

**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 10 -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:

<h1>12 TENSES</h1>			
<b>Tenses</b>	<b>Positive</b>	<b>Negative</b>	<b>Question</b>
<b>Present Simple</b>	I prefer my coffee black.	I don't prefer my coffee black.	Do I prefer my coffee black?
<b>Present Continuous</b>	She is listening the music now.	She is not listening the music now.	Is she listening the music now?
<b>Present Perfect</b>	It has rained a lot lately.	It has not rained a lot lately.	Has it rained a lot lately?
<b>Present Perfect Continuous</b>	She has been singing a song.	She has not been singing a song.	Has she been singing a song?
<b>Past Simple</b>	We watch the news last night.	We did not watch the news last night.	Did we watch the news last night?
<b>Past Continuous</b>	I was learning German last year.	I was not learning German last year.	Was I learning German last year?
<b>Past perfect</b>	He had left when I went to the club.	He had not left when I went to the club.	Had he left when I went to the club?
<b>Past Perfect Continuous</b>	They had been being friend since childhood.	They had not been being friend since childhood.	Had they been being friend since childhood?
<b>Future Simple</b>	They will study math.	They will not study math.	Will they study math?
<b>Future Continuous</b>	They will be loving you.	They will not be loving you.	Will they be loving you?
<b>Future Perfect</b>	By next week, they will have earned lots of money.	By next week, they will not have earned lots of money.	Will they have earned lots of money, by next week?
<b>Future Perfect Continuous</b>	I will have been shopping on Tuesday.	I will not have been shopping on Tuesday.	Will I have been shopping on Tuesday?

**ACTIVITY: FILL IN THE BLANKS. CHOOSE THE CORRECT TENSE.**

1. During the cyclone, the patient was \_\_\_\_\_ to a different hospital.

**[transferred / transfer]**

2. Tina learnt in her science lesson that metal will \_\_\_\_\_ when heated.

**[expand / expanded]**

3. The garment factory \_\_\_\_\_ only twenty people this year but there will be more jobs created next year. **[employed / employ]**

4. The sailors had \_\_\_\_\_ a small boat into the water to take the passengers to the shore. **[lower / lowered]**

5. The marine department has a large \_\_\_\_\_ of ships.

**[fleet / fleets]**

6. The students need to \_\_\_\_\_ the eggs from small to large.

**[grade / graded]**

7. The tiny rocket is \_\_\_\_\_ to the spacecraft and is designed to propel it toward Mars.

**[attach / attached]**

**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 10 -2021**

**Subject: Mathematics**

**Year: 7**

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

**STRAND – Measurement**

**SUB – STRAND: Circles**

**CLO: Calculate the diameter / radius / circumference of any given circle.**

**LESSON NOTES:**

<b><u>Calculating the radius</u></b>	<b><u>Calculating the diameter</u></b>	<b><u>Calculating the circumference</u></b>
<p>Radius(r) is half of a diameter hence the formula: <b><math>r = d \div 2</math></b></p> <p>Example: D = 4cm, r = _____</p> <p><b><math>r = d \div 2</math></b> = 4cm <math>\div</math> 2 = <u>2cm</u></p>	<p>Diameter(d) is twice the radius hence the formula: <b><math>d = r \times 2</math></b></p> <p>Example: R = 7cm. d = _____</p> <p><b><math>D = r \times 2</math></b> = 7cm <math>\times</math> 2 = <u>14cm</u></p>	<p>To calculate the circumference (C), we can use the formulae given below:</p> <p>A] <b><math>C = d \times \pi</math></b> [when value of diameter is given]</p> <p>B] <b><math>C = 2 \times \pi \times r</math></b> [when value of radius is given]</p> <p><b><u>Examples:</u></b></p> <p>D = 7cm    <math>\pi = \frac{22}{7}</math>    r = 7cm    <math>\pi = \frac{22}{7}</math></p> <p><b><math>C = d \times \pi</math></b>                      <b><math>C = 2 \times \pi \times r</math></b> = 7cm <math>\times \frac{22}{7}</math>                      = 2 <math>\times \frac{22}{7} \times</math> 7cm = <u>22cm</u>                              = 2 <math>\times</math> 22cm = <u>44cm</u></p>

**ACTIVITY:**

**PART 1: Calculate the radius / diameter. Use the dimensions given in the table below.**

If $r = 7\text{cm}$ , what is the value of the diameter = _____ $D = r \times 2$ $= 7\text{cm} \times 2$ $= 14\text{cm}$	If $r = 10\text{cm}$ , what is the value of the diameter = _____ $D = r \times 2$ =	If $d = 10\text{cm}$ , what is the value of the radius = _____ $r = d \div 2$ =	If $d = 28\text{cm}$ , what is the value of the radius = _____ $r = d \div 2$ =
If $r = 8\text{cm}$ , what is the value of the diameter = _____ $D = r \times 2$ =	If $r = 14\text{cm}$ , what is the value of the diameter = _____ $D = r \times 2$ =	If $d = 18\text{cm}$ , what is the value of the radius = _____ $r = d \div 2$ =	If $d = 20\text{cm}$ , what is the value of the radius = _____ $r = d \div 2$ =

