

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -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:

Constructing Compound Sentences Using “Unless”

IF NOT = UNLESS

***Unless* means the same as *if...not*.**

***Unless* is used instead of *if...not* in conditional sentences of all types.**

Examples:

1. If you're not properly trained, diving in the sea is dangerous.

Another way of saying this is:

Unless you're properly trained, diving in the sea is dangerous.

2. If he doesn't work hard, he can't pass his exam.

Another way of saying this is:

Unless he works hard, he can't pass his exam.

3. You won't catch the bus if you don't leave immediately.

Another way of saying this is:

You won't catch the bus unless you leave immediately.

ACTIVITY:

Rewrite the following sentences using “**unless**”

1. If you don't help me, I wouldn't be able to finish this work today.

2. If it doesn't rain, I'll see you this evening.

3. She won't be able to come if her mother doesn't give her permission.

4. Our boys won't win any match if they don't train harder.

5. If the wind doesn't drop, we won't sail to Kadavu today.

6. If you don't hurry, we won't get home before dark.

7. He won't be able to carry that sack if you don't help him.

8. The doctor says he won't get better if he doesn't stop smoking.

9. If you don't take your medicine, you won't get better.

10. Your baby won't be healthy if you don't feed her properly.

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -2021**

Subject: Mathematics

Year: 7

Name: _____

STRAND – Measurement


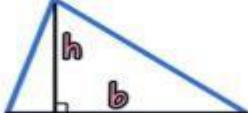
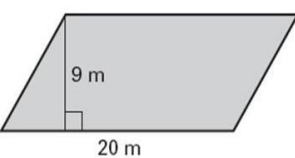

SUB – STRAND: Calculating Perimeter and Area

CLO: Calculate area by using the correct formula.

Derive formula for area of rectangle from tabulated information and makes nets for rectangular solid

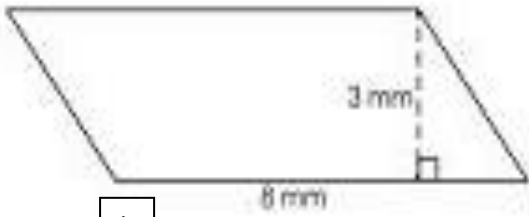
LESSON NOTES:

AREA OF PARALLELOGRAMS & AREA OF TRIANGLES

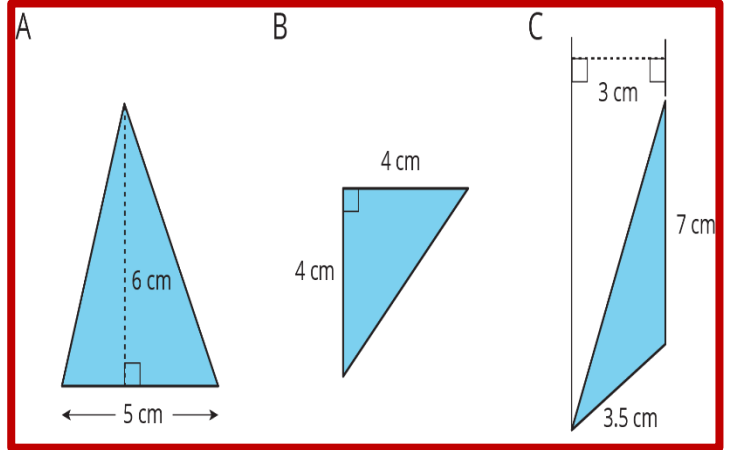
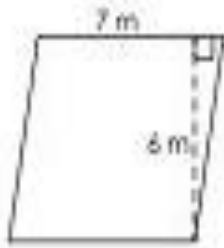
| <u>Area of Parallelogram</u> | <u>Area of Triangles</u> |
|--|---|
|  <p style="text-align: center;">Area of parallelogram = <i>Base X Height</i></p> | <p style="color: blue; font-size: small;">Here is how the math</p>  <p style="font-size: large; font-weight: bold; color: blue;">Area = $\frac{1}{2} \times b \times h = \frac{bh}{2}$</p> |
|  | <p style="color: blue; font-size: small;">Here is how the math would look:</p>  |
| <p>$A = bh$ Write formula for area.</p> <p>$= 20 \cdot 9$ Substitute 20 for b and 9 for h.</p> <p>$= 180$ Multiply.</p> | <p>$A = \frac{1}{2}bh$</p> <p>$A = \frac{1}{2} \times 6 \times 4$</p> <p>$A = \frac{1}{2} \times 24$</p> <p>$A = 12$ square cm</p> |
| <p>ANSWER</p> <p>The parallelogram has an area of 180 m².</p> | |

