

STRAND	3. Energy
SUB-STRAND	3.3 Forces
CONTENT LEARNING OUTCOME	S8.3.3.1 Investigate and identify how different mediums such as oil/water/air affect the weight and mass of objects

LESSON NOTES

Up-thrust Force in Liquids or ‘Pushing-up’ power

There are different types of forces liquids exert on solids. One such liquid force is the **upward push of the liquid** (i.e. up-thrust).

Brine, being a strong solution of salt water, has more up-thrust than fresh water. Different liquids exert different amounts of up-thrust.

Hydrometers

Hydrometers are used to measure the ‘pushing-up’ power or **up- thrust** of liquids. Hydrometers are usually made of glass. They are made heavier at the bottom to keep them floating upright in liquids.



Hydrometers are very useful instruments. Milk inspectors use them to test milk. If a farmer adds water to milk before sending it to the factory, he can be caught out because adding water to milk changes its ‘pushing up’ power. A hydrometer will tell the difference between up-thrust in pure milk and diluted milk.

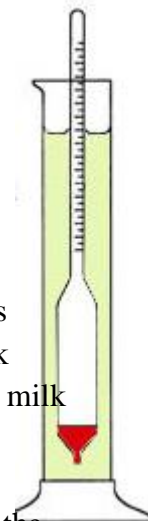
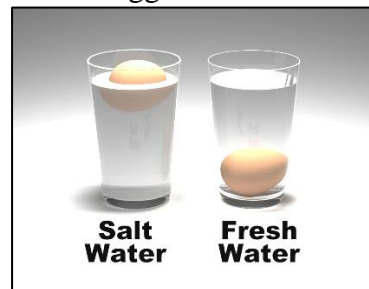
You may have seen hydrometers used in testing the acid in car batteries. As the battery gets old, the acid changes and its ‘pushing- up’ power gets less. A hydrometer can show whether the battery needs to be re-charged or not. Recharging brings the acid back to normal again. The battery tester takes the acid out of the car battery then tests its pushing up power.

Densities of Solids and Liquids

- Density shows how tighter the matter of an object is packed together.
- Brine is denser than water because brine weighs more than an equal volume of water. Water is denser than oil and oil is denser than kerosene.
- Note that the weight of equal volume order is the same as the pushing up order. **This shows that more dense liquids can push more strongly than less dense ones.**
- Solids can be put in order according to the densities too.
- Due to this pushing-up power, when solids are weighed in air and water the weight of solid seems to have no weight or there seems to be a decrease in weight.

Please refer to the Answer Booklet to answer the questions.

Look at the egg in different



1077 RAVIRAVI SANGAM SCHOOL
Re-aligned Curriculum : Weekly Home Study Package
YEAR/LEVEL: 8 SUBJECT: Healthy Living

STRAND 3	Safety
SUB-STRAND	H8. 3.2 Community Safety
CONTENT LEARNING OUTCOME	H8.3.2.2 Advocate community service which promotes wellness

LESSON NOTES

Public Amenities

- **Public amenities are** resources or facilities provided by the local government or city council for public use, public amenities are services provided to the public such, playgrounds, public toilets and community centres.
- The facilities are provided for public to use when in need. For recreation too.
- Sometimes the users vandalize these facilities.
- Vandalism is the action involving deliberate destruction of or damage to public or private property. The term includes property damage, such as graffiti and defacement directed towards any property.



EXERCISE

Answer these questions in the Answer Booklet.

1. What are some public facilities provided in your town/city? (Mention Two)
2. Why are the public amenities so important?
3. Define vandalism.
4. Why is vandalism bad?

Lesson 1

STRAND 4	Resources and Economic Activities
SUB-STRAND	SS8.4.1 Use and Management of Resources
CONTENT LEARNING OUTCOME	SS8.4.1.1 Collect information on the influence of money and time on our daily lives and express good practices that we can adopt to ensure good money and time management.

LESSON NOTES

Resources: Time and Money

- A **resource** is a source or supply from which benefit is produced.
- Typically resources are materials, energy, services, staff, knowledge, or other assets that are transformed to produce benefit and in the process may be consumed or made unavailable.
- Benefits of resource utilization may include increased wealth, meeting needs or wants, proper functioning of a system, or enhanced well-being.
- From a human perspective a natural resource is anything obtained from the environment to satisfy human needs and wants. From a broader biological or ecological perspective a resource satisfies the needs of a living organisms.
- Resources have three main characteristics: utility, limited availability, and potential for depletion or consumption.