**PART 2: Calculate the circumference of the circle. Use the dimensions given in the table below.**

$D = 14\text{cm} \quad \pi = \frac{22}{7}$ $C = d \times \pi$ $= 14\text{cm} \times \frac{22}{7}$ $= 2 \times 22$ $= 44\text{cm}$	$D = 21\text{cm} \quad \pi = \frac{22}{7}$ $C = d \times \pi$ $= 21\text{cm} \times \frac{22}{7}$ =	$r = 14\text{cm} \quad \pi = \frac{22}{7}$ $C = 2 \times \pi \times r$ $= 2 \times \frac{22}{7} \times 4\text{cm}$ =	$r = 21\text{cm} \quad \pi = \frac{22}{7}$ $C = 2 \times \pi \times r$ $= 2 \times \frac{22}{7} \times 1\text{cm}$ =
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**2034 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 10 -2021**

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

**STRAND:** Safety

**SUB-STRAND:** Community Safety

**CLO:** Discuss about Physical Abuse / Emotional Abuse / Effects of Alcohol

**LESSON NOTES:**

**Unit 22: Dealing With Unsafe Situations**

**Physical Abuse**

If someone is **deliberately hurt** causing them physical harm, such as cuts, bruises, broken bones or other injuries it is physical abuse. It can include hitting, shaking, throwing, poisoning, burning and slapping. A person may abuse the other using his or her own physical strength, using an object or weapon, or using size or presence to intimidate and control the other. Children are at most risk to physical abuse because perpetrators overpower them too easily. Most perpetrators are parents, relatives, family members, classmates and even teachers. Whoever they may be, if you think you have been physically abused, it is better to inform the relevant authorities.

**Emotional Abuse**

Emotionally abusive behaviour is anything that intentionally hurts the feelings of another person. It is when a person tries to control the other person's feelings or thoughts in order to gain power over them.

There are dozens of way to be emotionally abusive: rolling eyes, sighs, grimaces, tone of voice, disgusted looks, cold shoulders, swearing etc. Though emotional abuse doesn't leave physical scars, it can lead to low self-esteem. If you are experiencing emotional abuse it is really important that you seek help.

**Unit 23: Alcohol – Effects on the Family & Community**

Many people spend a lot of money on alcohol. They also give reasons why they choose to drink. Some people drink alcohol only at special gatherings.

Teenagers drink because they believe drinking makes them seem older and

more mature. Some people drink to have fun and feel romantic. Others drink to relax and forget their problems. Also, some teenagers drink to be accepted by their friends. However, regardless of the reason for starting to drink alcohol, such people risk serious harm to their health in addition to creating numerous family and social problems.

**ACTIVITY: FILL IN THE BLANK SPACES**

1. Some forms of physical abuse are: **hitting, shaking, throwing, poisoning, burning and slapping.**

2. Who is most at risk to physical abuse?

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3. Common perpetrators of physical abuse are:

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4. Whom will you report to for any forms of physical abuse?

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5. What is emotional abuse?

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6. Examples of emotional abuse:

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7. Why do teenagers drink alcohol?

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8. Why do people usually drink alcohol?

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9. List some negative effects of alcohol consumption:

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**2034 NANUKU SANGAM SCHOOL  
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WORKSHEET 10 -2021**

**Subject:** Social Science

**Year:** 7

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

**Strand:** Resources and Economic Activities

**Sub- Strand:** Advantages & Disadvantages of Migration

**CLO:** Identify the advantages and disadvantages of migration and its effects.

**LESSON NOTES:**

**4.2A Migration Overseas**

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

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

**4.2B Advantages and Disadvantages of Migration**

**Advantages**

1. Money received from their salaries assists those back at home in weddings, funerals, school fees, purchasing land and build new houses, so level of living is maintained.
2. Money received from their income helps provide security in economic crisis and natural disasters, which result in lower poverty rate.

3. Pacific Island countries have received a lot of money from remittances. For example, the contribution of remittance income to foreign exchange in Fiji is more than tourism or the sugar industry.

**Disadvantages**

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

**ACTIVITY: Fill in the blank spaces with the correct response.**

1. State some countries that people migrate to:

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2. Which Pacific Island Countries benefit?

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3. State 3 advantages of migration.

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4. State 4 disadvantages of migration.

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**2034 NANUKU SANGAM SCHOOL  
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**Subject: Basic Science**

**Year: 7**

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

**STRAND:** Energy

**SUB-STRAND:** Explore the importance of good Energy Management.

**CLO:** Investigate and explore the benefits of energy conservation and effects of greenhouse effect in our daily lives.