ACTIVITY:

a



b



| Working & Answer | Working & Answer |
|------------------|------------------|
| a. | a. |
| | b. |
| b. | c. |

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -2021**

Subject: Healthy Living **Year:** 7 **Name:** _____

STRAND: Building Healthy Relationships

SUB-STRAND: Resilience & Proactive Behaviour

CLO: Explore and state strategies needed to prevent harmful situations.

LESSON NOTES:

How can the parents assist in the prevention of suicide? [Notes continued from previous worksheet]

- Do not lecture your child. Just listen and offer support in a way that they acknowledge the seriousness of their situation.
- Investigate the tunnel vision
- Sometimes the problems causing suicidal thoughts in children can be solved rather simply but they may have tunnel vision and cannot see any way out of their problems. Assist them get out of the tunnel vision.
- Motivate your child and make them feel very important. Let them promise not to betray your trust in taking their life.

Rape

- **Rape** is a type of sexual assault usually perpetrated against a person without that person's consent. This act may be carried out by physical force.
- The term rape is sometimes used interchangeably with the term **sexual assault**.

Effects of Rape

- Victims of rape can be severely traumatized by the assault.
- Victims may have difficulty functioning as well as they had been used to prior to the assault.
- Disruption of concentration, sleeping patterns and eating habits.
- Pregnancy and disease transmission.

ACTIVITY:

1. How can joining a support group help one to get away from thinking about suicide?

2. Why should parents follow up and continue to supervise children who had suicidal thoughts or had attempted suicide?

3. Another term that can be used for rape is _____.

4. List four effects of rape?

1 _____

2 _____

3 _____

4 _____

5. What will you do if negative thoughts of committing suicide start to trouble you?

6. How can you assist a rape or sexually assaulted victim?

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -2021**

Subject: Hindi

Year: 7

Name: _____

| | |
|----------------------------------|--|
| STRAND: | Strand 3 - Writing and Shaping |
| SUB STRAND: | HN 6.3.1 Language Features & Rules |
| CONTENT LEARNING OUTCOME: | HN 6.3.2.1. Use appropriate conventions of short formal writing. |

बोधन - Comprehension

इस अंश को ध्यान से पढ़िए

पंकज पढ़ने में बहुत होशियार था। इस लिए उसके अध्यापक उससे खुश रहते थे। परन्तु इस बार परीक्षा में वह असफल हुआ। इस पर अध्यापक को बहुत आश्चर्य हुआ। उन्होंने पंकज से पूछा, “तुम असफल कैसे हो गए? तुम तो पढ़ने में होशियार थे?”

इस पर पंकज ने दुखी होकर कहा, “कई दिनों से पिताजी बीमार थे। वे एक महीने तक अस्पताल में भर्ती थे। इसीलिए मैं लगभग बीस दिनों तक पाठशाला नहीं आया। घर पर पढ़ने का भी समय नहीं मिला।” पंकज की बात सुनकर अध्यापक जी चुप हो गए।

कुछ दिन बाद अध्यापकजी लड़कों की फीस जमा कर रहे थे। फीस जमा करने के बाद वे लड़कों के नाम के पास लिख देते थे। लेकिन पैसा गिनने पर एक फीस का पैसा कम था। गुरुजी सभी लड़कों का नाम पढ़ने लगे जिन्होंने फीस जमा की थी। पंकज अपना नाम सुनते ही खड़ा होकर कहा, “गुरुजी! मैंने फीस जमा नहीं की है।”

