1078 UCIWAI SANGAM SCHOOL

WEEKLY HOME STUDY PACKAGE 6 FOR YEAR 4-ENGLISH

Unit 6: What A Day!

Listening And Speaking

General Features of Diary Entry

Social Purpose: (What is a diary entry?)

- ② A diary entry is written in the first person narration style. The writer is speaking about himself or herself, not about anyone else.
- It is about the writer's interests and concerns.
- It is written regularly (sometimes every day, sometimes every week)
- It is written for the writer only.
- It also helps writer remember events and thoughts.
- It is written in order of time

Structure:

- A diary entry shows the writer's thoughts and feelings.
- These thoughts and feelings may be written in note form.
- A diary entry usually gives the date and time of the event.
- It often tells what has happened on that day or during that week.

Grammar Features:

Phrase

A phrase is a group of words which does not contain a verb. It is only part of a sentence.

For example:

- o We went to town.
- o At eleven o'clock they left the house.
- o The gate by the mail box.

Statement

A statement is a sentence that makes sense and give information.

For example:

- o Dad is in Sigatoka.
- o The children went to the Baby Show.

What A Day!

Thursday 12th September

In bed. A rotten day. Dad and I were on our way into town. We've been staying this week at Uncle Mosese's farm. He had to break suddenly for a tree across the track at Muaitaguva Bend. The truck skidded into the ditch, tipping Dad's side onto a big stone. I wasn't hurt. I had seatbelt on. Dad never puts his on until he gets to the main road and at first I thought he was dead! Blood all over his face! Then he groaned and I knew he was alive.

He tried to climb out my side – his side was in the ditch. Then he really yelled. He thought his ankle was broken. I couldn't help him. Everything I did seem to hurt him more.

We knew we wouldn't be missed for ages so I had to walk in for help. On the way, an angry looking bull pawed the ground in front of me, which was really scary. It took me three hours

to get to the road and another 20 minutes to catch a car which later gave me a lift to the nearest medical centre.

Now he's in bed with a badly sprained ankle.

Comprehension

Read the text and answer these questions.
1. Where did the accident happen?
2. What is the cause of the accident?
3. Why wasn't the writer hurt in the accident?
4. What was the matter with Dad after the accident?

5. On the	walk to the	e road sor	nething frig	htened re	ader. What w	as it?
6. Where	was this st	ory taken	from?			
			_			
WRITING	AND SHAF	PING				
Gramma	r In Use					
Part A:						
Choose s	uitable wor	ds from t	ne boxes to	finish the	se sentences.	
town	side	hurt	people	road	ditch	week
1. Dad to	ld little Tor	n not to p	ull the pup'	s tail and ₋		it.
2. The fa	rmer dug a		to drai	n water fr	om his paddo	ck.
3. Litiana	likes to go	to shop ir	1		·	
4. Many			_ live in a ci	ty.		
5. When	the car's ty	re blew o	ut, the car v	eered off	the	
6. Anare	cheered lo	udly for hi	s	at th	e ground.	
7. The te	acher told I	Meredani	she had a _		to finish th	ne project.
Part B:						
Choose s	uitable wor	ds from t	ne boxes to	match the	e meanings b	elow.
farm	people	b	rake	hurt	mair	า
1 landw	there crops	are grow	n and anim	als raised	for food	

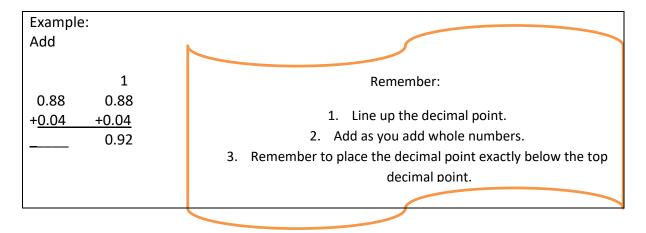
2. A foot pedal used for stopping
3. More than one human being
4. To give pain or cause harm
5. The first or most important
Part C: Phrases
Note: A phrase is a group of words that does not contain a verb.
Choose phrases from the box to fit these sentences.
rode their bikes along the dirty track into the pool for their fish
with the library bag
1. That is Amelia, the girl
2. The children
3. The seals dived
Part D: Statements
Read and Circle the statements from the sentences below.
1. Turtles are part of the reptile family.
2. Are baboons the same as apes?
3. Come here, quickly!
4. Please help me with this work.
5. Rats, mice and rabbits are rodents.
6. Koli rowed his boat.

