

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
ENGLISH
WORKSHEET 18

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|--------------------------|---|
| Strand | Writing and shaping |
| Sub Strand | Language features and rules. |
| Content Learning Outcome | Examine and use structurally sound sentences in meaningful and functional manner. |

Sentences

There are four kinds of sentences.

1. Statement
2. Question
3. Command
4. Exclamation

| Sentence | Function | Example | Punctuation |
|-------------|---|--|-------------|
| Statement | - They tell us something. - They give us information. - Ends with a full-stop. | - I like drinking coffee. - Suva is Fiji's capital city. | . |
| Question | - They ask a question. - They want information. - Always end with a question mark. | - Do you like drinking coffee? - Is Reema coming today? | ? |
| Command | - Tells somebody to do something. - It usually ends with a full stop but under certain circumstances, ends with an exclamation mark. | - Be quiet. - Open the door. - I got an A on my book report! | ! |
| Exclamation | - Express strong emotion or surprise (words of encouragement or anger) - Always end with an exclamation mark. | - What a liar he was! - What a great song! - What a good cook you are! | ! |

Activity

Write whether the following is a statement, question, command or exclamation.

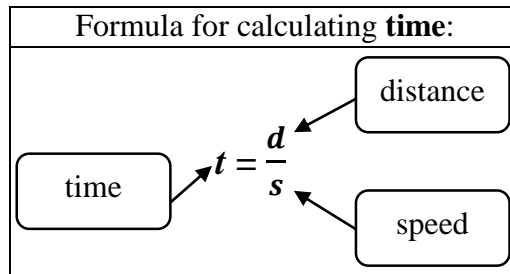
1. Look at the mess! _____
2. I want to be a good writer. _____
3. Are you feeling better? _____
4. That's incredible! _____
5. I need you to sit down now! _____
6. Dinosaurs lived millions of years ago. _____
7. What is your favourite movie? _____
8. Jenny, play the movie. _____

2036 Penang Sangam Primary School
Year 7
Mathematics
Worksheet 18

| | |
|--------------------------|-------------------------------------|
| Strand | Measurement |
| Sub Strand | Time |
| Content Learning Outcome | Calculate speed, time and distance. |

Time

1. Anything that is moving uses **time** to move from one place to another.
2. **Time** is a measure of hours and minutes taken when travelling from a place to another.
3. **Time** is measured in hours(hr), minutes(min) and seconds(sec).
4. **Time** is calculated by dividing the **distance** travelled by the object's **speed**.



Example:

How long will a motorcycle travelling at 80km/hr take to cover a distance of 240km?

$$\begin{aligned} t &= \frac{d}{s} \\ &= \frac{240\text{km}}{80\text{km/hr}} = \frac{3}{1}\text{hr} \\ &= \underline{3\text{hr}} \end{aligned}$$

The motorcycle will take 3 hours to travel 240km.

Activity

1. A bus travelled 280km at a speed of 70km/hr. How long did it take to complete the trip?
2. Ana ran a 400m race at a speed of 8m/sec. How long did it take her to finish the race?
3. A boat travelling at a speed of 25m/sec covered a distance of 1500m. How long did it take to complete the journey?

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 18

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|--------------------------|--|
| Strand | Personal and Community Health |
| Sub Strand | Personal hygiene and sanitation |
| Content Learning Outcome | Relate and discuss hygiene practices in homes to prevent diseases. |

Diseases

| Disease | Causes | Examples | How does it spread | Prevention |
|---------------------|---|---|---|---|
| Water-borne disease | - Diseases caused by drinking contaminated water. | - Typhoid - Diarrhoea - Dysentery - Cholera | - Bathing, washing or drinking contaminated water. - Eating food exposed to contaminated water. | - Boil all drinking water. - Store water in clean containers. - Wash hands before and after preparing food. - Wash hands with soap and water after visiting washroom. |
| Air-borne disease | - Is caused by breathing in infected air. | - Common cold - Whooping cough - Tuberculosis - Influenza (Flu) - Chicken pox - Measles - Mumps | - Air borne disease can spread when an infected person coughs, sneezes, or talks, spewing nasal into the air. - You can also pick up germs when you touch an infected surface, and then touch your own eyes, nose, or mouth. | - Cover your mouth and nose when coughing or sneezing - Stay in bed when you are sick. If you go near other people, you may spread the disease. - Keep windows open to allow air to move in and out freely. - Do not spit on the ground. - Keep your body healthy by eating good food and exercising regularly. |

Activity

Answer the following questions.

