

1078 UCIWAI SANGAM SCHOOL**YEAR 7 - ENGLISH****WEEKLY HOME LEARNING PACKAGE NO.6**

NAME:

STRAND : 1. Listening & Speaking**SUB STRAND : 1.1 Writing Process****C.L.O** : At the end of this lesson the students will be able to identify and differentiate gender nouns in its usage.**Part A : Spelling List - New words to learn this week**

1. Capture	6. Grasp
2. Adopt	7. Misery
3. Delicate	8. Wander
4. Fatal	9. Prevent
5. Imitate	10. Revive

Use the dictionary to find the meaning of the words listed below

1. Capture –	6. Grasp -
2. Adopt –	7. Misery -
3. Delicate –	8. Wander -
4. Fatal –	9. Prevent -
5. Imitate -	10. Revive -

PART B: GENDER NOUNS – MASCULINE & FEMININE

- Nouns that refer to the males belong to the masculine gender.
- Nouns which refer to the females belong to the feminine gender.
- There are many ways of forming gender from the masculine gender in many cases.
- There is a different word altogether, to represent the feminine gender.
- Examples are given below:

Father – mother	Fox – vixen	Goose – gander	Earl – countess
Bachelor – spinster	Boy – girl	Brother – sister	Drone – bee
Boar - sow	Husband – wife	Lord – lady	King – queen
Monk – nun	Nephew – niece	Uncle – aunt	Sir – madam

- In some cases, by just adding an “- ess” we can form the feminine gender
- Examples are given below:

God – Goddess	Host – Hostess	Steward – Stewardess	Baron – Baroness
Count – Countess	Shepherd –Shepherdess	Heir - Heiress	Priest – Priestess

- Yet another way to form the feminine gender is to leave out a vowel and add “-ess ”
- Examples are given below:

Actor – Actress	Duke – Duchess	Emperor – Empress	Prince - Princess
Master – Mistress	Tiger - Tigress	Waiter - Waitress	Widow - Widower

- By changing part of a compound word also, the feminine gender can be formed
- Examples are given below:

Bridegroom – Bride	Father in law – mother in law	Grandfather – Grandmother
Landlord – Landlady	Headmaster –Headmistress	Peacock – Peahen
He bear – she bear	Stepfather – Stepmother	Milkman – Milkmaid

ENGLISH GRAMMAR:

QUESTION 1: Fill in the blanks with the masculine or the feminine gender of the words given, as the case may be.

1. Bachelor - _____	2. _____ - Madam
3. Nephew - _____	4. _____ - Empress
5. Fox - _____	6. _____ - Heiress
7. Duke - _____	8. _____ - Widow
9. Actor - _____	10. _____ - Goose
11. Hero - _____	12. _____ - Mistress

QUESTION 2: Rewrite these sentences, changing the nouns in bold from masculine to feminine.

- This **man** knows your **husband**. [man – woman, husband - wife]
This woman knows your wife.

- **Mr. Chand** is our **head master**.

- Our **landlord** is a **widower**.

- The **shepherd** prayed to the God.

- My **father's brother** is my **uncle**.

- The **bridegroom** is here.

- The colt was stung by a **drone**.

- The **actor** played a part of the **hero**.

QUESTION 3: Change the words in bold from feminine to masculine.

1. The **girl** looks very much like **her mother**.

2. The **mistress** gave **her maidservant** a present.

3. The **nun** is talking to my **grandmother**.

4. My **aunt** was an airplane **stewardess** once.

5. The **cow** was chased by the **vixen**.

6. My **maternal aunt** is a **spinster**.

7. My **niece** has a pet **tabby-cat**.

8. This **actress** played the part of the **heroine** in the movie.

9. This **girl** is the **bride**.

10. **Ms. Lee** is our **headmistress**.

LETTER WRITING

THIS IS SAMPLE OF WRITING A FORMAL LETTER.

Your name is Denis Koya if you are a girl or Ram Patel if you are a boy. You are a Year 7 student at Ratu Memorial School, P O Box 410, Yawa. Your class is organizing a visit by the medical team of Yawa Clinic to provide vaccination against Tetanus at your school. As the Year Captain, you are to write a letter to the Medical Superintendent of the Yawa Clinic, Namau Bay, requesting him/her to send a team to your school. In your letter also include:

- (i) The purpose of the visit with its date and time
- (ii) The number of children in the class and teachers who will need the vaccination
- (iii) What is the length of the team's visit
- (iv) Any other information they need to know.

PLAN:

Paragraph 1

- the purpose of the visit; requesting the superintendent to send a team to the school
- date and time; 24th June, Friday at 10am till 12pm

Paragraph 2

- the number of children, 17 students in year 7 and 10 students in year 8
- the number of teachers needs vaccination are 4

Paragraph 3

- length of the visit; one hour per day
- refreshments will be provided
- pamphlets and other educational charts for display

1. To do formal letter writing, we use **block format**
2. Always plan your paragraphs well
3. You can use conjunctions to begin with your paragraph like Firstly, Moreover and to conclude.
4. Never forget to use the name given in the question

LVN - USS

Ratu Memorial School

P O BOX 410

Yawa

12th August 2021

INSIDE ADDRESS: tells us about the sender, you can find this address in the question.

Change the date as to the day you are writing the letter

Leave a Line

The Medical Supritendent

Yawa Clinic

Namu Bay

OUTSIDE ADDRESS: tells us the receiver, and to the person you are writing to

Leave a Line

Dear Sir/ Madam

Greetings

Leave a line

Re: Request to Provide Vaccination against Tetanus

Re: means Regarding – this is the purpose of the letter

Leave a line

As the year captain of the above mentioned school, I would like to request if you can humbly send the medical team of Yawa Clinic to provide vaccination against tetanus to the school on Friday the 24th June at 10 am. **Paragraph one as on the plan: Purpose/ date/ time**

We are organizing this visit to help the spread of vaccination awareness against tetanus and the presence of the Yawa Clinic medical team will be highly appreciated. There will be a total of 27 students, 17 students of Year 7 and 10 students of Year 8. Also, there are 4 teachers who also need to be vaccinated. **Paragraph two: number of children/teachers**

In addition, the length of the visit can be of two hours or else, as we are under the restrictions of curfew hours. There will be refreshment provided by the school. If you can also provide pamphlets and educational charts for awareness and display, please do not hesitate to inform your team to do so. **Paragraph 3: Length of visit/ other information**

If you have any further questions, please contact through the school contact number: 7109923. Hope that you will accept this humble request. Thanking you in anticipation.

Leave a line

Yours faithfully

Denis Koya / Ram Patel

Closing of the letter

Signature

Write a letter in the space provided.

In your letter also include:

- PLAN:**

[illegible]

[illegible]

1078 UCIWAI SANGAM SCHOOL**YEAR 7 - MATHEMATICS****WEEKLY HOME LEARNING PACKAGE NO. 6**

NAME:

STRAND : 1. Numbers & Numeration**SUB STRAND : 1.3 Fractions****C.L.O** : At the end of this lesson the students will be able to read and show fractions as part of a whole, dollar, a percentage and a quantity.**Lesson Notes** : *(Please read the lesson notes carefully)***A. SHOWING FRACTIONS AS A PERCENTAGE**

- To convert a FRACTION to a PERCENTAGE
 - Divide the top number by the bottom number, then multiply the result by 100%
 - For example** Convert $\frac{3}{8}$ to a percentage
 - First divide 3 by 8 : $3 \div 8 = 0.375$
 - Then multiply by 100 % : $0.375 \times 100 \% = 37.5 \%$
 - Answer** : $\frac{3}{8} = 37.5 \%$
- To convert a PERCENTAGE to a FRACTION
 - First convert to a decimal (**divide by 100**), then use the steps for covering decimal to fractions (**like the example above**)

For example Convert 80 % to a fraction

Steps:

- Change 80% into a fraction
- Write down the decimal over the number
- Multiply top and bottom by 10
- Then simplify the fraction

$$1. \quad 80 \% = \frac{80}{100}$$

$$2. \quad \frac{80}{100} = 0.8$$

$$3. \quad 0.8 \times 10 = \frac{8}{10}$$

$$4. \quad \frac{8}{10} \div \frac{2}{2} = \frac{4}{5}$$

- To convert a FRACTION to a DECIMAL
 - Divide the top number by the bottom number
 - For example:** Convert $\frac{2}{5}$ to a decimal
 - Divide 2 by 5: $2 \div 5 = 0.4$
 - Answer** : $\frac{2}{5} = 0.4$

- To convert DECIMAL to a FRACTION

- **Steps:**

1. write down the decimal over the number 1
2. Multiply the top and bottom number by 100
3. Then simplify the fraction

$$1. \quad 0.75 / 1$$

$$2. \quad 0.75 \times 100 = \frac{75}{100}$$

$$3. \quad \frac{75}{100} \div \frac{25}{25} = \frac{3}{4}$$

- To convert from PERCENTAGE to a DECIMAL

- Divide by 100 and remove the % sign
- An easy way to divide by 100 is to **move the decimal point 2 places to the left**

- **For example:** $75 \% = \frac{75}{100}$

- **Answer :** $\frac{75}{100} = 0.75$

- Don't forget to remove the % sign

- To convert from DECIMAL to PERCENT

- Multiply by 100
- An easy way to multiply by 100 is to **move the decimal point 2 places to the right**
- For example: 0.125×100
- **Answer :** $0.125 = 12.5 \%$
- Don't forget to add the % sign

$$\frac{75}{100} = 0.75$$


$$= 0.75$$

ACTIVITY 1: REFER TO THE LESSON NOTES

1. Convert the decimal 0.875 to a percentage

3. Convert 3.5 % to a decimal

2. Convert the decimal 4.025 to a percentage

4. Convert 18.75 % to a decimal

5. Convert $\frac{3}{5}$ to a decimal

6. Convert $\frac{11}{20}$ to a decimal
7. Convert the decimal 0 . 6 5 to a fraction in its lowest terms
8. Convert the decimal 0 . 1 2 5 to a fraction
9. Express $\frac{5}{8}$ as a percentage
10. Express $\frac{17}{25}$ as a percentage
11. Express 5 % as a fraction
12. Express 32 % as a fraction

MULTIPLICATION OF FRACTIONS WITH DIFFERENT DENOMINATOR

- **Steps**
 - Multiply the numerators (top numbers)
 - Multiply the denominators (bottom numbers)
 - Then simplify the fraction

For example : the denominators are different: $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

: simplify the fraction: $\frac{2}{3} \times \frac{1}{2} = \frac{2}{6} \div \frac{2}{2} = \frac{1}{3}$

ACTIVITY 2: Answer the following questions

1. Marika drank $\frac{5}{6}$ of a carton of milk this week. Frank drank 7 times more milk than Marika. How many cartons of milk did Frank drink? Write your answer as a fraction.

$$7 \times \frac{5}{6} =$$

2. During soccer training on Wednesday, the students ran $\frac{3}{4}$ of a mile. On Thursday, they ran $\frac{4}{3}$ as many miles as on Wednesday. How many miles did the students run on Thursday? Write your answer as a fraction.

$$\frac{3}{4} \times \frac{4}{3} =$$

3. Cakau had $\frac{3}{4}$ of a pizza left. Apolosi ate $\frac{1}{6}$ of Cakau's pizza. How much pizza did Apolosi eat?

$$\frac{3}{4} \times \frac{1}{6} =$$

4. There is $\frac{3}{4}$ of a pie. $\frac{1}{3}$ of the pie has cheese on it. How much of the pies have cheese on it?

$$\frac{3}{4} \times \frac{1}{3} =$$

5. During clinical trials of the vaccine, one half of the patients were male. One third of the men were over 65 years of age. How many of the patients were male and over 65?

$$\frac{1}{2} \times \frac{1}{3} =$$

1078 UCIWAI SANGAM SCHOOL
YEAR 7 – HEALTHY LIVING
WEEKLY HOME LEARNING PACKAGE NO.6

NAME:

STRAND: 1. **Human Growth & Development**

SUB STRAND: 1.1 **Growth & Changes**

TOPIC: **THE HUMAN HEART**

C.L.O: At the end of this lesson, students will be able to relate and differentiate, identify the different terms used and recognize its function.

REVIEW OF THE LAST LESSON: THE HUMAN HEART

Please read this comprehension passage for more understanding and clear view of the HUMAN HEART

The human heart is an amazing organ of the human body. The heart is an organ which pumps life-giving blood throughout the body. It works together with **blood** and **blood vessels** to supply all of the needs of the cells.

The **circulatory system** of the body makes up the heart, blood and blood vessels. Blood vessels are tubes which carry the blood. Blood carries oxygen and food to the cells of the body. The blood then returns to the heart.

The heart is located in the middle of the chest and slightly to the left. It is divided into two halves and has two hollow spaces or chambers. The blood enters **the atria**, which is the upper chamber and is then pumped to **the ventricles**, two lower chambers. Blood from the ventricles goes to the lungs and to every cell in the body. **A valve** in each ventricle stops the blood from flowing backwards.

An **artery** is a blood vessel which carries blood away from the heart. A main artery may be as thick as a thumb.

Blood is made up of red cells, white cells and platelets floating in a fluid called **plasma**. Plasma is a liquid and can easily pass through small blood vessels into cells and makes up over one-half of the blood. The plasma carries nutrients (food) from the stomach to be used as fuel for energy. Plasma also helps keep the body warm.

The blood then returns to the heart through blood vessels called **veins**. The veins on the skin may look blue, especially on the hands and arms. The walls of a vein are much thinner than those of an artery. Two large veins bring the blood back to the heart. One comes from the brain and the chest. The other comes from the stomach and lower body.

Blood doesn't flow at the same speed through all of the body. As it gets farther away from the heart, it slows down. It goes slowly when the red blood cells carrying the **food and oxygen** squeeze through into the cells.

The heart beats or pumps every second of the day or night. It beats or pumps 100,000 times a day, every day of a person's life. Every time a heart beats or pumps out a stream of blood, this beat, called a pulse, can be felt on the inside of the wrist. The pulse rate in an adult is between sixty and one hundred beats per minute. Children's pulse rates range from ninety to one hundred twenty beats per minute.

In summary, the circulatory system which includes the heart, blood vessels and blood, work together to supply the cells with all the food and oxygen a body needs to maintain life. Blood is made up of red cells, white cells and platelets floating in a fluid called plasma. Arteries carry blood away from the heart, and veins carry the blood back to the heart. The heart beats thousands of times a day, every day. It beats much faster in children. The human heart is an amazing organ which is part of a system of many veins, arteries, and vessels which moves blood throughout the body keeping humans alive.

ANSWER THE FOLLOWING QUESTIONS: Refer to the passage for your answers

1. What is the **main** purpose of the heart?
 - A. It keeps the body warm
 - B. It helps the body produce plasma
 - C. It sends nutrients through the blood to all parts of the body
 - D. All of the above

2. What is the name of the blood vessel which carries blood away from the heart?
 - a. Artery
 - b. Vein
 - c. Valve
 - d. Atrium

3. Which of the following is not true?
 - a. The heart beats every minute of the day
 - b. The blood flows at the same speed through all of the body
 - c. The heart is located a little to the left of the center of the chest
 - d. Veins carry blood back to the heart

4. What do veins look like through our skin?
 - a. They are slightly pink
 - b. They are big and bulgy
 - c. They are blue
 - d. They are gray

5. What is an average pulse rate for a child?
 - a. Seventy to one hundred beats per minute
 - b. Twenty to fifty beats per minute
 - c. Ninety to one hundred twenty beats per minute
 - d. Fifty to sixty five beats per minute

6. What makes up over-half of our blood?
 - a. Plasma
 - b. Red blood cells
 - c. Veins
 - d. Arteries

ANOTHER REVIEW OF THE LAST LESSON: The Circulatory System

Please read this comprehension passage for more understanding and clear view of the THIS TOPIC.