**LESSON NOTES:**

**Energy Saving**

1. Energy is very important for life, for cooking, heating, security and for doing work.
2. The **law of conservation of energy** says that it cannot be created or destroyed.
3. It is estimated that world coal reserves will last for another 300 years while gas and oil resources will be depleted within the next 60 to 100 years.

**The Greenhouse Effect**

1. A non-renewable energy source, such as coal, contributes to Global Warming by releasing a greenhouse gas into the atmosphere, which traps the sun's heat, like a Greenhouse.
2. The sun's heat can get in, but it has a harder time getting out when there are too many Greenhouse gases in the atmosphere.

**Energy Saving Hints**

- Energy can be saved if it's only being used wisely.
- Wood energy can be plentiful if we keep on planting trees.
- To save energy at home we should turn off electricity when appliances are not in use.
- Environment can be pollution free if usage of fossil fuels is minimized and other forms of energy which are pollution free are harnessed, like solar energy, wind energy and water power.

**ACTIVITY: FILL IN THE BLANK SPACES**

1. Energy is very important for life, for cooking, heating, security and for doing work.
2. The **law** of \_\_\_\_\_ of \_\_\_\_\_ says that it cannot be created or destroyed.
3. It is estimated that world \_\_\_\_\_ reserves will last for another 300 years while \_\_\_\_\_ and \_\_\_\_\_ resources will be \_\_\_\_\_ within the next 60 to 100 years.
4. A non-renewable \_\_\_\_\_ source, such as coal, contributes to \_\_\_\_\_ by releasing a \_\_\_\_\_ gas into the \_\_\_\_\_, which traps the sun's heat, like a Greenhouse.
5. The Sun's \_\_\_\_\_ can get in, but it has a \_\_\_\_\_ time getting out when there are too many Greenhouse gases in the \_\_\_\_\_.
6. Energy can be \_\_\_\_\_ if it's only being used \_\_\_\_\_.
7. Wood \_\_\_\_\_ can be \_\_\_\_\_ if we keep on \_\_\_\_\_ trees.
8. To save \_\_\_\_\_ at home we should turn off \_\_\_\_\_ when appliances are not in use.
9. Environment can be \_\_\_\_\_ free if usage of fossil fuels is minimized and other forms of energy which are pollution free are \_\_\_\_\_, like solar \_\_\_\_\_, wind energy and \_\_\_\_\_ power.
10. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are some examples of Renewable Energy.



**2024 NANUKU SANGAM SCHOOL  
NEW TERM RE-ALIGNED  
WORKSHEET 10 -2021**

**Subject: Hindi**

**Year: 7**

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

<b>STRAND:</b>	H2 – मूल-पाठके प्रकार-मीडिया, साधारण संप्रेषण, साहित्यिक विषय
<b>SUB STRAND:</b>	H2.3 – सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ
<b>CONTENT LEARNING OUTCOME:</b>	H2.3.1 वर्णन करना कि विशिष्ट उद्देश्यव दर्शकों के लिए विषय कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांस्कृतिक व धार्मिक मूल्य, मनोभाव व विश्वास कैसे प्रस्तुत होते हैं

**LESSON NOTES:**

**पत्र लेखन**

आपका नाम अजय/अमीषा है। आप बेला रोड, सूबा में रहते/रहती है। पिछले दो सप्ताह से आपकी बस की सेवा न मिलने पर कठिनाई होती है और पाठशाला पहुँचने में रोज सुबह देर हो जाता/जाती है। आप सत्य पाठशाला, सूबा में पढ़ते/पढ़ती है। अपने मुख्य अध्यापक, श्रीमान बर्माजीकी पत्र लिख अपनी कठिनाई बताने हए इसकी सूचना दीजिए।

**अभ्यास**

औपचारिक पत्र - ब्लॉक फॉर्मेट का उदाहरण |

**बेला**

**सूबा**

23 सितम्बर 2021

-----LEAVE A LINE

सेवा में

मुख्य

सत्य पाठशाला

आदरणीय श्रीमान बर्माजी

सादर नमस्ते

-----LEAVE A LINE

**विषय : बस की सेवा न मिलने पर पाठशाला पहुँचने में कठिनाई**

-----LEAVE A LINE

पत्र [ ] का मुख्य कारण यह है कि ऊपर दि० ग० विषय पर सूचना देनी है।

-----LEAVE A LINE

पिछले दो [ ] से बस की सेवा सुबह समय पर नहीं मिलती है। दूसरी बस पौने आठ बजे आती है जो साढ़े [ ] बजे के करीब ही पाठशाला पहुँचती है। कभी कभी तो [ ] पैदल आना पड़ता है। यही कारण है कि पाठशाला पहुँचने में देर हो जाती है।

-----LEAVE A LINE

[ ] है कि देर से आने के लिए आप मुझे [ ] करेंगे।

-----LEAVE A LINE

आपका छात्र / आपकी छात्रा

अजय / अमीषा