- Time and money are important resources too.
- Conservation is the practice of caring for these resources so all living things can benefit from them now and in the future.

1077 RAVIRAVI SANGAM SCHOOL
Re-aligned Curriculum : Weekly Home Study Package
YEAR/LEVEL: 8 SUBJECT: Social Science
Lesson 2

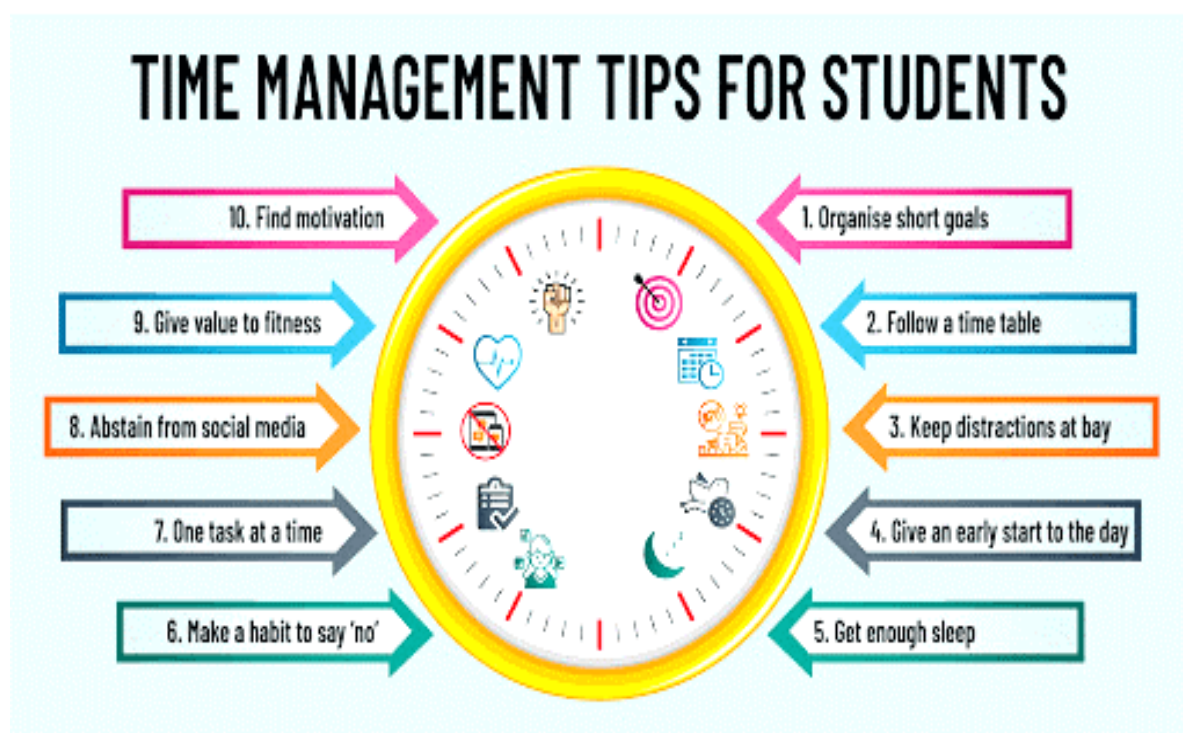
STRAND 4	Resources and Economic Activities
SUB-STRAND	SS8.4.1 Use and Management of Resources
CONTENT LEARNING OUTCOME	SS8.4.1.1 Collect information on the influence of money and time on our daily lives and express good practices that we can adopt to ensure good money and time management.

LESSON NOTES

The Importance of Using Time Properly.

What is time management?