The Circulatory System

The circulatory system is one of several systems of the human body that work together to keep a person healthy. The body takes oxygen into the lungs when a person breathes. This oxygen is then transported throughout the body into all of the cells of the body by the circulatory system.

The main function of the **circulatory system** is to carry blood throughout our bodies. The circulatory system circulates or transports blood to and from the heart, and carries oxygen and nutrients to every cell in the body. The circulatory system is connected throughout the body by vessels that transport the blood, oxygen, and nutrients.

There are two main parts of the circulatory system, the heart and blood vessels. The **heart** contains a total of four chambers, which are enclosed by walls that are thick and

muscular. The heart is located between the lungs. It lies just to the left side of the middle of the chest cavity.

Two of the chambers are called the **left and right ventricles**, located in the bottom part of the heart, pump blood out of the heart. The **aorta** is the largest artery of the heart and it carries blood away from the heart. Blood with oxygen is pumped into the aorta, which travels up along a ventricle and down into the front of the spinal column into the abdomen. The upper part of the heart contains two other chambers, the **left and right atria**, receive blood into the heart.

The left and right atria are the chambers of the heart that receive blood into the heart. The atria are located in the upper part of the heart. The ventricles are located in the bottom part of the heart and pump blood out of the heart. Heart **valves** separate the four chambers of the heart. The chambers of the heart collect and pump blood, as well as control the blood's direction. The valves open correctly for the blood to empty from the chambers, and close properly so blood does not flow the wrong way. The valves assure that the rest of the body get the right amount of blood.

The blood vessels include arteries, veins, and capillaries which are the paths that carry the blood throughout the body. **Arteries** carry blood away from the heart, **veins** carry blood to the heart, and the **capillaries** connect the arteries and veins. The nutrients that come from food is digested in the body is also transported to all of the cells of the body through the blood vessels of the circulatory system.

The **arteries** carry blood away from the heart. The arteries are the thickest of the blood vessels. The blood is enriched with oxygen as it is sent through a large artery called the aorta, to the rest of the body. The **veins** of the circulatory system carry blood back to the heart. Veins are thin and not as flexible as arteries, but are larger in diameter. The **capillaries** are tiny blood vessels that carry blood between the arteries and the veins. The capillaries deliver nutrients and oxygen to the cells in the body. Carbon dioxide and other waste products are also removed by the capillaries. Capillaries are extremely small, only about one cell thick. If the capillaries were laid end to end they would stretch to about 3000 miles.

In summary, the circulatory system is made up of the heart and thousands of miles of blood vessels called arteries, veins, and capillaries which carry blood, oxygen, and nutrients throughout the different parts of the body.

ANSWER THE FOLLOWING QUESTIONS: Refer to the passage for your answers

7. The main function of the circulatory system is to

8. How many chambers does the heart contain? Name them.

9. The largest artery of the heart and the body is

10. According to the passage, what is the function of the Arteries?

11. Which blood vessels carry nutrients and oxygen to the cells in the body?

12. What separate the four chambers of the heart?

After Reading The Above Comprehensions About The Human Heart And The Circulatory System, The Next Passage Is About The Respiratory System.

After Reading The Third Comprehension Passage On The Respiratory System, You Will Need To Write The Link Between The Two Main Systems In The Human Body!!

BE ABLE TO ANSWER THIS QUESTION: HOW AND WHY THE THREE PASSAGES OF THE HUMAN HEART/ CIRCULATORY SYSTEM & RESPIRATORY SYSTEM ARE SIMILAR?

THE RESPIRATORY SYSTEM

Please read this comprehension passage for more understanding and clear view of the THIS TOPIC.

The **respiratory system** of the human body is responsible for the distribution of the air inhaled and exhaled throughout a person's life. The respiratory system includes the nose, throat, voice box, wind pipe, and lungs.

Each time a person **inhales**, or breathes in air, several kinds of gases enter the body. The most important is oxygen because it keeps a person alive, and the cells of the body need it for energy and growth. The air enters through the nose and mouth and the lungs fill up and then empty out. When the air is inhaled there are tiny hairs in the nose called **cilia** that filter the air. The air is also warmed and moistened as it travels through the nose. Cilia also protect other parts of the respiratory passages, filtering out dust and other particles.

The inhaled air travels through the windpipe, which is called the **trachea**. The human body contains two lungs. The lungs are pink, mushy, and like a sponge. The lungs are protected by the rib cage and keep them protected and safe. The lung on the left side of the body is smaller than the right lung, which allows room for a person's heart. Beneath the lungs is a muscle called the **diaphragm**. It works with the lungs to allow a person to inhale and exhale. When a person breathes in the diaphragm shrinks and levels out as the lungs fill up with air.

The end of the trachea is located between the two lungs. At the bottom of the trachea are a couple of large tubes called bronchi. The **bronchi** lead into the lungs. One tube sends air into the left lung, and the other tube sends air into the right lung.

Once the air travels through the bronchi, it will branch off into smaller tubes called bronchioles. The **bronchioles** are about the thickness of a hair, and there are about 30,000 in each lung. From the bronchioles the air then continues its journey to tiny air sacs located throughout the lungs. The tiny air sacs are called alveoli.

The 600 million **alveoli** are covered with very tiny blood vessels called **capillaries**. It is in this area of the lungs between the alveoli and capillaries the exchange of air takes place. Alveoli allow the air to pass into the blood cells of the body, first traveling through the heart carried by red blood cells. The oxygen enters the blood through the tiny capillaries. The heart then takes the blood filled with oxygen and sends it out to all the cells of the body.

When a person **exhales** or breathes out everything will happen in reverse. The diaphragm relaxes and the lungs become smaller. The cells in the body have received the oxygen it needs,

but carbon dioxide must leave the body. This time, wastes enter the alveoli through the capillaries, back through the bronchioles and bronchi, and then the trachea and out through the nose and mouth. The air is warm because it heats up as it travels through the body.

Finally, the lungs are also important for talking. The **larynx** is located above the trachea, which is often called the voice box. Vocal cords across the larynx open and close, and then vibrate, to create the sounds as air flows between them. The amount of air exhaled determines the loudness of a sound.

In summary, there are many parts of the respiratory system working together to distribute oxygen throughout the body, as well as the lungs being necessary for a person's ability to talk. It is important to keep the lungs healthy and strong.

ANSWER THE FOLLOWING QUESTIONS: Refer to the passage for your answers

1. Name the tiny hairs that filter the air that is inhaled, or breathed into the body?

2. What is referred to as the windpipe, which the inhaled air travels through to reach the lungs? _____
3. Which part of the lungs allows air to be exchanged and then sent to the heart for distribution to the cells of the body?