अध्यापक ने बच्चों से कहा, “देखो, पंकज ने आज सच बोलकर मेरी परेशानी दूर कर दी। आज पंकज नहीं बताता तो मुझे मालूम भी नहीं होता।”

अध्यापक जी पंकज की ईमानदारी से बहुत खुश हुए। उन्होंने पंकज से कहा, “तुम अब फीस नहीं जमा करना। तुम्हारी फीस तो जमा हो गई।” पर पंकज ने कहा, «नहीं गुरुजी! मैं दो-तीन दिन में अपनी फीस जमा कर दूँगा।” इस पर अध्यापक ने कहा, “मैं तुम्हारी ईमानदारी से बहुत खुश हूँ। इस लिए कह रहा हूँ कि अब फीस जमा नहीं करना।”

शाम को घर पहुँचने पर पंकज ने पिताजी को पूरी बातें बताईं। पिताजी ने कहा, “तुमने सत्य कह कर सही काम किया। जीवन में सच्चाई और ईमानदारी मानव की सफल जीवन के लिए बहुमूल्य हैं।” पंकज को अध्यापक भी उसी शाम उनके पिताजी से मिलने आए।

पंकज अपनी पढ़ाई में अब और मेहनत करता है। वार्षिक परीक्षा में वह प्रथम आया। उनके गुरुजी ने कहा “यह तुम्हारी ईमानदारी का पुरस्कार है।”

प्रश्न

क प्रत्येक सवाल के चार जवाब दिए गए हैं। सही जवाब को चुनकर उसके बगल वाले अक्षर में गोलाकार निशान बनाइए।

1. अध्यापक पंकज से क्यों खुश रहते थे ?

क. वह दौड़ने में तेज था

ख. वह बहुत धनी था

ग. वह पढ़ने में होशियार था

घ. वह ताकतवर था

2. पंकज के पिताजी की हालत कैसी थी ?

क. वे स्वस्थ थे

ख. वे अमीर थे

ग. वे बूढ़ थे

घ. वे बीमार थे

3. पाठ में आए “आश्चर्य” शब्द का अर्थ है

क. घबड़ा जाना

ख. खुश होना

ग. निराश होना

घ. नाराज़ होना

4. पंकज कितने दिनों तक पाठशाला नहीं गया था ?

क. पूरे तीस दिनों तक

ख. लगभग बीस दिनों तक

ग. दस दिनों तक

घ. एक महीने तक

5. पंकज ने क्यों घर पर रुकना चाहा?

क. पिताजी को सिर्फ खुश करने के लिए

ख. घर पर खेलने के लिए

6. विद्यार्थी गुरुजी के पास क्यों पैसा जमा कर रहे थे ?

क. पिकनिक के लिए

ख. पुस्तक के लिए

ग. फीस के लिए

घ. यात्रा के लिए

7. क्या पंकज ने फीस जमा की थी ?

क. जी नहीं

ख. जी हाँ

ग. नहीं मालूम

घ. शायद

8. पाठ में आप परेशानी शब्द का पर्यायवाची है

क. खुशी

ख. मुसीबत

ग. हँसी

घ. प्रसन्नता

नीचे दिए गए सवालों का जवाब पूरे वाक्य में लिखिए

9. पंकज को फीस क्यों नहीं जमा करना पड़ा ?

10. सच्चाई और ईमानदारी के विषय में क्या बताया गया है ?