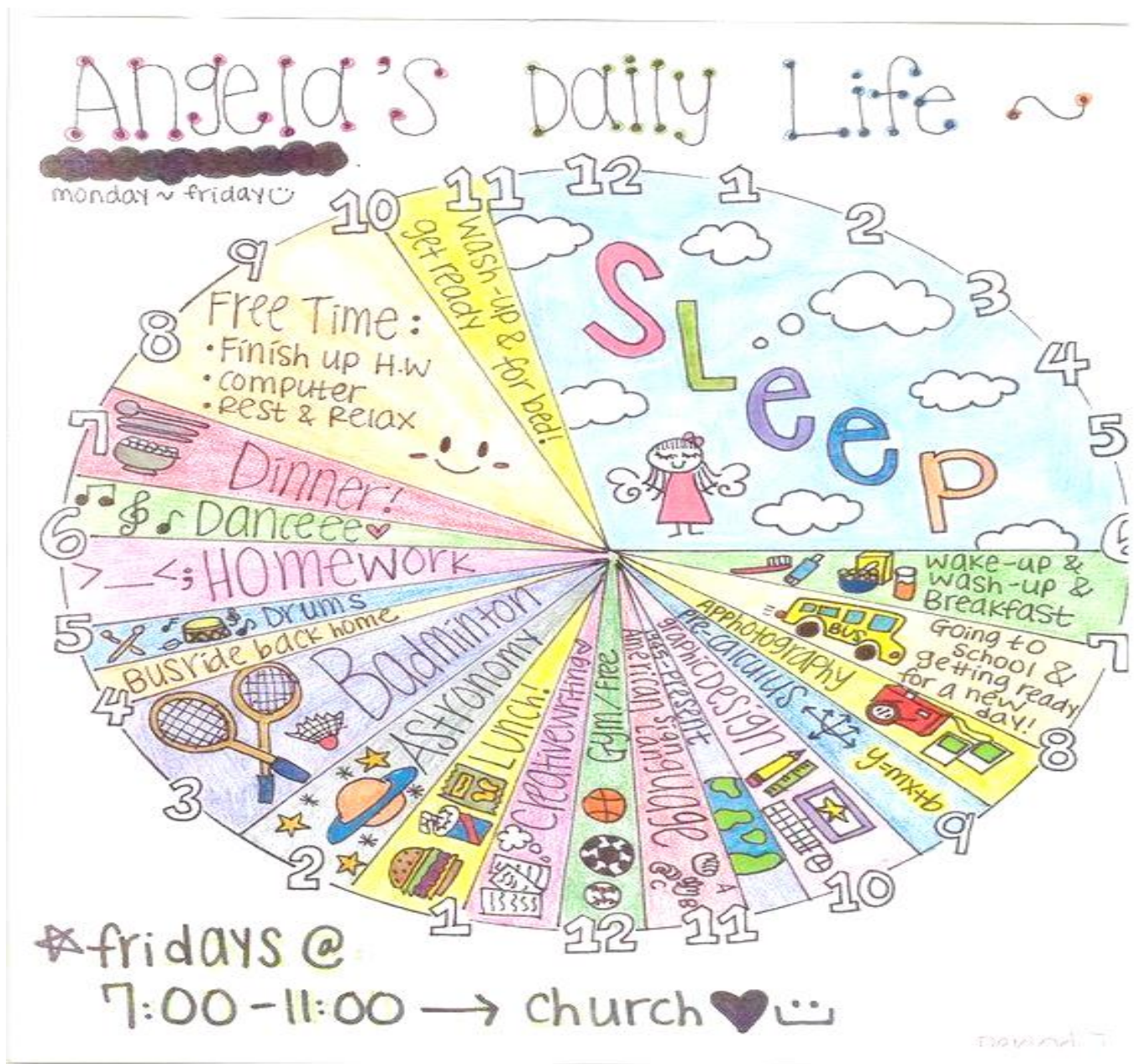
It is a set of principles, practices, skills, tools and systems that help you use your time to accomplish what you want. It is managing time effectively so that the right time is allocated to the right activity.



Why is time management very important?

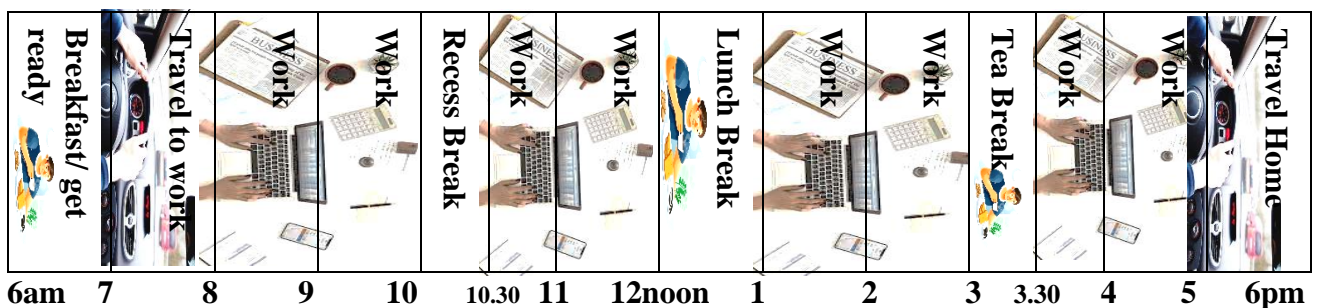
- Time management is important for your personal life and career success.
- It teaches you how to manage your time effectively and make the most of it.
- Time is a special resource that you cannot store or save for later use.
- To avoid stress.
- To have time for leisure, exercise and socializing.