4. What is another word for the voice box, which has vocal cords that vibrate when a person speaks? _____
5. Name the tubes that enter the left lung and right lung, branching off from the trachea? _____
6. Draw the **arrows to the correct sequence** for the air that travels from the nose or the mouth, and sending oxygen throughout the body

Trachea

Bronchi

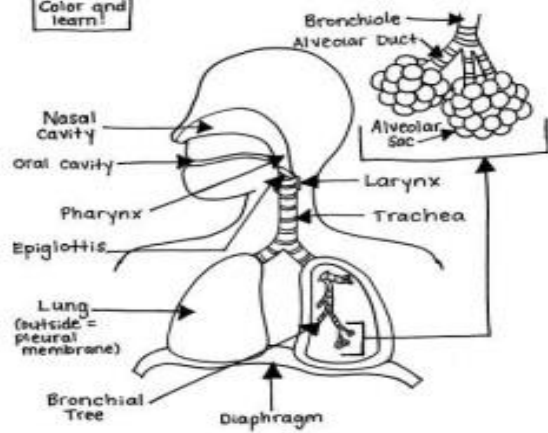
Capillaries

Alveoli

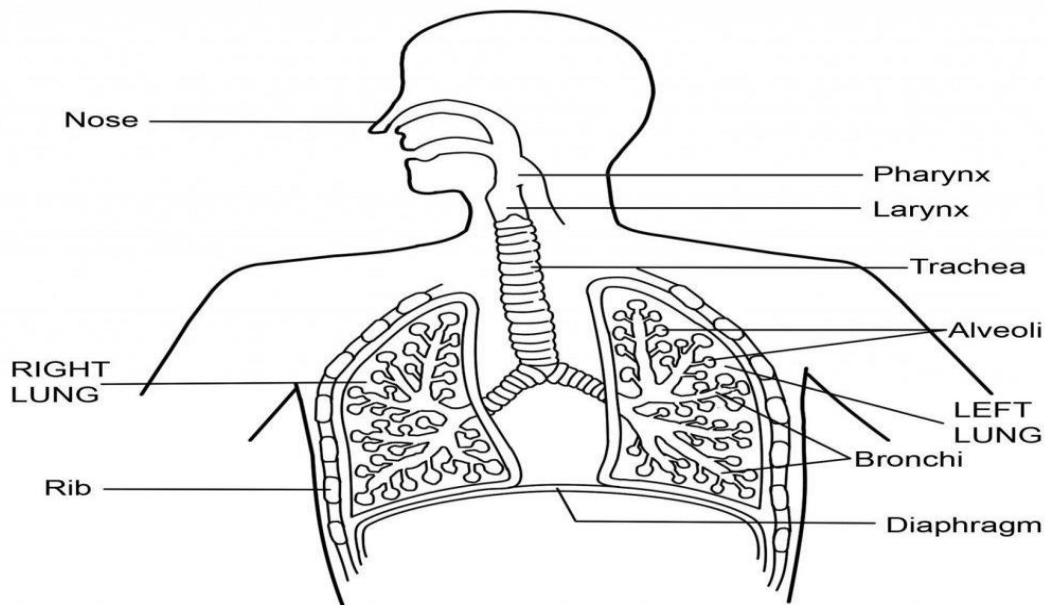
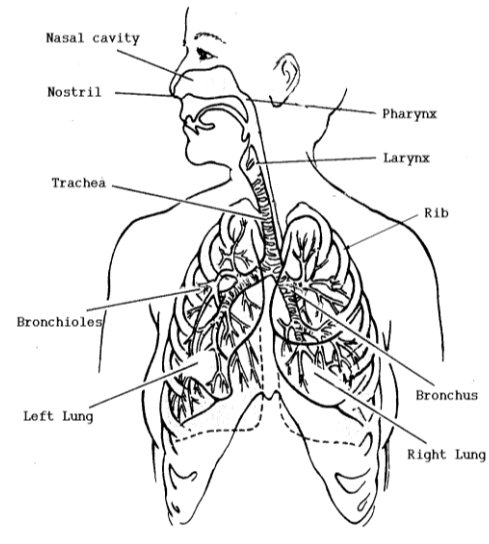
Bronchioles

Respiratory System

Color and learn!



(Liz Pearson)



Now, back to our question! HOW AND WHY THE THREE PASSAGES OF THE HUMAN HEART/ CIRCULATORY SYSTEM & RESPIRATORY SYSTEM ARE SIMILAR? (Give your honest answer and clear understanding of the three topics you read)

UCIWAI SANGAM SCHOOL**YEAR 7 – हिन्दी HINDI****WEEKLY HOME LEARNING PACKAGE NO. 6**

तत्त्व 8	संस्कृति
उप-तत्त्व	कला व शिल्प
विषय के अधिगम परिणाम	प्रथाओं और परंपराओं के माध्यम से प्राप्त किए गए सरल शिल्प ढेकी / मूसल आदि का प्रतिमान तैयार करना

क. नीचे दिए गए चित्र का अच्छी तरह से अध्ययन कर के दिए गए शब्दों से लेबल कीजिए

रक्षा-बन्धन	पगड़ी	ढोलक	मिठाई	साड़ी
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ख. इन अंश को ध्यान से पढ़िए ।

विद्यार्थी का कर्तव्य

भारतीय संस्कृति के अनुसार मनुष्य के जीवन का सबसे उत्तम समय – विद्यार्थी जीवन होता है । वह इस समय जैसे कार्य करता है वैसा ही उसका आगे का जीवन बनता है । स्कूल पढ़ने वाले बच्चों का यह कर्तव्य बनता है कि वे विद्यार्थी जीवन को व्यर्थ की बातों में बरबाद न करें । हर एक व्यक्ति सुखी रहना चाहता है और सुखी रहने के लिए सब को विद्यार्थी जीवन में कड़ी मेहनत करके अच्छे चरित्र का निर्माण करना चाहिए । अच्छे गुणों को सीखना चाहिए ।

बच्चों! क्या आप जानते हैं कि एक घर बनाने से पहले क्या किया जाता है ? सबसे पहले चारों तरफ जमीन खोदकर मजबूत नींव (foundation) डाली जाती है । यह नींव जितनी मजबूती से बनाई जाती है उतना ही मजबूत घर बनकर तैयार होता है । इसी तरह यह विद्यार्थी जीवन हमारे भविष्य की नींव है । इस समय हमें अपनी शारीरिक और मानसिक शक्ति को बढ़ाना चाहिए । अच्छे आचरण और चरित्र निर्माण की शुरुआत विद्यार्थी जीवन में कर देनी चाहिए । तब जाकर हमारा भविष्य उज्ज्वल और सुखमय होगा ।

प्यारे बच्चो! आप भी यदि अपना जीवन सुखी बनाना चाहते हैं तो आप मेहनत करने और अच्छे गुणों को अपनाने का प्रयास करते रहिए । विद्यार्थियों का कर्तव्य है कि वे इन बातों पर अवश्य ध्यान दें ।

१. शरीर को स्वस्थ रखने और हृष्ट-पुष्ट बनाने के लिए पौष्टिक भोजन का सेवन करना चाहिए ।
२. आस्तिक बनें । ईश्वर में विश्वास रखते हुए दुःख-सुख में सदा प्रार्थना करनी चाहिए ।
३. बुद्धि का विकास करने के लिए विद्या-अध्ययन मन लगा कर करना चाहिए ।
४. हमेशा सच बोलना चाहिए और अच्छे लोगों की संगत करनी चाहिए ।
५. सबके साथ प्रेम और दया का व्यवहार करते हुए मिल कर रहना चाहिए ।
६. माता-पिता और गुरु का आदर करना चाहिए ।
७. गुस्सा कभी नहीं करना चाहिए । गुस्सा करने से शरीर की ताकत घटती है और दूसरों को दुःख पहुँचता है ।
८. विद्यार्थी जीवन में कड़ी मेहनत करनी चाहिए । सब प्रकार के उत्तम कार्य करने के लिए तैयार रहना चाहिए ।
९. खेल-कूद और कसरत आदि पर खूब ध्यान देना चाहिए, इससे शरीर मजबूत बनेगा ।
१०. लालच, चोरी और जलन-भावना मन में कभी नहीं आनी चाहिए ।

अभ्यास कार्य

१. शब्द और अर्थ - इन्हें पढ़िए और समझिए ।

उत्तम	-	सबसे अच्छा
व्यर्थ	-	बेकार
हृष्ट-पुष्ट	-	मजबूत, ताकतवर
पौष्टिक	-	बल वीर्य बढ़ाने वाला

सेवन	-	प्रयोग, खाना
आस्तिक	-	ईश्वर में विश्वास रखना
विकास	-	बढ़ाना

२. पाठ के अनुसार रिक्त स्थान को सही शब्द से पूरा करिए ।

- क. सबसे उत्तम समय ----- जीवन होता है ।
 ख. शरीर को स्वस्थ रखने के लिए ----- भोजन करना चाहिए ।
 ग. दुख-सुख में सदा ----- करनी चाहिए ।
 घ. माता-पिता और गुरु का ----- करना चाहिए ।

३. इन प्रश्नों के सही जवाबों को चुनिए और गोलाकार निशान बनाइए ।

1. गुस्सा करने से क्या होता है ?