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -2021**

Subject: Social Science

Year: 7

Name: _____

Strand: TIME, CONTINUITY & CHANGE

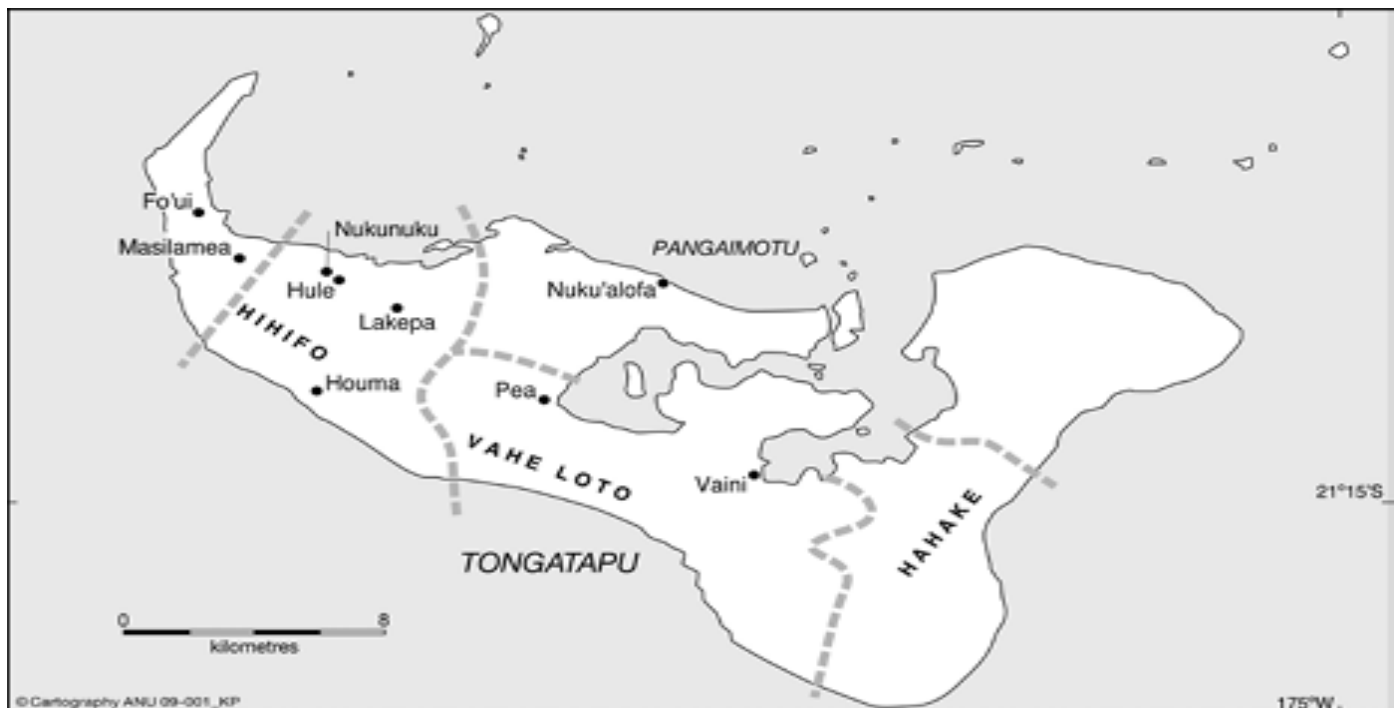
Sub- Strand: Understanding the Past

CLO: Investigate “colonization” in the Pacific, and its effects on the different countries in the Pacific

LESSON NOTES:

Tonga

1. Tonga was also known as the Tongan Empire through huge trading.
2. The Europeans arrived in the 17th century.
3. The first settlers in Tonga sailed from the Santa Cruz Islands, as part of the original Austronesian-speakers' (Lapita) migration which originated out of S.E. Asia some 6000 years before present.
4. Archaeological dating places Tonga as the oldest known site in Polynesia for the distinctive Lapita ceramic ware, at 2800–2750 years before present.