There are many more reasons why we should manage time well.



EXERCISE

The Diagram below shows how George spends his 12 hours.



Use the table in the Answer Booklet to show your 24 hour time spending schedule.

1077 RAVIRAVI SANGAM SCHOOL
Re-aligned Curriculum : Weekly Home Study Package
YEAR/LEVEL: 8 SUBJECT: Art And Craft

STRAND	Visual Arts
SUB-STRAND	A1.2 Art Skills and Processes
CONTENT LEARNING OUTCOME	A8.2.2.1 Use arts techniques, technologies and forms from past to modern styles to create artworks.

LESSON NOTES

Floral Arrangements

Floral design or flower arrangement is the art of using plant materials and flowers to create an eye-catching and balanced composition or display.

Some Types of Flower Arrangement

Majority of the time the type of flower arrangement that is chosen will depend on what type of event.

Centerpiece

A centerpiece is a classic flower arrangement that everyone knows and loves. These arrangements typically come in vases. Centerpieces are most commonly placed within the center of a dining table. A centerpiece is a timeless arrangement that will never go out of style.

Bar Arrangement

A bar arrangement is a taller version of the classic centerpiece arrangement and holds a sense of elegance and glamour that will draw guests to a new location. Bar arrangements are most notably found on top of the bar to flank the busy, happening area.

Bud Vase

Bud vases can be considered “miniature arrangements.” Often bud vases accompany centerpieces or bar arrangements by reflecting the same colour scheme, mood, or style. They can be placed near larger arrangements

Long and Low

Long and low arrangements are just as the name suggests! They’re typically found in long, rectangular vases that are close to the surface. They are spread out over longer surfaces. They’re often used in tablescapes to create one united floral story across a table.



Centerpieces



Bar Arrangement



Bud Vase



Long and Low

EXERCISE:

Refer to the Answer Booklet for matching exercise.

STRAND	Performing Arts
SUB-STRAND	Art Skills and Processes
CONTENT LEARNING OUTCOME	A8.1.2.1 Demonstrate the basic skills of playing string instruments.

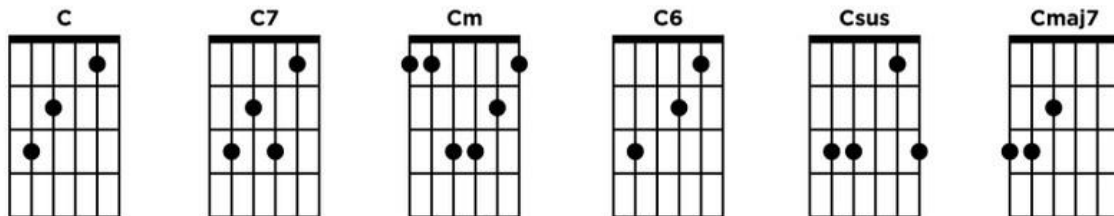
LESSON NOTES

A Chord Chart

A chord chart (or chart) is a form of musical notation that describes the basic harmonic and rhythmic information for a song or tune. It is the most common form of notation used by professional session musicians playing jazz or popular music. **Chord charts** for the **guitar** are a simple and intuitive way to show you the proper finger placement to play any type of **guitar chord**.