- क. शरीर की ताकत बढ़ती है ।
 ख. दूसरों को सुख पहुँचता है ।
 ग. सिर्फ शरीर की ताकत घटती है ।
 घ. शरीर की ताकत घटती है और दूसरों को दुख पहुँचता है ।

2. विद्यार्थी जीवन में विद्या-अध्ययन करना क्यों जरूरी है ?

- क. विद्या हमारे भविष्य की नींव है ।
 ग. शरीर की ताकत बढ़े ।
 ख. हमारा भविष्य सुखमय हो ।
 घ. सब हमारा आदर करे ।

3. मिलकर रहने के लिए क्या जरूरी है ?

- क. गुस्सा और जलन
 ग. प्रेम और दया
 ख. लालच और चोरी
 घ. पैसा और बोली

4. शरीर मजबूत बनाने के लिए क्या करना जरूरी है ?

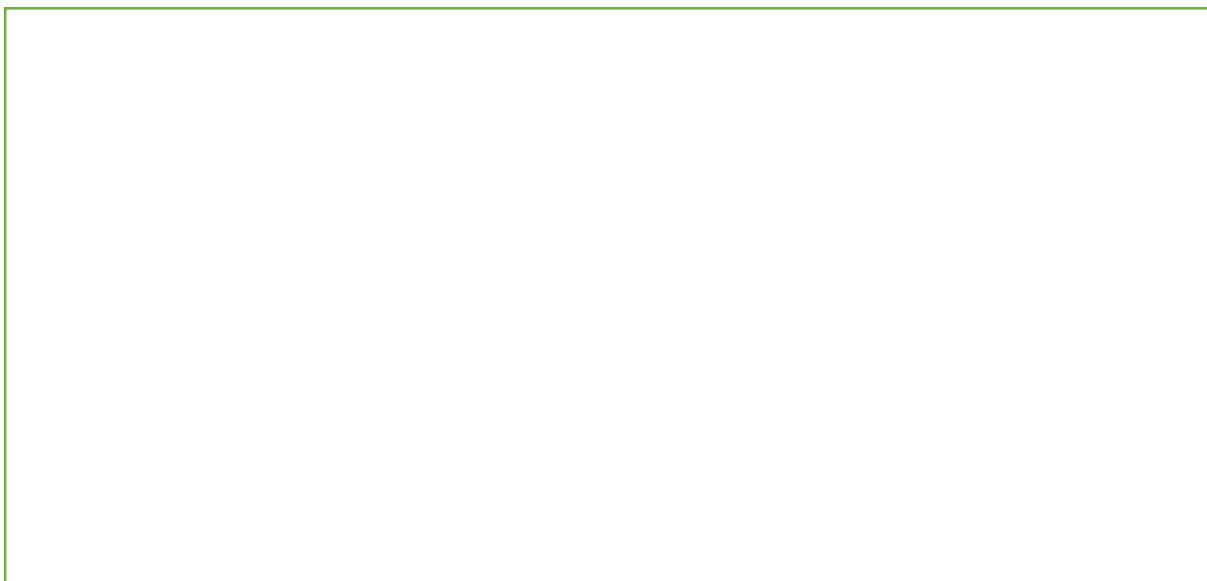
- क. आलस्य और अपौष्टिक भोजन
 ग. खेल-कूद
 ख. प्रेम और दया
 घ. खेल-कूद और कसरत

8. इन्हें मिलाओ ।

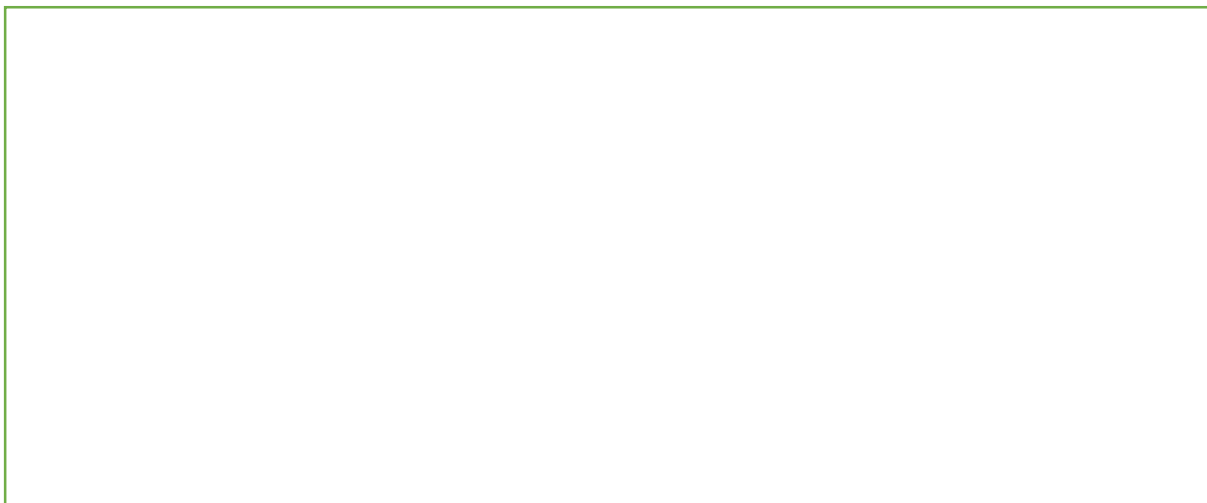
आस्तिक
खेल-कूद, कसरत
गुस्सा करने से
लालच, चोरी
सच, प्रेम और दया
विद्यार्थी जीवन

शरीर मजबूत बनेगा
ईश्वर में विश्वास
बुरी आदत
अच्छी आदत
ताकत घटती है
भविष्य की नींव

५. पौष्टिक भोजन के चित्र बना कर उनके नाम लिखिए ।



६. गुस्सा करते हुए व्यक्ति का चित्र बनाइए ।



1078 UCIWAI SANGAM SCHOOL
YEAR 7 – SOCIAL SCIENCE
WEEKLY HOME LEARNING SOLUTION NO. 6

ACTIVITY 1: ANSWER THE FOLLOWING QUESTIONS IN COMPLETE SENTENCES.

1. What is Colonization?(Please read the lesson notes given for the answers)

It is a practice or policy of control by one people or power over other people.

2. Give one example of colonization

Fiji was a Crown of Colony under The Great Britain

3. In which year was Fiji a Crown Colony? **1874**

4. What do you understand by the word ‘independence’

Independence – is having the freedom of being dependent to no one but yourself. As Fiji is independence means it does not dependent on other developed countries in decision making rather Fiji can make its own decision for its people.

5. What name was given to Fiji, when it gained its independence? **The Dominion of Fiji**

6. The English Government exploited Fiji’s riches, marine and the land, what does that mean?

It means that used, and sold the properties of the natives in Fiji, thus making money out of other people’s assets.

7. For how long was Fiji under the rule of Great Britain? **For 96 years**

8. When Fiji gained Independence, who was the First Prime Minister and when was he appointed?

The first Fijian Prime Minister was The Late Ratu Sir Kamisese Mara.

