

**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 14 -2021**

**Subject: English**

**Year: 7**

**Name: \_\_\_\_\_**

**Strand: Writing and Shaping**

**Sub-Strand: Language features and rules**

**CLO: Examine & explain socio cultural & other values, attitudes and beliefs and their relationships with the text used, audience, purpose and conventions.**

**LESSON NOTES:      COMPREHENSION PASSAGE**

Read the following passage carefully. (Reference: English textbook – Pages 212-214)

**The Solar System**

The Sun is the star at the centre of our solar system. In our solar system, there are eight planets and their moons, as well as asteroids and comets, which travel, or orbit, around the sun. The Sun is a medium-sized star and is about 93 million miles from Earth. It weighs 300,000 times more than Earth even though it is made up of gas. It has a surface temperature of about 6000°C while its core is about 15 million °C. The sun is about halfway through its life and will burn for another 5 billion years.

**The Inner Planets**

- 1) **Mercury** is the closest planet to the sun. It is very hot during the day (430°C) but very cold at night (-180°C). The planet Mercury takes only 88 Earth days to orbit the sun.
- 2) **Venus** is the hottest planet in our solar system. It is surrounded by thick, orange clouds and shines so brightly in the evening that it is known as the Evening Star.
- 3) **Earth** is sometimes called the water planet because 70 percent of the Earth's surface is covered in water. It is the only planet in our solar system known to have living things. The Earth takes one year (365) to orbit the sun.
- 4) **Mars** is often called the red planet because it is covered in red dust. It has ice caps at its poles and has two moons which are shaped like potatoes.

**The Outer Planets**

- 5) **Jupiter** is a giant planet, one thousand times bigger than Earth. It is made of gas and has massive storms that can last for hundreds of years.
- 6) **Saturn** is best known for its rings which are made of ice, dust and rocks. It is the second biggest planet and has more than 30 moons.
- 7) **Uranus** is blue-green in colour. It has eleven narrow rings around it and is very cold and icy.

8) **Neptune** is a stormy planet with strong winds. It is blue in colour and has four rings and is extremely cold.

9) **Pluto** (also known as '**Dwarf Planet**') is no longer considered a planet. It is about the size of our moon. It takes Pluto 248 Earth years to orbit the sun.

### **Comets, Asteroids and Meteoroids**

**Comets** are balls of dirt and ice that orbit the sun. When a comet passes close to the sun, it begins to melt. This creates the comet's tail. **Asteroids** are pieces of rock. Most of them orbit the sun between Mars and Jupiter. **Meteoroids** are pieces of stone debris that travel in space. If a meteoroid falls into the Earth's atmosphere, it burns up and glows. This is called a meteor. If you have ever seen a shooting star in the night sky, you have actually seen a meteor!

### **ACTIVITY: Part A – Comprehension Check**

1. Name the star which is in the centre of the Solar System.

\_\_\_\_\_

2. How many planets are there in the Solar System?

\_\_\_\_\_

3. How long will the sun keep burning?

\_\_\_\_\_

4. Which planet is known as the Evening Star?

\_\_\_\_\_

5. Why do meteors glow they shoot through our sky?

\_\_\_\_\_

6. Which planet is no longer considered a planet?

\_\_\_\_\_

### **Part B – Fill In The Blanks**

1) \_\_\_\_\_ is a giant planet, one thousand times bigger than Earth. It is made of gas and has massive storms that can last for hundreds of years.

2) \_\_\_\_\_ is best known for its rings which are made of ice, dust and rocks. It is the second biggest planet and has more than 30 moons.

3) \_\_\_\_\_ is blue-green in colour. It has eleven narrow rings around it and is very cold and icy.

4) \_\_\_\_\_ is a stormy planet with strong winds. It is blue in colour and has four rings and is extremely cold.

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WORKSHEET 14 -2021**

**Subject: Mathematics**

**Year: 7**

**Name: \_\_\_\_\_**

**STRAND** –Geometry






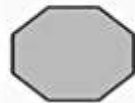





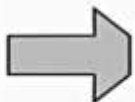




**SUB – STRAND:** Shapes

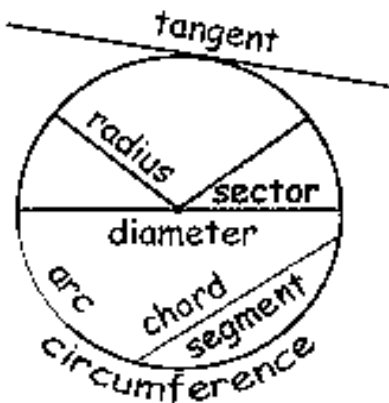
**CLO:** Investigate and explain the properties of lines, line segments, rays, parallel lines, curves, polygons of 10 or more sides and circles.