1078 UCIWAI SANGAM SCHOOL

WEEKLY HOME STUDY PACKAGE FOR YEAR 4- MATHS

NUMBERS-DECIMALS

ADDITION OF DECIMALS

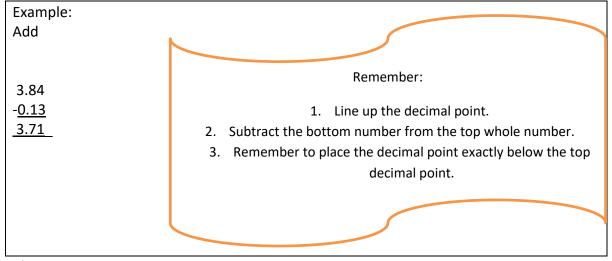


Add:

7. Joseph had 3 pieces of ribbon. They are 1.22cm, 4.71cm and 5.60cm in length. What is the total length of the ribbon?

8. Reshma was thinking of 2.34, 3.42 and 4.24 in her head. What is the sum of the numbers?

Subtraction of Decimal



Subtract:

- 2.35
 0.13
- 2. 4.26
- <u>1.19</u>

- 3. 4.27
 - <u>2.38</u>

- 4. 7.68
- <u>1.79</u>
- 5. 9.86
 - <u>5.41</u>

- 6. 8.54
- 0.10
- 7. A boy had a piece of rope which was 5.65m long. He cut off 2.12m and gave it to his brother. What length of rope is left?

8. Subtract 5.55 from 8.90

1078 UCIWAI SANGAM SCHOOL WEEKLY HOME STUDY PACKAGE YEAR 4-HEALTHY LIVING

SELF-ESTEEM, CONFIDENCE AND DECISION MAKING

Self-esteem answers the question, "How do I feel about who I am?" We learn self-esteem in our family of origin; we do not inherit it.

Low self-esteem is a negative evaluation of oneself. This type of evaluation usually occurs when some circumstance we encounter in our life touches on our sensitivities.

We can provide for our own safety, tolerate confusion, and raise self-esteem by learning and using these essential life skills:

- o **Experience feelings.** "Feel" feelings in your body and identify your needs. When we do not respect our feelings, we are left to rely on what others want and believe.
- o **Optional thinking.** By giving ourselves options, we open ourselves to new possibilities about how to think about our problems.
- o **Detachment.** End all abuse; say "no" to misrepresentations and rules. By maintaining **personal boundaries**, we discourage abuse by others and state our differences.
- o **Assertion.** Voice what you see, feel, and want by making "I" statements. By expressing our thoughts, feelings, and desires in a direct and honest manner, we show that we are in charge of our lives.
- o **Honesty.** End self-absorption; listen to others" words and meanings to restate them. In this way, we act with awareness of our contribution to events as well as understand with the needs of others.



Effects of High Self-Esteem

People with high self-esteem possess the following characteristics:

- They like to meet new people
- They don't worry about how others will judge them
- They have the courage to express themselves.
- · Their lives are enriched with each new encounter
- · They are nicer to be around
- Their ideas are met with interest because others want to hear what they have to say
- They are magnets to positive opportunities



Activity

1.	What is self-esteem?
2.	What is low self-esteem?
3.	Write at least 3 essential life skills that will help raise self-esteem.
4.	Write down two characteristics of people with high self-esteem.

DECISION MAKING

Decision making is the **process** of **making** choices. There are steps to follow to reach the best choice. Never forget choices have costs.