9. The first coup occurred in **1987** which made **Timoci Bavadra** the Fijian prime minister.

10. What is the name of the Current Political Government that won the elections in 2014? **Fiji First**

11. Draw the Country’s Flag in Honour of those who fought its Independence for us.

12. Write True / False

- a. Fiji is a multicultural country **TRUE**
- b. The largest city is known as Lautoka **FALSE**
- c. English is an official language in Fiji **TRUE**
- d. Islam religion is the dominant religion **FALSE**
- e. Labasa Airport is also the International Airport **FALSE**

13. Name the type of Government does Fiji Have: **Fiji is an Unitary Parliamentary Representative Democratic Republic**
14. What is the currency used in Fiji and what is the country's code? **Currency used in Fiji is Fijian Dollar (FD) and the country's calling code is +679**
15. Fiji is divided into four divisions, name them:
- i. **Central**
 - ii. **Eastern**
 - iii. **Northern**
 - iv. **Western**
16. What does 'tropical marine' means? **Tropical marine means that the climate is very tropical with warm weather and variant rainy seasons.**
17. List down at least five of the exotic places that Fiji tourist explore:
- i. **Mudpool - Sabeto**
 - ii. **Kula eco Park**
 - iii. **Sand dunes - Sigatoka**
 - iv. **Thursten Garden - Suva**
 - v. **Scuba Diving Resorts**
18. Do you Fiji can be affected by rapid climate change? Why? **Can have open answers**
19. What can you do to help Fiji fight Climate Change? **practising the 3 R, afforestation and saving the energy by using the non-renewable resources**
20. **RESEARCH WORK** – Look at the questions given below and if possible answer the ones you can. You are allowed to search the internet for this research and for your own knowledge.
- 1. What is the Maori name for New Zealand? **Aotearoa**
 - 2. Where is New Zealand located? **Polynesian Group**
 - 3. Name few things that New Zealand is famous for **Kiwi birds, and Home of the Maori Natives**
 - 4. Name the capital city of NZ **Wellington**
 - 5. Who is the representative of the Queen in New Zealand? **Governor- General Honorable Patsy Reddy**
 - 6. Why is New Zealand important in the world today?
The first country to have women to get the vote, no nuclear bombs, more peaceful and vibrant country
 - 7. If you need to go and study, work or live permanently in New Zealand, find out all that you need to do before you can go there. **Passports, Citizenship passport, Police Clearance, License, Employment confirmation**

1078 UCIWAI SANGAM SCHOOL
YEAR 7 – SOCIAL SCIENCE
WEEKLY HOME LEARNING PACKAGE NO. 6

STRAND: 2. Time, Continuity& Change

SUB STRAND: 2.2 Continuity And Change

C.L.O: At the end of this lesson, students will be able to compare and contrast leadership characteristics of each Pacific Country and discuss how colonisation had influenced their leadership style.

LESSON NOTES: Continuation from the last lesson. Please read the Notes Carefully

TYPES OF LEADERSHIP IN THE PACIFIC - PART 2

• **What is Colonization?**

- It is a practice or policy of control by one people or power over other people.
- It is the action or process of settling among and establishing control over the indigenous people of an area.
- This is where one group of people with power controlling those who are dependent.
- When the people controlling the other group with power, they took over the land and resources.
- For example: people have to migrate, because colonization describes the movement of people from part of the world to another.

Like

1. Canada – colonized by English and French

2. India – colonized by English

3. Fiji – colonized by English

- Fiji was ruled under the British Government.
- It did not have its own government
- The English visited Fiji , established the Colony of Fiji in 1874. **This means that Fiji has to follow the rules of the British Government. Until 1970 when it gained independence.**
- In 1970, when Fiji gained independence it was known as **The Dominion Of Fiji**
- During the period when Fiji was a Crown Colony, the English has exploited all Fiji's richest forest, its marine and the land of the people was used by them.
- **Fiji was a Crown Colony for 96 years – this time period was very hard for the Fijians. They were under a strict ruler and after many negotiations Fiji was able to gain independence.**
- The Fijian government was made by the people, **the First Prime Minister Ratu Sir Kamisese Mara was appointed on 10th October 1970**
- There has been a series of coup, the first coup occurred in 1987, **17 years of Independence- Fiji had its first coup with Sitiveni Rabuka and Fijian Prime Minister Timoci Bavadra.**

- Over 50 years of Independence, Fiji still has room for improvements and with the **current Fiji First Government**, leading our country since **2014 till date with Fijian Prime Minister Josaia Frank Bainimarama**.
- Fiji is a multicultural country.
- It is an island country in Melanesian group
- Fiji has **more than 300 islands**, which about 110 islets inhabited.
- The two major islands are Vitilevu and Vanualevu
- The country has two cities, where the capital city is Suva and the other is Lautoka
- The official languages are **Fijian, English, Fiji Hindi and Rotuman**
- The common religions are **Christianity, Methodism, Hinduism, Islam**, other minors.
- **Type of Government** – Unitary Parliamentary Representative Democratic Republic
- **President** - Jioji Konrote
- **Prime Minister** – Frank Bainimarama
- **Speaker of the Parliament** – Epeli Nailatikau
- **The currency used** – Fijian Dollars (FD)
- Country Calling code : +679

FIJI'S CLIMATE

- The climate in Fiji is **Tropical Marine and warm** weather.
- The warm season is from November to April and the cooler season lasts from May to October.
- **Climate Change** - Fiji is particularly vulnerable to rising sea level, coastal erosion and extreme weather.

FIJI'S DIVISION

- Fiji is divided into four major divisions, which are divided into **14 provinces**.
 1. **Central** - has 5 provinces (Naitasiri, Namosi, Rewa, Serua and Tailevu)
 2. **Eastern** – has 3 provinces (Kadavu, Lau, Lomaiviti)
 3. **Northern** – has 3 provinces (Bua, Cakaudrove, Macuata)
 4. **Western** – has 3 provinces (Ba, Nadroga-Navosa, Ra)
 5. Confederacy (Kingdoms for Social Divisions) – Kubuna, Burebasaga and Tovata

FIJI'S ECONOMY

- Natural resources include **timber, fish, gold, copper, offshore oil and hydropower**
- Most economic contributions are **Sugar Exports and Tourist Industry**
- Some of Fiji's popular tourism destination: **The Botanical Gardens of Thurston in Suva, Sigatoka Sand dunes and Colo I Suva Forest Park and many more.**
- The **Nadi International Airport** is one of the international airports. Also, there airstrips such as Labasa Airport, Nausori Airport and Rotuma Airstrip
- Recent Achievement in 2021 winning two medals, Gold Medal in Mens Fiji Sevens Rugby and a Bronze Medal in Womens Fiji Sevens Rugby both obtained from the Tokyo Olympics 2020-2021 Games.

ACTIVITY 1: ANSWER THE FOLLOWING QUESTIONS IN COMPLETE SENTENCES.

1. What is Colonization?(Please read the lesson notes given for the answers)

2. Give one example of colonization

3. In which year was Fiji a Crown Colony? _____

4. What do you understand by the word 'independence'

5. What name was given to Fiji, when it gained its independence? _____

6. The English Government exploited Fiji's riches, marine and the land, what does that mean?

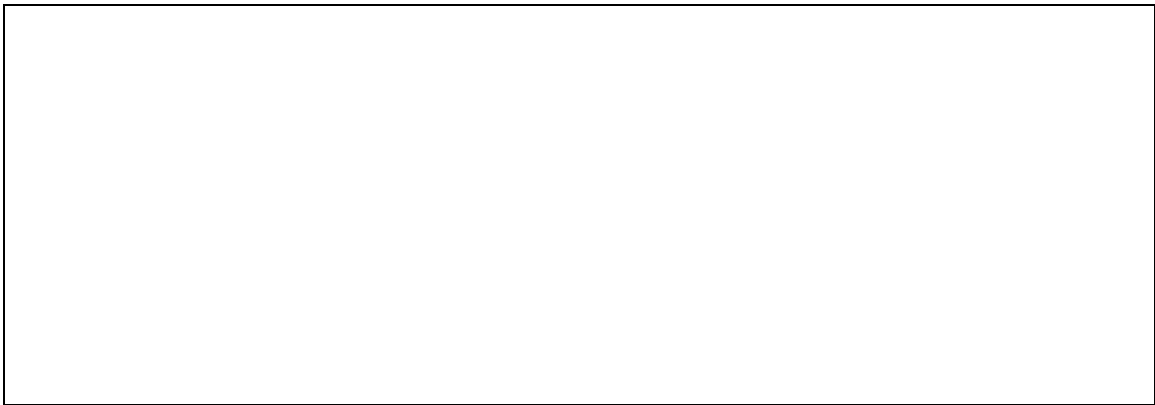
7. For how long was Fiji under the rule of Great Britain? _____