Identify and construct nets of platonic solids.

**LESSON NOTES:**                      **Polygons**

- Shapes are made usually made up of lines and curves.
- Polygons are 2-dimensional shapes.
- They are made of straight lines and the shape is "closed" (all the lines connect)

<i>A polygon can have three or more sides.</i>	3 sides Triangle	4 sides Quadrilateral	5 sides Pentagon	6 sides Hexagon	7 sides Heptagon	8 sides Octagon
<b>Regular Polygons</b> <i>all sides are equal length and all internal angles are equal</i>						
<b>Examples of Irregular Polygons</b> <i>any polygon that is not regular</i>						
<b>Concave Polygons</b> <i>have at least one internal angle greater than 180°</i>	<b>Convex Polygons</b> <i>have no internal angles greater than 180°. All regular polygons are convex.</i>		<b>Complex Polygons</b> <i>have a line that crosses another line (normal polygon rules may not apply)</i>			
<b>Examples of shapes that are Not Polygons</b>	Circles 	Any shape that includes a curve 	Any shape that isn't 'closed' 	Three-dimensional objects 		



<b>Circle</b>	a 2-dimensional shape made by drawing a curve that is always the same distance from a center
<b>Radius</b>	the distance from the center to the edge of a circle
<b>Diameter</b>	a straight line going through the center of a circle
<b>Chord</b>	a straight line connecting 2 points on a curve
<b>Arc</b>	part of the circumference (edge) of a circle
<b>Tangent</b>	a line that touches a curve at one point, without cutting across it

## **Classifying Shapes**

Flat shapes like lines, circles and triangles that can be drawn on a flat surface like a piece of paper is called plane geometry. They are two dimensional (2D) figures having only lengths and widths.

Objects having fixed shape and size and occupying fixed space are called solids. They are three-dimensional (3D) figures having lengths, widths and heights. Examples are cubes, cuboids, prisms, cylinder and pyramids. Solids have properties such as: volume and surface area.

### **ACTIVITY:**

1. What are polygons?

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2. What are regular polygons?

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3. What are irregular polygons?

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4. Describe concave polygons.

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5. Describe convex polygons.

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6. What are complex polygons?

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7. Give examples of 2D Shapes and 3D Shapes:

2D shapes : \_\_\_\_\_

3D shapes: \_\_\_\_\_

**2034 NANUKU SANGAM SCHOOL  
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WORKSHEET 14 -2021**

**Subject: Healthy Living**      **Year: 7**      **Name: \_\_\_\_\_**

**STRAND:** Personal And Community Health

**SUB-STRAND:** Disease Prevention

**CLO:** Gather information and describe prevention strategies of contagious diseases.

**LESSON NOTES:**                      **Skin Diseases**

**Scabies (The Itch)**

Scabies is a skin disease caused by a crab-shaped mite that burrows into your skin. It can affect people of all ages. Even people who keep themselves very clean can get scabies. Scabies spread by close contact with someone who has scabies. It can also be spread by sharing towels, bed sheets, and other personal belongings.

Scabies causes severe itching that is usually worse at night and a rash with tiny blisters or sores. Scabies will not go away on its own. You need to use a special cream or lotion that a doctor prescribes. In severe cases, your doctor may also give you pills to take. Some scabies medicines are not safe for children, older adults, and women who are pregnant or breast-feeding. To avoid dangerous side effects, be sure to follow your doctor's instructions carefully.

If you have scabies, you and anyone you have close contact with must all be treated at the same time. This keeps the mites from being passed back and forth from person to person. You must also carefully wash all clothes, towels, and bedding.

**Air-borne Diseases**

Airborne disease can spread when people with certain infections cough, sneeze, or talk, spewing nasal and throat secretions into the air. Some viruses or bacteria take flight and hang in the air or land on other people or surfaces. Some examples of air-borne diseases are common cold, influenza, chicken pox, mumps, measles, whooping cough, tuberculosis, etc.