Step 1: Name your situation e.g. I want to play netball.

Step 2: Talk about it

- ✓ If I play netball I'll waste more time, I'll fail exam.
- ✓ If I don't play netball I'll have more time to study.
- ✓ If I play netball I can go and study abroad.

Step 3: Choose the best action: - I'll play netball and I'll go and study abroad

Step 4: Take action

Step 5: Look back at the decision you take
If you are successful, you will be happy.
If you are not, don't forget that was your decision in the first place.

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ACTIVITY

1.	What is decision making?
2.	List the 5 steps in decision making.
3.	Write down 3 good choices that you will make.



UCIWAI SANGAM SCHOOL

WEEKLY HOME STUDY PACKAGE 6

	<u>y</u>	EAR 4	HIN	<u>)I</u>	NAME	<u>:</u>	
<u>Activ</u>	<u>vity:</u>						
<u>1.</u>	<u>Matr</u>	<u>as:</u> सर्भ	ो अक्षरों	में दिए	गए मात्रा	लगाओ।	
_	Ť	ब	ल	क	स	न	
_	T	ज	ब	द	स	म	
<u>2.</u> 3.		ı <u>bs:</u> Wri	te with	four diff	erent col	ours.	
द	क्षिण						
ग	वैया						
Į.	वीका	र					
ਧ	श						
ৰ ৰ	ौना						

3. Reading

आग पर चलना

नाबुआ से दक्षिण की ओर एक छोटा सा टापू है। उस का नाम बेंगा है। बहुत दिन हुए वहाँ एक अच्छा गवैया था। वह लोगों को गाने सुनाया करता था। लोग खुश हो कर उसे इनाम देते थे।

वहाँ पर एक सरदार था। उस का नाम तुई नांमालीता था। उस ने सोचा कि मैं उसे एक ऐसी चीज़ इनाम में दूँ जैसी किसी ने पहले न दी हो।

वह नदी पर गया। वहाँ उसे एक बिल दिखाई दिया।

उस ने उस में हाथ डाला। उस बिल के अन्दर उसके हाथ में एक नन्हा सा हाथ आ गया। उस ने पकड़ कर उसे बाहर खींच लिया।

ऐं! यह क्या? यह तो एक बौना है। उस ने घुटने टेक लीता को प्रणाम किया। पर लीता ने कहा, अरे बौने ! आज तेरी चटनी बना कर मैं गवैये की भेंट करूँगा।

बौना डर के मारे काँप उठा, बोला, "अगर आप मुझे न मारें, तो मैं आप को एक ऐसी सीख दूँगा कि आप की डोंगी समुद्र में हवा से बातें करने लगे और लड़ाई में आप ही सदा जीतें।"

लीता मारे गुस्से के काँपने लगा। उसने कहा, "तू है तो बौना, पर बातें कितनी बनाता है।"

बौने ने हाथ जोड़ कर कहा, "महाराज, अगर आप को ये दोनों बातें स्वीकार न हों, तो मैं आप को एक ऐसी बात बता सकता हूँ जिससे आप का यश चारों ओर फैल जाए और वह बात है आग पर चलना।"

लीता के मन में नमोलीवाई बौने की बात बैठ गई और उस ने उस की जान न ली।

तब से आज तक बेंगा के रहने वाले गरम-गरम पत्थरों पर चलते हैं पर उनके पैर नहीं जलते।

4. Questions:

१. लीता ने बौने को किस लिए पकड़ा?

