansh jumped out **suddenly** just to scare off my friend.

e. After a long day of fishing, my father **finally** caught a fish.

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YEAR- 5

SUBJECT: ART & CRAFT

STRAND	A1 Visual Art
SUB-STRAND	A2.1 Arts Idea
CONTENT LEARNING OUTCOME	A5.2.1.1 Explore their own ideas, experiences and observations to make and modify images and objects

Exercise

Rainbow colours

The **colours you see** when a rainbow appears are the result of light being split into its various individual wavelengths.

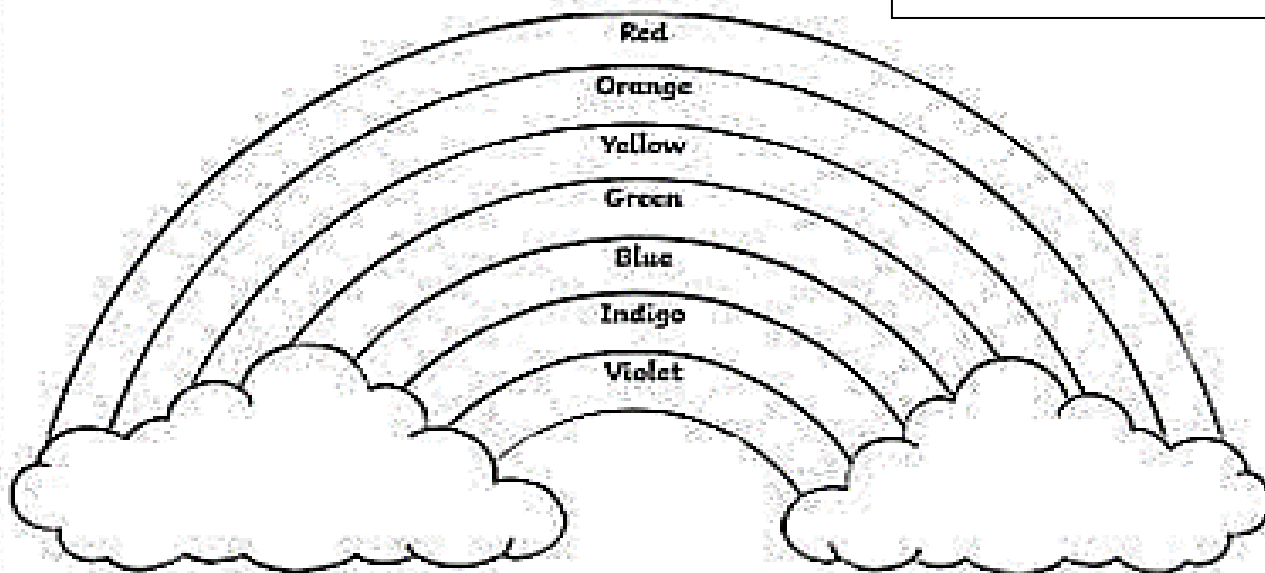
This gives us a spectrum of colours that range from the **shorter blue and violet wavelengths** through to the **longer red wavelengths**. This sequence of colours gives us the characteristic pattern we're all familiar with, and that we learn from childhood through the use of different phrases.

The colours of the rainbow are **Red, Orange, Yellow, Green, Blue, Indigo and Violet**. (ROYGBIV)

Colour the Rainbow given below:

**Check and mark
children's neatness in
colouring**

The Rainbow



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YEAR– 5

SUBJECT: MUSIC

STRAND	A1 Performing Art
SUB-STRAND	A5.1.2 Art Skills And Process
CONTENT LEARNING OUTCOME	A5.1.2.1 Explain and demonstrate basic musical terms and their uses.

Traditional / Religious Songs

Music is a vital part of human life. Traditional music can help people understand themselves better. It represents the history, traditions and thoughts of a community.

Activity

We all have our own traditional and religious songs. Learn one of your traditional/Religious songs and sing it to your family members. After learning and singing the song answer the questions that follow. **Tradition songs can be Bhajan's, Kirtan's, Hymns, Meke songs, Devotional songs, etc.**

1. **Name** of Religious / Traditional song: _____

2. How do you **feel after singing** the traditional / religious song? __ _____

3. What **special message** did your traditional / religious song contain for the society? _____

4. Do you think it is **very important** to learn your traditional / religious songs? Why? _____

Answers will vary.

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YEAR– 5

SUBJECT: PHYSICAL EDUCATION

STRAND	1 Fundamental Motor Skills
SUB-STRAND	A1.1 Motor Skill Development
CONTENT LEARNING OUTCOME	A5.1.1.1 Create and classify combinations of body movement and motor skills in different categories.