**Preventing Air-borne Diseases through Good Habits**

- Always cover your mouth and nose when coughing or sneezing.
- Stay in bed when you are sick. If you go near other people, you may pass on the disease to them.
- Keep windows open to allow air to move in and out freely.
- Do not spit on the ground. If you have to spit, spit in the toilet or in a drain, or the hand basin where the sputum can be washed away. Do not spit in the kitchen sink. A sick person should spit into a container which contains disinfectant.
- If a paper handkerchief is used to trap sputum or nose discharge, burn the handkerchief.
- Keep your body healthy by eating good food and exercising regularly.

**ACTIVITY:**

1. What is Scabies?

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2. How can scabies be spread?

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3. What does scabies cause?

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4. What is the treatment for scabies?

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*5. Fill In The Blank Spaces.*

1. Always cover your \_\_\_\_\_ and \_\_\_\_\_ when coughing or sneezing
2. Stay in bed when you are \_\_\_\_\_. If you go near other people, you may pass on the \_\_\_\_\_ to them.
3. Keep \_\_\_\_\_ open to allow air to move in and out \_\_\_\_\_.
4. Do not \_\_\_\_\_ t on the ground. If you have to spit, spit in the toilet or in a drain, or the hand basin where the \_\_\_\_\_ can be washed away.
5. Do not spit in the \_\_\_\_\_ sink.
6. A sick person should spit into a container which contains \_\_\_\_\_.
7. If a paper \_\_\_\_\_ is used to trap sputum or nose \_\_\_\_\_, burn the handkerchief.

**2024 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 14 -2021**

Subject: Hindi

Year: 7

Name: \_\_\_\_\_

<b>STRAND:</b>	H2 – पढ़ना एवं सर्वेक्षण करना
<b>SUB STRAND:</b>	H2.3 – सामाजिक व सांस्कृतिक सवध परिस्थितियों
<b>CONTENT LEARNING OUTCOME:</b>	H2.3.1 वर्णन करना कि विशिष्ट उद्देश्य व दर्शको के लिए विषय कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांस्कृतिक व धार्मिक मूल्य, मनोभाव व विश्वास कैसे प्रस्तुत होते हैं।

**LESSON NOTES:**

### ३. संघर्षमय जीवन

जब कोई रस्ता नहीं निकला तो लाचार होकर सुशीला ने भीख माँगना शुरू कर दिया। वह तड़के ही घर से निकल जाती और घर-घर जाकर भीख माँग करती। जब उसे जरूरत भर का आटा-चावल मिल जाता तो वह घर लौट आती। लेकिन ज्यादातर यही होना कि टिन भर भटकने के बाद भी मुश्किल से ही गुजारे भर का खाना जुटा पाती थी।

एक बार टिन भर भीख माँगने पर भी उसे कहीं भी भीख न मिला। घर में अन्न का एक टाना भी न था। बच्चे भूख से बेचैन होकर रो रहे थे। बेचारी सुशीला से बच्चों का दुख देखा न गया।

उसने निश्चय किया कि अब घर की सभी बातें पति को बतानी चाहिए। इससे पहले भी सुशीला ने एक दो बार सुटामा से घर का हाल बताने की कोशिश की थी मगर कर न सकी। आज उसने पक्का निश्चय कर लिया था कि सुटामा को घर की सारी परेशानियों बताने ही टी जाए, ताकि उन्हें दूर करने का कोई न कोई उपाय निकल सके।

सुशीला, सुटामा के पास गई और बोली, “हम पर घोर संकट आया हुआ है। बच्चे भूख के मारे बिलख रहे हैं। घर में अन्न का एक टाना भी नहीं है। बताइए, अब हम करें तो क्या करें? बच्चों को यूँ भूखा तो नहीं मारा जा सकता। उन्हें बचाने का कोई उपाय तो कीजिए।”

सुटामा को घर की परेशानियों का हाल जानकर बहुत दुःख हुआ। कुछ देर सोच-विचार करने के बाद उसने कहा, “सब कुछ भगवान की इच्छा से होता है। मैं रोज भगवान की पूजा करता हूँ। मुझे विश्वास है कि वह हमें नहीं भूलेगा और हमारी कठिनाइयों को अवश्य दूर करेगा।”