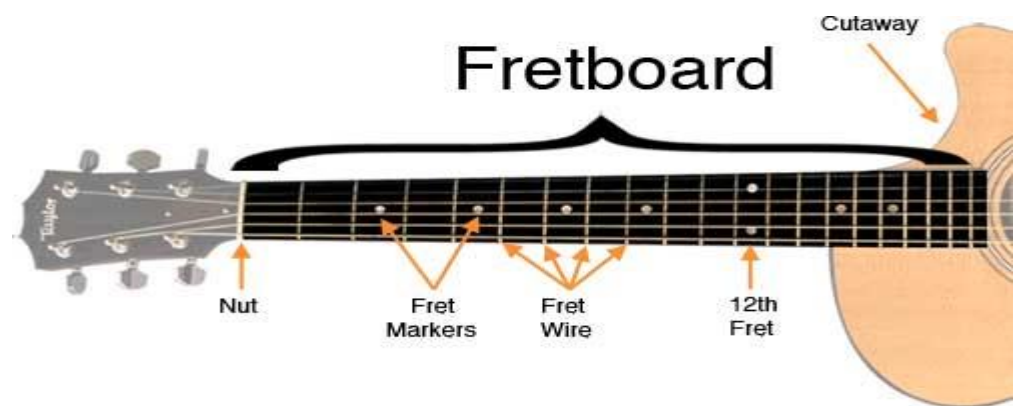
A chord chart looks like this.

BEGINNER GUITAR CHORD CHART (C)



The black dots on the chord diagram represent **the notes that make up the chord**. They tell you which frets and strings to place your fingers on. Sometimes there are numbers inside the dots to indicate which fingers to use on each of the frets.

A fret is a space between two fretbars on the neck of a stringed instrument. Frets usually extend across the full width of the neck.



EXERCISE

True or False

- i. A chord chart (or chart) is a form of musical notation.
- ii. The black dots on the chord diagram represent the notes.
- iii. Frets usually extend across the full width of the bar.
- iv. A guitar is a type of drum.

1077 RAVIRAVI SANGAM SCHOOL
Re-aligned Curriculum : Weekly Home Study Package

YEAR/LEVEL: 8

SUBJECT: Physical Education

STRAND	Physical Education
SUB-STRAND	PE 1.2 Fitness, Personal Development and Safety
CONTENT LEARNING OUTCOME	PE 8.1.2.2 Determine and demonstrate proper safety procedures and apply suitable first aid in physical activity emergencies

LESSON NOTE

Safety In Sports

Safety gear should be sport-specific. It may include such items as goggles, **mouth guards**, shin-elbow-knee pads, and helmets. The safety gear should fit properly. Sports equipment (such as bats, baskets, and goals) should also be in good working condition. Maintain good fitness levels before and during the season. · Warm up and stretch before each session. Cool down after sports.



How to warm up and cool down?

Done correctly, warming up and cooling down may offer help in reducing your risk of injury and improving your athletic performance.

Why warm up and cool down?

Warm-ups and cool-downs generally involve doing your activity at a slower pace and reduced intensity. Warming up may help prepare your body for aerobic activity. A warm up gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature. Warming up may also help reduce muscle soreness and lessen your risk of injury.

Cooling down after your workout allows for a gradual recovery of heart rate and blood pressure. Cooling down may be most important for competitive athletes, such as marathoners, because it helps regulate blood flow. Cooling down doesn't appear to help reduce muscle stiffness and soreness after exercise, but more research is needed.

Although there's controversy about whether warming up and cooling down can prevent injuries, proper warm-ups and cool-downs pose little risk. So if you have the time, consider including them in your workout routine.



How to warm up?

Warm up right before you plan to start your workout. In general, warm up by focusing first on large muscle groups, such as your hamstrings. Then you can do exercises more specific to your sport or activity, if necessary. A warm-up may cause mild sweating, but it shouldn't leave you fatigued. Here are some examples of warm-up activities:

- To warm up for a brisk walk, walk slowly for five to 10 minutes.
- To warm up for a run, walk briskly for five to 10 minutes.
- To warm up for swimming, swim slowly at first and then pick up the tempo as you're able.

How to cool down



Cooling down is similar to warming up. You generally continue your workout session, but at a slower pace and reduced intensity. Here are some examples of cool-down activities:

To cool down after a brisk walk, walk slowly for five to 10 minutes.

To cool down after a run, walk briskly for five to 10 minutes.

To cool down after swimming, swim some leisure laps for five to 10 minutes.

Stretching

If stretching exercises are part of your workout routine, it's best to do them after the warm-up or cool-down phase, when your muscles are already warm.

Stretching can improve range of motion about a joint and flexibility. Stretching may also help improve your performance in some activities by allowing your joints to move through their full range of motion. However, studies haven't consistently shown that stretching helps prevent muscle soreness or injury. Be kind to your body

Finding time for regular aerobic workouts — plus warming up and cooling down — can be challenging. But you can make the time if you get creative. For example, walking to and from the gym can be your warm-up and cool-down. Remember, be kind and give your body time to adjust to the demands of your workout.