Four Types of Exercise that Can Improve Your Health and Physical Ability

Most people tend to focus **on one type of exercise or activity** and think they're doing enough. Research has shown that it's important to get **all four types of exercise: endurance, strength, balance, and flexibility.**

Endurance Exercises

Endurance activities, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Physical activities that build endurance include:

- jogging - Yard work (mowing, raking) -Dancing - Swimming

Strength Exercises

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Some people choose to use weights to help improve their strength. Below are a few examples of strength exercises:

- Lifting weights - Carrying groceries - Gripping a tennis ball - Wall push-ups

Balance Exercises

Balance exercises help prevent falls. Many lower-body strength exercises also will improve your balance. Balance exercises include:

- Standing on one foot. - The heel-to-toe walk. - The balance walk.

Flexibility Exercises

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Flexibility exercises include:

- The back stretch exercise - The inner thigh stretch - The ankle stretch

Activity

1. List down the **4 types of exercises.**
✓ Endurance Exercises Strength Exercises Balance Exercises Flexibility Exercises
2. How does **Endurance exercises** help you?
✓ Endurance activities, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day.
3. List some **Flexibility exercises.**

The back stretch exercise The inner thigh stretch The ankle stretch

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- Recap

YEAR/LEVEL – 5

SUBJECT: HINDI

Listening and Speaking - नीम का पेड़।

पेड़ हमारे दैनिक जीवन में हमारी मदद करते हैं। ऐसे कई पेड़ हैं जिनका उपयोग हम दवा, लकड़ी, छाया आदि के लिए करते हैं।



अपने माता-पिता के साथ नीम के पेड़ के बारे में चर्चा करें। नीम के पेड़ से बनने वाली विभिन्न दवाओं के बारे में बात करें।

Reading and Viewing – कहानी को पढ़ें और मौखिक (Oral) रूप से प्रश्नों पर चर्चा करें।

नीम कई गुणों वाला पेड़ है। इसके पत्तों, बीज और पेड़ के अन्य हिस्सों का उपयोग दवा बनाने के लिए किया जाता है। जड़, फूल और फल का भी उपयोग किया जाता है। नीम के पत्ते का उपयोग नेत्र विकार, खूनी नाक, आंतों के कीड़े, पेट खराब, भूख की कमी, हृदय रोग, बुखार, मधुमेह, और जिगर की समस्याओं के लिए किया जाता है। इसकी छाल मलेरिया, त्वचा रोग, दर्द और बुखार के लिए प्रयोग की जाती है। फूल का उपयोग पेट के कीड़ों के इलाज के लिए किया जाता है। नीम के पेड़ के कई फायदे हैं। यह कई बीमारियों के इलाज का एक प्राकृतिक तरीका है।

- कहानी किस पेड़ की बात कर रही है?
- किसी ऐसी बीमारी का नाम बताइए जिसका इलाज इस पेड़ से किया जा सकता है?
- इस पेड़ के कुछ हिस्सों पर चर्चा करें जिनका उपयोग दवा बनाने के लिए किया जाता है।

Writing and Shaping – क्रिया विशेषण (Adverbs)

क्रियाविशेषण क्या हैं? क्रिया विशेषण वे शब्द हैं जो क्रिया का वर्णन करते हैं।

उदाहरण

धीमा, तेज, पीछे, बहुत, कभी-कभी, आदि।

- हाथी धीरे-धीरे चल रहा था।
- राम बहुत तेज दौड़ा।

क्रिया विशेषण (Adverbs)

नीचे दिए गए वाक्यों में क्रिया विशेषण (Adverbs) को पहचानिए और रेखांकित (Underline) कीजिए।

1. घोड़ा बहुत तेज दौड़ रहा है।
2. मेरे पिता कभी-कभी मेरे पड़ोसियों से मिलने जाते हैं।
3. नानी धीरे-धीरे अपने कपड़े धो रही है।
4. पानी बहुत ज्यादा उबल गया है।
5. बिल्ली वाहन के नीचे दब गई।
6. रतन तेजी से भागा।

Culture - नीचे दिए गए वाक्यों को पढ़िए और सही (True) या गलत (False) लिखिए।

1.	प्रार्थना हमें शक्ति देती है।	सही (True)
2.	हमें अपना काम करने के लिए दूसरों पर निर्भर रहना चाहिए।	गलत (False)
3.	हमेशा दयालु और विनम्र रहें।	सही (True)
4.	राम नवमी भगवान राम का जन्मदिन है।	सही (True)
5.	नीम के पेड़ के बहुत सारे फायदे हैं।	सही (True)