“हो सकता है कि भगवान हमारी मदद करे,” सुशीला ने कहा, “लेकिन मुझे डर है

कि शायद तब तक बात हाथ से निकल जाए । इस दौरान कहीं हमारे बच्चे ही उसे प्यार न ही जाए ।”

सुदामा चुप-चाप सुनता रहा ।

थोड़ी देर रुककर सुशीला ने फिर कहा । “हाँ, एक भगवान और भी है । वह हमारे बिल्कुल समीप है । कृष्ण भगवान-हमारे राजा, वे भगवान हैं । इस समय सिर्फ वे ही हमारी मदद कर सकते हैं । क्या वचन में वे आपके मित्र नहीं रहे हैं ? अगर आप उनके पास जाकर अपनी परेशानियों का हाल सुनाए तो वे अवश्य ही हमारी सहायता करेंगे ।”

“आपको कुछ माँगना नहीं पड़ेगा,” सुशीला ने कहा । “आप केवल उनसे मिल ही लीजिए । जब भेंट होगी तो स्वयं ही हमारे परिवार के बारे में पूछेंगे । तब आप उन्हें सब कुछ सच-सच बता दीजिएगा । उनके पूछने पर आप कुछ छिपा तो सकते नहीं । आप केवल इतना ही कह दीजिएगा कि हम कैसे जी रहे हैं । सच कहना कोई माँगना थोड़े ही होता है ।”

“वह मेरे परिवार के बारे में पूछे न पूछे,” सुदामा ने कहा । “मुझे उससे मिलने की बड़ी चाह है । हमें एक दूसरे को देखे कितने वर्ष हो गए । ”

“तब आप जाने क्यों नहीं ? जाकर मिल लीजिए,” सुशीला ने कहा । “वे आपसे मिल कर बड़े खुश होंगे । मैंने लोगों से सुना है कि श्री कृष्ण बहुत अच्छे हैं, कठिनाइयों में लोगों की मदद करना वह अपना धर्म समझता है । ”

“कृष्ण से मिलना तो सौभाग्य की बात होगी,” सुदामा ने कहा । “लेकिन बात यह है कि जब मैं अपने पुराने मित्र से मिलूँगा तो कोई न कोई चीज भेंट उपहार में भी देनी पड़ेगी । नहीं तो वह क्या सोचेगा ।”



“कृष्ण बहुत बड़े राजा हैं,” सुशीला ने कहा। “दुनिया भर में ऐसी क्या चीज है जो उनके पास नहीं है ? उन्हें आपकी भेंट-उपहार की कोई जरूरत नहीं।”

“क्या कहती हो ?” सुदामा ने आवाज ऊँची करके कहा, “मैं राजा कृष्ण से नहीं मिलने जा रहा हूँ, मैं उस कृष्ण से मिलने जा रहा हूँ जो मेरा टोस्त है और मैं अपने टोस्त से खाली हाथ बिल्कुल नहीं मिलूँगा।”

इस पर सुशीला ने कुछ क्षण सोच कर कहा, “अच्छी बात है, खाली हाथ जाने की कोई जरूरत नहीं। कल सबेरे जिस समय आप यहाँ से खाना होंगे उस समय कृष्ण के लिए भेंट-उपहार का बन्दोबस्त भी हो जाएगा।”

मगर सुशीला को कुछ पता न था कि कृष्ण को भेजने के लिए उपहार कहाँ से आएगा ? घर में तो फूटी कौड़ी भी न थी।

लाचार होकर उसे एक बार फिर पड़ोसियों से सहायता लेने की जरूरत आ पड़ी। उस की किस्मत से पड़ोस की एक बूढ़ी टाटी अभी भी उसके साथ अच्छा बस्ताव करती थी। सुशीला ने उसी के पास जाकर अपनी दुख-गाथा कही और अन्त में पूछा, “अब मैं कृष्ण को भेंट देने के लिए क्या और कहाँ से लाऊँ ?”

“इसमें क्या परेशानी है ?” बूढ़ी टाटी ने कहा। “मैंने सुना है कि कृष्ण को चावल की खीले खाने का बड़ा शौक था। क्यों न कुछ खीले ही भिजवा दो ?”