२	बौने ने लीता को क्या सिखाया?								
3	३ लीता और बौना कहाँ के रहने वाले थे?								
8	3 आग पर चलने पर भी बेंगा वालों के पैर क्यों नहीं जलते? ————————————————————————————————————								
¥ ?	बौने व ——	का नाम क्या था?							
5.	<u>Miss</u>	ing words							
	इन व	ाक्यों में कौन से शब्द छूट	गए हैं?						
	क.	बेंगा नाबुआ से	की ओर एक छोटा सा						
		टापू है।							
	ख.	सरदार का नाम	था।						
	ग.	नाटे कद के मनुष्य को	कहते हैं।						
	घ.	के रहने वाले	पत्थरों पर						
		चलते हैं, पर उन के	नहीं जलते।						

6.	<u>Drawing</u>	हमारे गाँव	में भी ले	नोग आग ए	पर चलते हैं	हैं।
	चित्र बनाओ	l				

1078 UCIWAI SANGAM SCHOOL WEEKLY HOME STUDY PACKAGE 6 YEAR 4-SOCIAL STUDIES

TIME, CONTINUITY AND CHANGE

Leaders in our community



Name of president	Year of service	Where they	Traditional	Any other interesting
	as Presidents	come from	position held	information.
Ratu Ganilau	8/12/1987-	Lomaloma in	Ratu Sir Penaia	Ratu Ganilau was
	15/12/1993	TAVEUNI	Ganilau was the	awarded many honours
			second highest	throughout his lifetime.
			chief in Fiji at	These included the DSO
			the time of	(1956), Officer of the OBE
			independence,	(1960), Companion of the
			coming after	CMG (1968, Commander
			Ratu Sir George	of the CVO (1970), Knight
			Cakobau, the	Commander of the KBE

	1		
		Vunivalu of Bau, who was the highest in the traditional hierarchy.	(1974), Knight Commander of the KCVO (1982), and Knight Grand Cross of the GCMG (1983). He also received an honorary doctorate in education in 1974.
Ratu Sir Kamisese Mara			
Ratu ILOILOVATU			
RATU EPELI NAILATIKAU			

COLLECT YOUR OWN PICTURES AND PASTE THEM ON A CHART AT HOME.

UCIWAI SANGAM SCHOOL WEEKLY HOME STUDY PACKAGE 6

YACAMU:

SUBJECT : VOSA VAKAVITI KALASI : 4

STRAND : 1 Wilivola

SUB STRAND: 1.1 Wilivola kei na volavola

ULUTAGA: NA VEIMATAQALI IKA

a. Oqo na Maleya E ika ni wai dranu E roka dravu se vulavula ka loaloa na buina E dau rawa ni siwati se nunuvi se coko ena lawa	
b. Oqo na Ulavi se Rawarawa E ika ni waitui ka dau bula voli I cakau E levu na veimataqali ulavi ka vakatabui me ra siwati Oqo e dua na ika rairai vinaka E roka karakarawa, damudamu, drokadroka ka vulvula na ketene	
E ika talega ni waitui E roka loaloa ka vulavula na ketene E dau vakaileu na ika qo ka levu kena veimataqali iwati, nunuvi mai wasawasa	
d. Oqo na Kawakawa E ika talega ni waitui E roka dravudravu, qeleqelea ka tunutunu loa na yagona E ika rawarawa me siwati mai ka dau bula voli e vanua mamati	