8. When Fiji gained Independence, who was the First Prime Minister and when was he appointed?

9. The first coup occurred in _____ which made _____ the Fijian prime minister.

10. What is the name of the Current Political Government that won the elections in 2014?

11. Draw the Country's Flag in Honour of those who fought its Independence for us.



12. Write True / False

- a. Fiji is a multicultural country _____
- b. The largest city is known as Lautoka _____
- c. English is an official language in Fiji _____
- d. Islam religion is the dominant religion _____
- e. Labasa Airport is also the International Airport _____

13. Name the type of Government does Fiji Have:

14. What is the currency used in Fiji and what is the country's code?

15. Fiji is divided into four divisions, name them:

- i.

- ii.

- iii.

- iv.

16. What does 'tropical marine' means?

17. List down at least five of the exotic places that Fiji tourist explore:

- i.

- ii.

- iii.

- iv.

- v.

18. Do you Fiji can be affected by rapid climate change? Why?

19. What can you do to help Fiji fight Climate Change?

20. RESEARCH WORK – Look at the questions given below and if possible answer the ones you can. You are allowed to search the internet for this research and for your own knowledge.

1. What is the Maori name for New Zealand?

2. Where is New Zealand located?

3. Name few things that New Zealand is famous for

4. Name the capital city of NZ

5. Who is the representative of the Queen in New Zealand?

6. Why is New Zealand important in the world today?

7. If you need to go and study, work or live permanently in New Zealand, find out all that you need to do before you can go there.

Study the Map of New Zealand.



UCIWAI SANGAM SCHOOL**WEEKLY HOME LEARNING PACKAGE No. 6**

Name :

SUBJECT : BASIC SCIENCE	YEAR / LEVEL: 7
STRAND : 2 MATTER	
SUB-STRAND : 2.1 INVESTIGATING MATTER	
C.L.O : At the end of this lesson , students will be able to investigate the solubility and the density of solids and liquids in different liquids, the recognize in the physical properties of matter, identify the differences between solutions and pure liquids.	

Lesson Notes *(Please read the notes carefully)***STRUCTURE AND PROPERTIES OF MATTER****What is Matter?**

- **Matter is everything that we can think of.**
- Matter is anything that occupies space and has mass
- It is the amount of material in a substance
- It is made up of particles.
- **For example:** if you look around you, you can see trees, metal, plastics, soil, glass, paint, water and even feel air. All of these are called MATTER.
- Anything you see, touch, feel, smell, hear is MATTER.
- **The three groups of Matter**
 1. Solids
 2. Liquids
 3. Gases

ALL THE MATTER THAT SURROUNDS US ARE MADE UP OF PARTICLES
SOME PARTICLES ARE REALLY CLOSE TOGETHER!!!
SOME PARTICLES ARE CLOSE TOGETHER BUT HAVE SPACES IN
BETWEEN THEM!!!
SOME PARTICLES ARE FAR AWAY FROM EACH OTHER!!!

SOLIDS

- The particles are packed tightly in a fixed pattern
- Particles in **solids** cannot move.
- The particles can only vibrate forward and backward
- Particles in solids are really really close together
- Particles in solids do not have spaces between them

PROPERTIES OF SOLID

1. All solids have a definite shape
Why? It has a definite shape because all the particles are really close together and make a fixed shape.

2. All solids cannot be compressed

Why? It cannot be compressed because there is no air space in between the particles making the solid hard.

EXAMPLES OF SOLID



Mattress



Glass



Leather



Cotton



Metal



Wood

LIQUIDS

- The particles in liquids can move slightly
- The particles can slide past each other
- The particles in liquids are close together but not in a fixed pattern
- The particles in liquids have spaces in between them
- It is between the two other states of matter: solid and gas, liquid is the middle state
- Think about it, **when we melt an ice cube (solid), it becomes water(liquid) then it becomes vapour (gas).**
- Here, you can clearly understand that liquid is always the middle state.

PROPERTIES OF LIQUID

1. All liquids have definite volume but no fixed shape

Why? It has a definite volume because the particles are less tight and they can move slightly around.

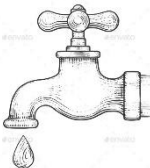
2. All liquids take the shape of the container.

Why? It takes the shape of the container because the particles are still close together and they move around together with spaces in between them.

EXAMPLES OF LIQUID



PAINT



WATER



PETROL



OIL

GASES

- The particles in a gas are far apart
- The particles can move very freely
- The particles in gases move away from each other , do not touch each other
- There is no forces pulling them or holding them close to each other
- The particles in gases are less and very little compared to solids and liquids

PROPERTIES OF GASES

1. All gases occupy a much larger area, filling up any empty spaces.
Why? It fills up any empty spaces because it has a lot of spaces in between the particles. The particles move far away from each other covering a much larger area.
2. All gases have no fixed shape
Why? It has no fixed shape because the particles can move around very easily.
3. All gases can be compressed.
Why? It can be compressed because there is no force or energy that can hold the particles together. The gases can be squashed because the particles push each other away

EXAMPLES OF GASES



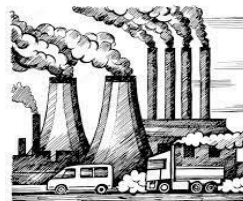
WIND



STEAM/ VAPOUR



GAS



SMOKE



PERFUME

ACTIVITY 1: COMPLETE THE TABLE BELOW

Under each headings – solids, liquids and gas and write the following items in each of the three columns.

Water, clothes, soil, kerosene, water vapour, desk, air, ruler, milk, tin fish, pillow, watermelon, pizza, bicycle, coke, orange juice, sunpop, coolshake

SOLID	LIQUID	GAS

ACTIVITY 2: ANSWER THE FOLLOWING QUESTIONS BELOW

From the lesson notes given above, read carefully and write the answers in complete sentences.

1. Write at least one property of a solid

2. Explain the reason why liquid has a fixed volume but not a fixed shape.

3. Give three examples of a Gas

i.

ii.

iii.

4. Do you think a toy teddy bear is a solid?

 Why?

5. Why do rivers and waterfalls flow in one direction?

SOLUBILITY AND DENSITY

What is Solubility?

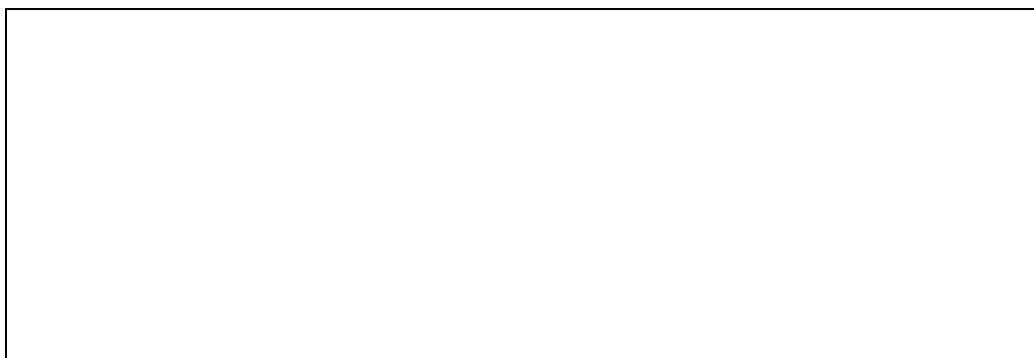
- It is the ability to dissolve especially in water
- Think about salt, salt is **soluble** in water, meaning that salt can dissolve in water.
- However, if you put several heaped teaspoons of salt in a test tube full of water, will all the salt dissolve?
- Some salt will dissolve in water, but there is a limit to the amount you can dissolve.
- This limit is called the **solubility** of the substance

EXERCISE

1. If you are given a glass of water and a bag of 1kg sugar. Do you think you can mix all the 1kg sugar into one small glass? _____
2. If no, then explain how you can dissolve all the 1kg sugar. Will you change the glass to a much bigger container?