ख. नीचे दिए गए प्रश्नों के उत्तर पूरे वाक्य में अपनी अभ्यास पुस्तिका में लिखिए।

१. सुशीला क्यों परेशान थी ?
२. लाचार होकर सुशीला क्या करने लगी थी ?
३. बच्चों को दुखी देखकर सुशीला ने क्या निर्णय किया ?
४. सुदामा क्यों कृष्ण से मिलने खाली हाथ नहीं जाना चाहता था ?
५. सुशीला को किसने और क्या सलाह दी थी ?

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**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 14 -2021**

**Subject:** Social Science

**Year:** 7

**Name:** \_\_\_\_\_

**Strand:** Resources and Economic Activities

**Sub- Strand:** People and Work

**CLO:** Gather information on Pacific peoples' migration overseas; discuss their assimilations and maintaining links to their homelands.

**LESSON NOTES:**

**Migration Overseas**

Pacific people tend to move overseas at a fast rate. The total population of Pacific Islanders living outside their country of origin is about 800,000. In Polynesia the total number of people or ethnic groups living overseas is 93% for Niue, 82% for Cook Islands, 62% for Samoa and 52% for Tonga. The population of Fijians migrating overseas is also growing. Marshall Islanders are migrating mainly in the USA. The population of Pacific Islanders migrating overseas would be larger if all countries were included.

**Relocating Overseas**

When Pacific Islanders migrate to new places like Australia, New Zealand, Canada, Japan, America to live there, they will have to adjust and make changes to the new life style. For example, adapting themselves to the climate; the type of clothes they choose to wear in the cold season, food type, education and the kind of paid work which they will do, the language, and cost of living which would be much higher than in Fiji.



**Advantages and Disadvantages of Migration**

**Advantages**

1. Money received from their salaries assists those back at home in weddings, funerals, school fees, purchasing land and building new houses, so the level of living is maintained.
2. Money received from their incomes helps provide security in economic crisis and natural disasters, which result in lower poverty rates.
3. Pacific Island countries have received a lot of money from remittances. For example, the contribution of remittance income to foreign exchange in Fiji is more than tourism or the sugar industry.

**Disadvantages**

1. Pacific Islanders that are born overseas keep increasing.
2. Loss of human capital due to emigration of skilled workers.
3. Low population growth for Pacific Islands.
4. Consumption or eating level and social welfare increase on the migrating country
5. As people with knowledge and skills are moving overseas therefore bringing in new people with little experience to be absorbed in the labour force becomes a problem and as a result economic growth becomes poor.

**ACTIVITY:**

**A: FILL IN THE BLANK SPACES GIVEN BELOW.**

Pacific \_\_\_\_\_ tend to move \_\_\_\_\_ at a fast rate. The total \_\_\_\_\_ of Pacific Islanders living outside their country of origin is about 800.000. In Polynesia the total \_\_\_\_\_ of people or ethnic groups living overseas is 93% for Niue, 82% for Cook Islands, 62% for Samoa and 52% for Tonga. The population of Fijians \_\_\_\_\_ overseas is also growing. Marshall Islanders are \_\_\_\_\_ mainly in the USA. The population of Pacific Islanders migrating overseas would be \_\_\_\_\_ if all countries were included.

B: List the advantages of migration:

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C: List the disadvantages of migration:

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**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 14 -2021**

**Subject: Basic Science**

**Year: 7**

**Name: \_\_\_\_\_**

**STRAND:** Earth and Beyond

**SUB-STRAND:** Our Changing Earth

**CLO:** Investigate enhanced greenhouse effect, its impact on our daily living and describe the importance of the ozone layer.

**LESSON NOTES:**                      **Climate and Weather**

**Climate** is the average weather usually taken over a 30-year time period for a particular region and time period. **Weather** describes the short-term state of the atmosphere at any time; including things such as temperature, precipitation, air pressure and cloud cover. Thus weather changes at any time. Daily changes in the weather are due to winds and storms. Seasonal changes are due to the Earth revolving around the sun.

The earth has thick layers of air called the **atmosphere**. The atmosphere is divided in to five levels.