e. Oqo na Vai

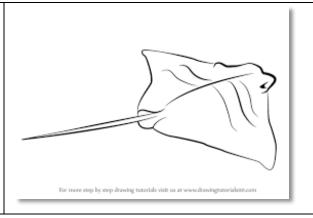
E roka loaloa ka vulavula ketena

E ika ni waitui ka dau bula voli e na vanua titobu

E ika raba ka balavu na buina

Me da dau qarauna vinaka na buina ena gauna sa coko kina na lawa

E dau taqomaka talega na noda wasawasa



E dau vakasucu na vai ena loma ni qara ena boto ni wasawasa

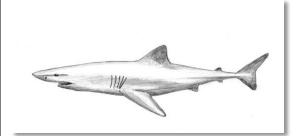
f. Oqo na Qio

E ika ni waitui ka dau bula voli na vanua titobu

Oqo e dua na vei ira na ika dau taqomaka na noda matasawa

E roka loaloa, vulavula ka levu na batina

E dau coko ena lawa ka tabu me ra siwati



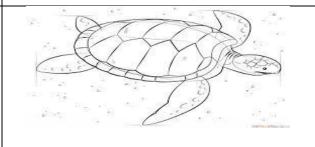
g. Oqo na Vonu

E ika ni waitui ka rawa talega ni bula e vanua

E dau vakayagati me magiti ni Turaga

E roka drokadroka, vulavula na ketene

E levu na veimataqali vonu ka vakatabui me ra vakamatei



E dau vakalutu yaloka ena loma ni qara ni veinuku ni matasawa

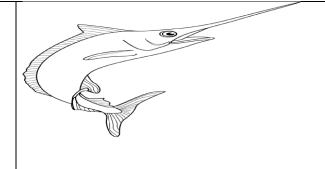
h. Oqo na Saku

E ika ni waitui ka dau taqomaka talega na wasawasa

E roka vulavula ka loaloa na ucuna kei na buina

E ika yago balavu ka balavu talega na ucuna

E dau siwati, nunuvi ka dau coko ena lawa

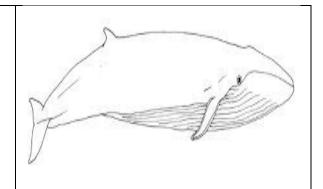


i. Oqo na Tovuto

E ika vakaitamera na tovuto

E ika ni waitui ka dau bula voli ena vanua titobu

E dau sega ni cegu e loma ni wai, ia e dau nawa cake ena dela ni wai me cegu I vanua Ka dau kaburaka na wai kei na cagi main a ucuna, na ucuna e toka ena delani uluna E ika yaga sara na Tovuto –



Batina (TABUA), Tabana (WAIWAI), Lewena (WAINIMATE)

Wilika	ka	sauma	ทล	taro
4 4 111112CI	m	Sauma	ши	uui

Wilika ka sauma na taro Na saya na yaga ni ika ka day talaitaka ma kania?
Na cava na yaca ni ika ko dau taleitaka mo kania?
E levu veimataqali ika, vola mai e rua na mataqali e bula e waidranu?

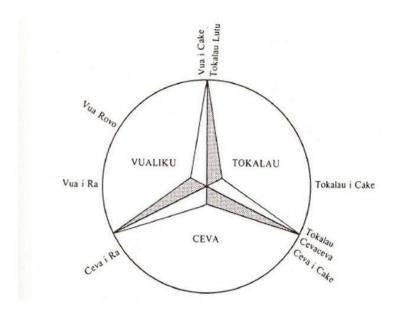
E dau vakasucu na vakacava na <u>vai</u> ?
Vola e rua na yaga ni Tovuto:
Vola e rua na mataqali ika e dau vakatabui me siwati:
Vakamacalataka na bulibuli ni saku :
Na cava na yaca ni ika e dau taqomaka na noda wasawasa?
Vola e dua na inaki levu era dau vakalutu yaloka kina na vonu e vanua:
]

9. Droinitaka na **kawakawa, na rawarawa kei na vai** rokataka ka vola na yacadratou.

WILIKA, VOLA KA DROINITAKA

VULICA, WILIKA NA YACA NI MATANICAGI

- 1. Ko ira na **gonedau**, era dau siwata, nunuva, biu lawa, toni dai ni ika
- 2. E rau dau vakayagataka na matanicagi me ra kila na liwa ni cagi

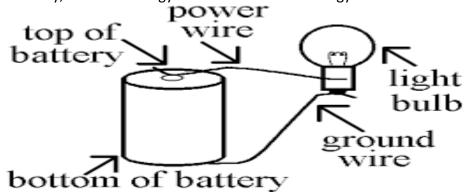


1078 UCIWAI SANGAM SCHOOL WEEKLY HOME STUDY PACKAGE 6 YEAR 4-ELEMENTARY SCIENCE

Energy Transfer

Energy is never created or destroyed; it merely changes forms. Energy transfer is the transfer of energy from one object or material to another. Mentioned are a few ways that energy transfer occurs:

- an electric toaster changes electricity to heat
- a door bell changes electric energy to sound
- A light bulb changes electric energy to light and heat
- a car engine changes fuel to mechanical energy
- a generator changes mechanical energy to electricity
- battery, chemical energy turns into electrical energy.