EXERCISE: Answer the following questions.

1. Why is it important to wear safety gear during sports?

2. What is the importance of warm-up and cool down?

3. List two importance of stretching.

(i) _____

(ii) _____

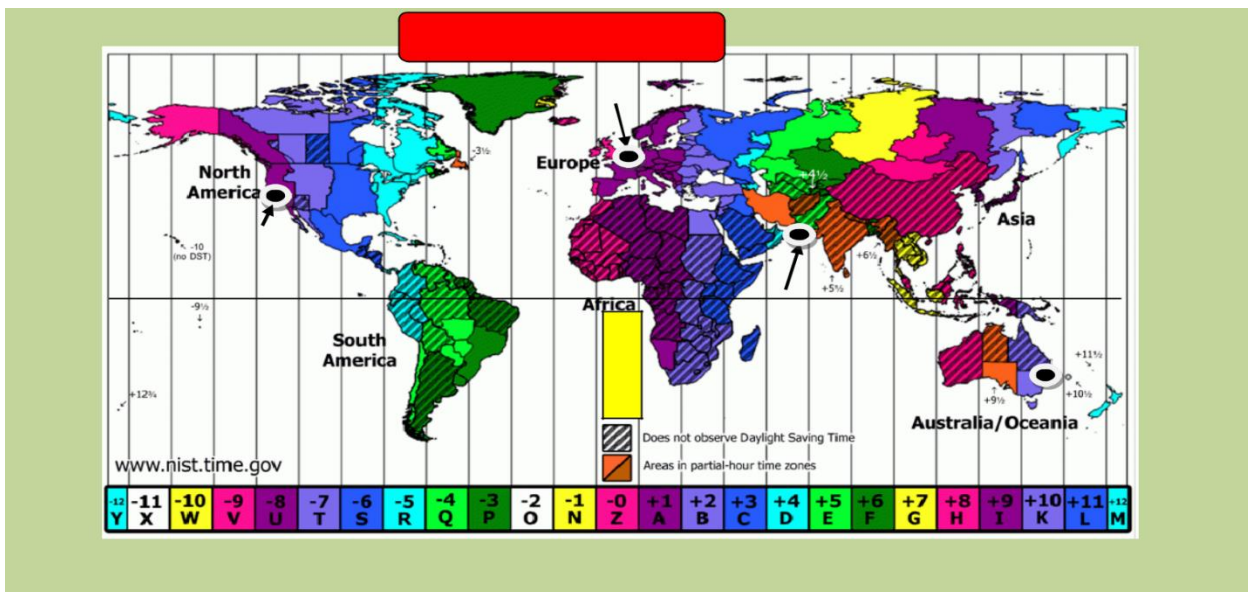
1077 RAVIRAVI SANGAM SCHOOL
REALIGNED CURRICULUM: Weekly Home Study Package

YEAR/LEVEL: 8 SUBJECTS: MATHEMATICS

STRAND	3 MEASUREMENT
SUB-STRAND	TIME
CONTENT LEARNING OUTCOME	Interpret and use 12 and 24 hours schedules, time zones by means of digital or analogues clocks calculating time intervals and speed, distance and time.
ACHIEVEMENT INDICATOR	<ul style="list-style-type: none"> Calculate the time difference between countries. Calculate speed, time and distance using formulas [Speed= D/T]. Relate time to any activity taken such as recess, assembly, lunch and draw a personal daily activities.

LESSON NOTES

Standard time in Fiji corresponds to the longitude of 180 EAST of London. Fiji is 12 hours ahead of Greenwich. Below is the map of the world showing the time zones.



60 seconds= 1 minute
60 minutes= 1 hour
24 hours = 1 day

GMT means Greenwich Mean Time
Equator: the line that separates the two time zones.

The table shows the standard time for some countries in the Pacific.

<u>COUNTRY</u>	<u>STANDARD TIME</u>
Fiji	12 h 00 minutes ahead of Greenwich.
New Zealand	12 h 00 minutes ahead of Greenwich.
Tuvalu	12 h 00 minutes ahead of Greenwich.
Tonga	12 h 00 minutes ahead of Greenwich.
Kiribati Island	12 h 00 minutes ahead of Greenwich.
Nauru	12 h 00 minutes ahead of Greenwich.
Vanuatu	11 h 00 minutes ahead of Greenwich.
Niue Island	11 h 00 minutes behind of Greenwich.
Society Island	10 h 00 minutes behind of Greenwich.