3. Now, what can you say about the solubility of solids?

4. Draw a picture of 1kg sugar and glass of water. Also, draw a diagram that you are dissolving the sugar into much bigger container. Colour neatly and label your diagram clearly.

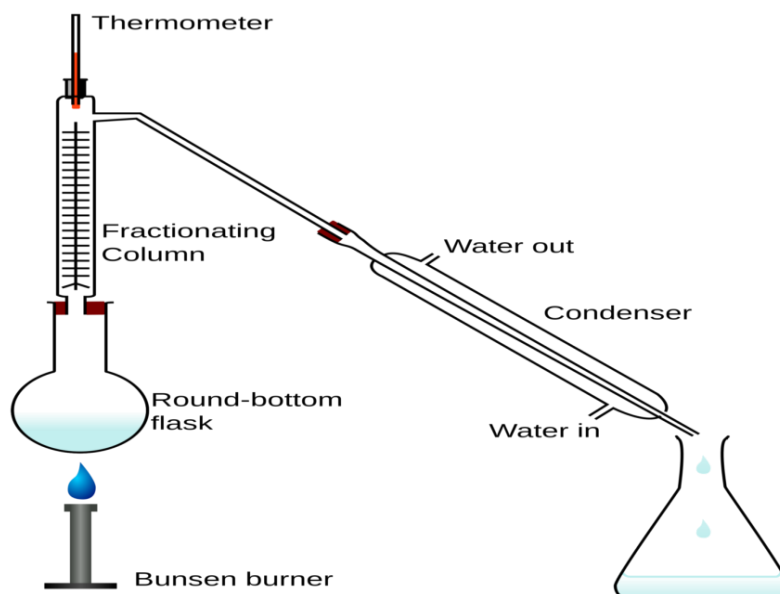


SOLUBILITY OF LIQUIDS

- Two liquids that mix are called **MISCIBLE LIQUIDS**
- For example: water and alcohol, both are liquids and if you mix them together in a container they will definitely mix.
- two liquids that cannot mix are called **IMMISCIBLE LIQUIDS**
- For example: water and oil, oil does not mix with water and it does not dissolve in water.

- Do you think we can separate two liquids that mix together like vinegar and water? Yes we can!
- HOW CAN WE SEPARATE TWO MISCIBLE LIQUIDS?
By using one special technique – called **DISTILLATION**
- **Distillation** – Is a technique used to separate two liquids with *different boiling point*.
- When the first liquid starts to boil, it evaporates and reaches the condenser
- Water runs along the outside of the condenser, cooling the vapour.
- once its cooling, it returns to the liquid state and collected

Here is the example of Distillation – Separating Water and Alcohol



SOLUBLE and INSOLUBLE SUBSTANCES

- Some substances are **insoluble** in water but are soluble in other solvent.
- **Nail polish** – soluble in acetone or nail polish remover
- **Biro ink** – soluble in methylated spirit
- **Grease**- soluble in drying cleaning fluid
- Many substances will dissolve in water.
- **A soluble** substance is one that can dissolve in another substance
- **An insoluble** substance is one that do not dissolve.
- Can you think of any substance that dissolves in other liquids but not in water?
- **For example:**
 1. Grease – if you have grease on your skin, it can be removed with petrol
Why? Grease dissolves in Petrol
 2. Paint – if you have paint on your skin, it can be removed with kerosene
Why? Paint dissolves in Kerosene

EXERCISE: COMPLETE THE TABLE BELOW.

Look around inside your house and write down the substances that can be dissolved with water and can be dissolved in other liquids.

ITEMS	WATER	OTHER LIQUIDS
1. Chalk	✓	×
2.		
3.		
4.		
5.		

COMPARING DENSITIES

- **What is density?**
 - Density is the concentration of matter in a substance.
 - Density is an important concept because it allows us to determine what substances will float and what substances will sink when placed in a liquid.
 - Density is a measure of how heavy something is compared to its size.
 - If an object is denser than water it will sink when placed in water, and if it is less dense than water it will float.
 - If you pick a rock and a piece of wood that are of the same size, which would be heavier?
 - If you placed them in water, which one would sink and which one would float?
 - Even though they are the same size, the rock is heavier than a wood and would sink in water.
 - Density determines what will float.
 - Objects that are lighter density than water will float - such as the Styrofoam.
 - Wood is low density.
 - Sponge and cork and peppers will float because they are low density
 - High density materials such as metal, concrete, or glass, will sink in water because they are higher density than water.
 - The **density of gas** is difficult to measure because it can change when the pressure or temperature changes.

SINKING AND FLOATING

Most people, without experimenting, think that the heavier an object is the more likely it is to sink. Weight does not determine the answer to whether an object will sink or float.

An **object's density** determines whether an object sinks or floats.

Everything on earth is made of molecules. If the molecules are packed closely together, the object is called dense. The more spread apart the molecules are, the less dense an object is. The objects which have molecules packed more tightly together will sink. Examples are a paper clip and a penny. Those whose molecules are packed more loosely will float. Cork and wood will float.

The **density of liquids** is not always the same. Some are denser than others. In a container, corn syrup will sink to the bottom below water. Oil will remain on top of both of these. It is the least dense of the three. Corn syrup is the densest.

Boats do not sink into the water unless they are damaged or have a hole. A boat will not sink if the water is heavier than it is. Much of a large boat is air. An object floats if the water weighs more than the object. If the object weighs more than the water, it sinks. If the weight pushing down on the water is more than the upward push of the water, an object floats. If it is greater, the object sinks.

Freshwater is less dense than salt water. Things float better in salt water. People always have an easier time floating in the ocean.

The upward push of the water against an object can be felt when anyone tries to push down into the water something which is floating. An example would be a large beach ball. Water still exerts some upward push on objects which appear to have sunk. Floating is the balance of the weight of the object put into the water with the upward push on that object in the water.

An experiment to show how the change in weight can determine the level at which an object floats can be done by using an empty plastic container. When empty, it floats on the water. By adding different amounts of sand or something similar, the level of floating or sinking will change.

ANSWER THE FOLLOWING QUESTIONS

1. Which of the following statements is true?

- A: When an object floats, the upward push of the water is greater than the downward push of the object.

- ☐ B: Shape does not have anything to do with whether an object sinks or floats.
- ☐ C: Density is related to how big an object is.
- ☐ D: All of the above

2) Which of the following is not a true statement?

- ☒ A: A beach ball will float.
- ☐ B: Pennies will sink.
- ☐ C: Wood will float.
- ☐ D: Paper clips will float.

3) Which of the following is a true statement?

- ☐ A: An object which sinks displaces water.
- ☐ B: If a boat is too heavy, it will sink.
- ☐ C: When an object floats, no part of it is below the water.
- ☐ D: None of the above

4) Which of the following will sink?

- ☐ A: A paper clip
- ☐ B: A twig
- ☐ C: A hollow ball
- ☐ D: A bottle cork

5) Which of the following statements is true?

- ☐ A: Small objects always float.
- ☐ B: Large objects always sink.
- ☐ C: Many hollow objects float.
- ☐ D: Salt water is less dense than fresh water.

6) Which of the following will sink?

- ☐ A: Five pennies
- ☐ B: Five paper clips
- ☐ C: Two beach balls
- ☐ D: Both a and b