<b>Troposphere</b>	The first and the lowest level of the atmosphere. Also known as the weather layer. It extends for about 10-15km. Helicopters and light aircrafts fly within the troposphere.
<b>Stratosphere</b>	The second layer of the atmosphere. It extends up to about 50km. Commercial jet aircrafts fly in this layer. Ozone layer is also found here. Weather balloons can reach this layer.
<b>Mesosphere</b>	The third layer of the atmosphere. It extends from 50-85km. Most meteors vaporize in the mesosphere.
<b>Thermosphere</b>	The fourth layer of the atmosphere. It extends from 90km up to 1000km. Solar activity strongly influences temperature in the thermosphere. Satellites fly in this layer.
<b>Exosphere</b>	The fifth and uppermost layer of the atmosphere. It gradually fades into the vacuum of the space. It extends to about 10000km from the top of the thermosphere.
<b>An easy way to remember the order of the five layers: TSMTE – Take Some Mangoes To Eat</b>	

<b>Greenhouse Effect</b>	The greenhouse effect is a natural process that warms the Earth's surface. When the Sun's energy reaches the Earth's atmosphere, some of it is reflected back to space and the rest is absorbed and re-radiated by greenhouse gases. The absorbed energy warms the atmosphere and the surface of the Earth.
	Greenhouse gases are gases that absorb and emit radiant energy within the

<b>Greenhouse Gases</b>	thermal infrared range, causing the greenhouse effect. Example: water vapour, carbon dioxide, methane, nitrous oxide, ozone and chlorofluorocarbons.
<b>Global Warming</b>	Global warming is the abnormal rapid increase in Earth's average surface temperature over the past century due to the greenhouse gases. It is primarily caused by the burning of fossil fuels. Global warming causes climate change.
<b>Climate Change</b>	Climate change is the long-term alteration of temperature and typical weather patterns in a place. The cause of current climate change is largely human activity, like burning fossil fuels, like natural gas, oil, and coal.

### Impacts of Climate Change

More frequent and intense drought, storms, heat waves, rising sea levels, melting glaciers and warming oceans can directly harm animals, destroy the places they live, and wreak havoc on people's livelihoods and communities. As climate change worsens, dangerous weather events are becoming more frequent or severe.

### ACTIVITY:

1. What is Climate ?

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2. Define Weather

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3. Describe the five layers of the atmosphere:

Troposphere	
Stratosphere	
Mesosphere	
Thermosphere	
Exosphere	

4. Define the following:

Global Warming	
Climate Change	

**NANUKU SANGAM SCHOOL**  
**NEW TERM RE-ALIGNED**  
**WORKSHEET 14- 2021**

**LESSON NOTES (SUBJECT): NVVT      YEAR / LEVEL: 7      NAME: \_\_\_\_\_**

<b>LESONI:</b>	Na vosa vaka itaukei ena i na ika vitu kei na ika walu ni yabaki
<b>YACA NI MATANA:</b>	NA ITOVO KEI NA IVAKARAU VAKAVANUA
<b>NANAMAKI NI MATANA:</b>	Na bula veimaliwai vakamata tamata kei na vanua e vakarautaki kina.

**ULUTAGA: NA I TOVO KEI NA I VAKARAU VAKAVANUA [20 na maka]**

I. Wirina na i sau ni taro ko sa digitaka.

1. Na i yau cava e vakatokai me ulu ni yau vaka-Viti?

- A. ibe
- B. masi
- C. tabua
- D. yaqona

2. Na moto e dau vakayagataki ena meke

- A. dabe
- B. wesi.
- C. seasea.
- D. vakamalolo

3. Na burua e dau vakayacori ena gauna ni

- A. somate.
- B. tevutevu
- C. vakamau
- D. sucu ni gone

4. Veitalia ga na kacabote e i bole nei ra

- A. boto.
- B. qari.
- C. lairo.
- D. kalavo

5. Ena i wiliwili Vaka-Viti, ni tini na vai sa dua na

- A. bi.
- B. dali.
- C. tabakau.
- D. kumakumare

Vola e dua na i toqa (✓) kevaka e donu na i yatuvosa e soli e ra se korosi (X) kevaka e cala.

1. Na i vana e tiki ni vale Vaka-Viti. ....
2. Na derua e dau vakayagataki ena meke.....
3. E dau tuberi na tabua me i qaloqalovi.....
4. Na tunudra e dau caka ena gauna ni somate.....
5. Ko Tunimata e liuliu ni mataqali Matanivanua.....