- _____ diseases are caused by drinking contaminated water.
- _____ diseases are caused by breathing in infected air.
- List some common water-borne diseases.
- List some common air-borne diseases.
- State some preventative measures you can practice to avoid anyone in your household from air-borne diseases.

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|--------------------------|--|
| Strand | हिंदी व्याकरण |
| Sub Strand | कविता |
| Content Learning Outcome | कविता को पढ़ो और अभ्यास कार्य पूरा करो । |

सुबह

गरमा-गर्म लड्डू सा सूरज, लिपटा बैठा लाली में ;
सुबह सुबह रख आया कौन, **इसे** आसमान की थाली में ।

बंद आँख खोली कलियों ने, चिड़ियों ने गाया गाना ;
गुन गुन करते भवरों ने, खिलते फूलों को पहचाना ।

तभी आ गई फुदक फुदक कर, एक तितलियों की टोली ;
मधुमखियों ने मधु रस लेकर, भर डाली अपनी झोली ।

उठ जल्द हम लगे काम पर, तब आगे बढ़ पाएँगे ;
वे क्या पाएँगे जीवन में, जो सोते रह जाएंगे ।

- अर्पित खन्ना

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. कवी के अनुसार सुबह का सूरज कैसा दिखता है ?

२. कविता में 'इसे' शब्द का प्रयोग किस के लिए किया गया है ?

३. इस कविता से हमें क्या सीख मिलती है?

४. कविता में दिए गए किसी दो जानवरों का चित्र बनाओ ।

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|--------------------------|--|
| Strand | Place and Environment |
| Sub Strand | Features of Places |
| Content Learning Outcome | Identify location of Pacific countries in relation to the world. |

Pacific Islands

1. Pacific Islands are different from others in the world. Some special characteristics are:
 - white sandy beaches
 - deep blue seas
 - smiling faces
 - friendliness
 - surrounding and ecosystem
 - culture.
2. When we talk about islandness, we are referring to things that make us unique as Pacific Islanders and different from others in the world.

Activity

Answer the following questions.

1. What does islandness mean?
2. What are some special characteristics of Pacific Islanders compared to the outside world?
3. What type of beaches do Pacific Island countries have?

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
VOSA VAKAVITI
WORKSHEET 18

Strand: Na Veika Vakaviti

Sub Strand: Vosavosa vaka-viti

CLO: Ni na oti na nodra cakacaka era sa na kila na vei vosavosa vaka viti kei na kedrai balebale.

Wilika ka veisataka na vosa kei na kedrai balebale.

| <u>Vosa</u> | | <u>Kedra I Balebale.</u> |
|--------------------|--|--|
| 1. kamunaga | | A. wakia vata kei na wai. |
| 2. sosoqoni | | B. na kena mate sobu e dua na ka e tei. |
| 3. lecaika | | C. basuka se vakacacana |
| 4. losea | | D. na tiki ni baravi ka dau kele yani kina na waqa |
| 5. vakekeli | | E. tabua se batina |
| 6. voroka | | F.sega ni donuya na vakayacori se vakayagataki ni dua na ka. |
| 7.munemuneke | | G. kumuni vata me qai kilai |
| 8.malai | | H. vaqaqara se vadidike. |
| 9. matasawa | | I. sega ni kila |
| 10.calata | | J. levulevu ka rairai vinaka. |

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|--------------------------|--|
| Strand | Energy |
| Sub Strand | Energy Transformation, Use and Conservation |
| Content Learning Outcome | Explore the different forms of energy and their uses and discuss conservation of renewable energy sources. |

Vibration and Sound

1. Sound is made when an object vibrates or moves backward and forward very quickly.
2. The vibrations pass through the air until they reach our ears.
3. A pendulum is a heavy object tied to a string which swings forward and backward.
4. The frequency of the pendulum depends on the length of the string.
5. The longer the pendulum, the slower it swings and the shorter the pendulum, the faster it swings.
6. Short pendulums have high frequencies and long pendulums have low frequencies.
7. A rubber band guitar is made using a paper cone, nails and a rubber band (page 100).
8. When a rubber band guitar vibrates with high frequency, it produces a sound of a high pitch.
9. If the rubber band vibrates with a low frequency, it produces a sound of a low pitch.
10. When the rubber band is tight, the sound produced is of a high pitch.

Activity

Answer the following questions.

1. How is sound produced?
2. What is a pendulum?
3. What type of frequency does a short pendulum have?
4. When a rubber band guitar vibrates with a high frequency, it produces high pitch _____.
5. Explain the frequency of a long pendulum.