The time zones of the world. Clocks in countries west of Greenwich are behind GMT those farther east are ahead.

The world has different time zones as shown above. The Greenwich Meridian is the line which cuts through Greenwich in London. The International Dateline is the line shows where the Time begins.

Each line is 1-hour difference.

ACTIVITY:

Part A: Calculating Speed, Distance and Time Taken.

$$\text{SPEED} = \frac{\text{Distance}}{\text{Time}} = \frac{D}{T}$$

Example:

A car left Suva at 2.30pm and arrived at Sigatoka at 4.30pm. It travelled at a speed of 120km/hr. Find the distance covered in the travel.



Time = 2.30pm to 4.30pm = 2 hours

Speed = 120 km/ hr.

Distance = $\frac{\text{Speed}}{\text{Time}} = \frac{120}{2} = 60 \text{ km.}$

ACTIVITY:

Work out the speed of a car travelling in:

1. 100m in 10s.
2. 300m in 20 seconds.
3. 700m in 35 seconds.

Part B:

School Timetable

TIME	ACTIVITIES
8.00 am	Siren for Prayer/Devotion
8.30 am	Lesson Begins
10.30 am	Recess
10.45am	Lesson Begins
12.00 midday	Lunch
12.30 pm	Section Duties
12.45 pm	Brushing
1.00 pm	Lesson Begins
2.45	School Breaks

- a. How long is the morning lesson?
- b. How long is the brushing time?
- c. When shall the students get ready to go home?
- d. How many hours do a child spends in the school in a day?
- e. How many hours is the lesson time for a day?
- f. How long does a student spend in a day at school?



$$\text{Distance} = \text{Speed} \times \text{Time}$$



$$\text{Time} = \frac{\text{Distance}}{\text{Speed}}$$



$$\text{Speed} = \frac{\text{Distance}}{\text{Time}}$$

1077 RAVIRAVI SANGAM SCHOOL
REALIGNED CURRICULUM: Weekly Home Study Package

YEAR/LEVEL: 8

SUBJECTS: ENGLISH

LISTENING AND SPEAKING



Stone is a piece of rock. It is a mass of hard, compacted material.

Discuss the three different types of rocks to your family members. Request a family member to take a video of your discussion for later reference.

READING AND VIEWING

Short Story

Title: The Crane and the Butterfly

Setting: Lau Archipelago – Fiji

Main characters: Crane and Butterfly

Plot / Summary

This is a simple story of a crane and a butterfly from the outer islets of Lau Archipelago. One day while flitting near the sandy beach, butterfly saw a tall white crane. It went near to the crane and stated that she could fly better than the crane. The crane started boasting that it could fly further than the butterfly and can fly all the way to Tonga. They decided to have a race to see who reaches Tonga first. Crane was overconfident that butterfly would be left behind. They both flew off and as they did so, the butterfly fluttered over the crane and alighted softly on his back. The crane looked back and seeing no sign of butterfly it was sure that the butterfly was way behind. Hours went by, crane grew tired but there was nowhere for him to alight. Crane kept struggling until he saw the land. He kept on thinking that butterfly was way behind and just before he reached the shore, he saw butterfly fluttering few yards ahead

of him. Upon reaching the sand, crane saw that butterfly had reached Tonga before him.

Theme

- Never underestimate anyone.
- Don't be overconfident and boast.
- Where there is a will, there is a way.
- Working smart leads to success.

ACTIVITY

1. Name a character you liked in the story.

2. What happened at the end of the story?

3. Draw and colour what you have just read in the space provided in the Answer Booklet.

WRITING AND SHAPING

Idioms

An **idiom** is an expression that takes on a figurative meaning when certain words are combined, which is different from the literal definition of the individual words. For example, let's say I said: '*Don't worry, driving out to your house is a piece of cake.*' We would understand that the *expression 'piece of cake' means that it's easy.*

Examples: Pass the buck: *to dodge a responsibility by giving it to somebody else.*

As happy as a clam: being content [happy].

It's raining cats and dogs: it's raining hard.

Let the cat out of the bag: give away a secret.

ACTIVITY:

Write the correct idiom for the following meanings given below.

- It's up to you.**
- To be undecided.**
- To be loyal no matter what.**
- Rarely.**
- Hit the sack.**

Choose:	Go to bed.	Sat on the fence.	Once in a blue moon.
	The ball is in your court.	Through thick or thin.	