Questions: Fill in the blanks

1. The	_ is the source of energ	y.	
2. The	connect the b	attery to the bulb.	
3. The	lights up when co	nnected to the batter	γ.
4. Chemical energy	is transferred to	and	energy.

Energy Conservation

Conserving energy is an important way to reduce strain on the environment and bring down electricity expenses. Taking measures like reassessing how much you need to use appliances, using lights only when necessary, and insulating your home can go a long way toward reducing your electricity bills. Create a "bright room" in your household.

When the sun goes down, turn on the lights in just one central room in your house, and encourage your family to spend the evening hours there instead of scattering around the house and lighting up every room. Lighting just one room will save a lot of energy and money over time.

Open the curtains and let the light pour in instead of automatically switching on the light.

Replace your incandescent light bulbs with energy saver lights.

Minimize your use of outside lights. If you want outside lights for security purposes, consider buying energy saver lights. Replace path and garden lights with solar-powered lights that charge during the day and glow warmly at night.

Decide which appliances you really need to use. If you have access to outside space, hang a clothesline and start drying your clothes outside instead of using a clothes drier. If you have time to wash dishes by hand using the water conservation method, that's even better.

Sweep whenever you can instead of using a vacuum cleaner.

Close freezer door immediately after getting things out.

Unplug everything. Electronics and appliances continue using energy while they are plugged in, even when they are switched to "off." Make a habit of unplugging everything that's not in use, especially computers, TVs and sound systems, which use up the most energy.

Leaving the fans and air conditioner on all the time uses loads of energy and keep your electricity bills high. Open windows to let fresh air in.

Use less hot water. Taking shorter, cooler showers reduces the amount of water your water heater needs to heat on a daily basis.

Α	C٦	Γľ	V	Ī	ГΥ

Write down 3 ways in which you can save energy at home or in the			
community.			

Energy choices

Fiji Electricity Authority (FEA) uses hydro generated electricity as well as diesel powered generators on its main island, Viti Levu. All the other areas of Fiji use either diesel powered electricity by FEA or have own generators. Taveuni, the third largest island, is having its first hydro-electric scheme implemented this year (2014) which will provide renewable energy to the island.

All motor vehicles use fossil fuels (petrol and gas). Fossil fuel such as kerosene and gas are used for cooking in urban and many rural areas where as many rural dwellers still prefer to use firewood.

Fossil fuels are non-renewable sources of energy and will not last forever. They draw on finite resources that will eventually dwindle, becoming too expensive or too environmentally damaging to retrieve. Fiji must promote use of safer and renewable energy like solar and hydro generated power which are constantly replenished and will never run out.

Most renewable energy comes either directly or indirectly from the sun. Sunlight, or solar energy, can be used directly for heating and lighting homes and other buildings, for generating electricity, and for hot water heating, solar cooling, and a variety of commercial and industrial uses.

The use of firewood for cooking is safe as long as you keep planting trees.

Forces Object is moved by applying forces

3.3 Different types of forces

Energy, in all its different forms, is used to make things happen in our world,

from driving a machine or kicking a football to turning a wheel. However, whenever energy is used it involves forces. Forces are pushes, pulls and twist.



Forces make things move. You need a force to start it moving, like when you throw a ball. You also need a force to stop things, like when you catch a ball in your hands to slow it down and to stop it. You need force to make things speed up, slow down, change direction or change shape.

If two forces push or pull against each other, the bigger force will overcome the smaller force. In this picture, the bigger force is the lorry; the smaller force of the car will be overcome by the lorry and the result will be that the car will be pushed backwards (to the right).

Activity 1: Pull, Push or Twist

Write down at least 3 examples each.

push	Pull	twist