ACTIVITY:

1. What is the capital of Tonga?

2. What name is always given to Tonga?

3. Why is Tonga so special from other Pacific Island Countries?

4. When did the early Europeans arrive?

5. Where did the first settlers sail from?

6. Who are archaeologists?

7. What is Lapita?

8. How many years ago did the first settlers originate before the present time?

NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKHEET 2

Subject: Veika Vaka-viti

Year: 7

Name: _____

| | |
|---------------------------------|---|
| STRAND | Na ivakarau vakavanua |
| Sub- Strand | Meke/ Serevasi/Qito vakaviti |
| Content Learning outcome | Me vulici, lagati ka matanataki na meke vakaviti/ serevasi kei na qito vakaviti |

Na Sevu

Ena i vakatekivu a buli na vuravura
Cokonaka na Kalou, Iteni, vei **rau na vuda**
Kau kece mo drau kania
Duabulu wale me kua

b.

Na gata sa vosa vaqaseqase yani
Kana na yalewa, tagane qai mani temaki
Kaci na Kalou rau sa kida ka luvaiwale
Tau na i totogi ka tara na vuvale
Kunekune rarawa ko Adi ka buno o tagane

Keni kei Eveli rau sa vura
Me sevutaki na ulumatua
Sa vuvu e dua vei rua
Matai ni laba ena noda vuravura

Solia vei Sisa na ka sa nei Sisa
Vua na Kalou na ka e nona
O ira na tubuda era au qisia
Na sevu vei ira na turaga, vua talega na Tamada

Sauma na vei taro oqo:

1. E vakaibalebaletaki vei cei “**rau na vuda**”?

2. i. Na cava na i totogi vei yalewa ?

ii. Na cava na i totogi vei tagane ?

3. E rau veicavani o Keni kei Eveli ?

4. Vola e **dua** na i vakasala e cauraki tiko ena serekali.

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 2 -2021**

Subject: Basic Science

Year: 7

Name: _____

STRAND: Energy






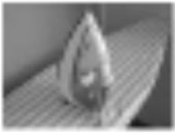



SUB-STRAND: Energy Source & Transfer

CLO: Find the uses of different forms of energy and become aware that it is renewable or non- renewable.

LESSON NOTES: ENERGY TRANSFORMATION, USE AND CONSERVATION

There are many types of energy which came from different sources. These energies are used in one way or another.

- The appliances use these sources of energy,
- We should use measures to conserve energy at school and at home.
- The various forms of energy include electrical, chemical, light (radiant), heat (thermal), mechanical and nuclear energy.

| Form of energy | Description | Diagram/Example |
|----------------------|--|--|
| Chemical Energy | is energy caused by chemical reactions. A good example of chemical energy is food when eaten, fuel for cars, etc. | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Food</p>  </div> <div style="text-align: center;"> <p>Fuel</p>  </div> </div> |
| Electrical Energy | is when motion, light or heat is produced by an electrical current like the electric coils on your stove. | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Battery</p> </div> <div style="text-align: center;">  <p>Gas</p> </div> <div style="text-align: center;">  <p>electricity</p> </div> </div> |
| Heat(thermal) Energy | Thermal energy is what we call energy that comes from heat. For example, a cup of hot tea, hot iron, etc. | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>iron</p> </div> <div style="text-align: center;">  <p>hot cup of tea</p> </div> <div style="text-align: center;">  <p>roasting</p> </div> </div> |
| Solar Energy | Solar energy is energy from the sun that is collected and used to produce other forms of energy like electricity or heat | <p>solar water heater [hot water]</p>  |

ACTIVITY:

Energy is all around us and it exists in different forms. The energy which comes from the sun is known as _____energy and is useful to men, plants and animals in many ways. Energy is also generated from water and _____. This makes our work easier and quicker. Man has invented different types of machines that use either _____ or _____ energy to suit his needs.

| NO. | STATEMENTS | TRUE / FALSE |
|-----|---|--------------|
| 1. | The Sun is the main source of all energy. | |
| 2. | Hydropower is the energy produced by the force of wind which turns the windmills. | |
| 3. | Heat energy is also known as thermal energy. | |
| 4. | Food and Fuel are sources of chemical energy and are highly important in our lives. | |
| 5. | Energy conservation is a waste of time, money and effort as all forms of energy can be renewed. | |