

Grade 6 & 7: Week 2



English, Mathematics and Science



Ministry of Education,
Arts and Culture



Index

3

English
Grade 6 & 7

13

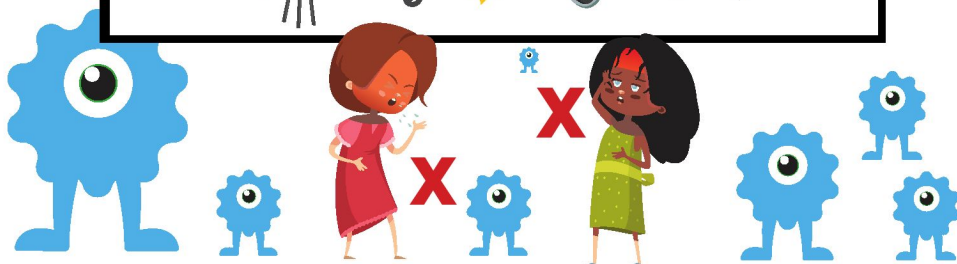
Mathematics
Grade 6 & 7

18

Science
Grade 6

23

Science
Grade 7



This publication is a collaboration between the Ministry of Education, Arts and Culture and Namibia Media Holdings. This publication is sponsored by the Ministry.

Copyright © Ministry of Education, Arts and Culture. All parts of this specific publication cannot be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission of the Ministry of Education, Arts and Culture or the Publisher.

Production by: Namibia Media Holdings

Printing: Newsprint Namibia



Countable and Uncountable Nouns

- **Countable nouns** are animals, places, things, individual people or ideas which can be counted. Countable nouns have singular and plural form, for example a dog – dogs, a house - houses, a friend – friends, etc. Countable nouns and quantifiers, a few books, lots of oranges, many people. The countable form can use the indefinite articles “**a**” or “**an**” and the definite article “**the**”. Countable nouns can have a number in front of it – two apples, five dogs, ect.
- **Uncountable nouns**, things that cannot be counted. They can be substances (e.g. sugar, smoke) and abstract ideas/ qualities (e.g. bravery, intelligence). Uncountable nouns are always singular (smoke, air, sugar, intelligence). For example, we cannot count “milk”, but we can count “bottles of milk” or “litres of milk”, but we cannot count “milk” itself. The definite article “**the**” can be used for uncountable nouns as well as the word “some”, “few”, “lots of”, “many” etc. Uncountable nouns cannot have a number in front of them.

Countable	Countable	Uncountable	Uncountable
orange	rubber	water	ink
apple	friends	coke	sugar
lemon	watch	coffee	flour
pencil	pillow	oil	milk
animal	shoe	steam	salt
book	skirt	oxygen	sand
egg	coin	smoke	cloud
cow	bag	air	ice-cream
cherry	suitcase	pollution	honey
man	bone	hair	information

Examples of countable and uncountable nouns

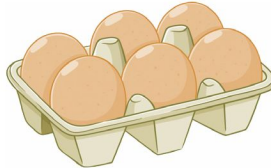
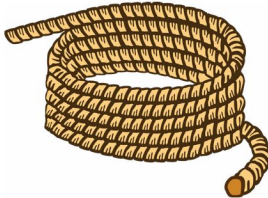
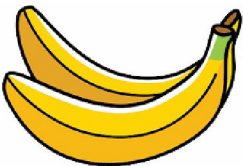
Activity 1

Countable and uncountable nouns

Put the nouns in the box into their correct category: countable or uncountable nouns. Write the plural form for the countable nouns.

banana, petrol, gold, coal, water, transport, juice, city, shoe, equipment, trader, mouse, money, shop, spoon, lemon, sample, country, office, river, yoghurt, rope, information

Uncountable nouns	Count nouns	Plural of countable nouns



Activity 2

Identify the uncountable noun in each sentence and write it on the line provided.

1. The duvet is filled with lots of cotton.

Uncountable noun: _____

2. Junior primary children are filled with energy after their break.

Uncountable noun: _____

3. I accidentally kicked my ball into the window and the glass shattered all over.

Uncountable noun: _____

4. Children should not drink coffee because it contains caffeine.

Uncountable noun: _____

5. The miners dug for gold all through yesterday.

Uncountable noun: _____

Identify the countable nouns in each sentence and write it them on the line provided.

1. The learner misplaced his school bag after school.

Countable nouns: _____

2. Scrappy the chicken, laid white eggs.

Countable nouns: _____

3. When we went on holiday, I swam in a gigantic lake.

Countable nouns: _____

4. The book I read had one thousand pages.

Countable nouns: _____

Activity 3

Countable and uncountable nouns.

Complete the sentences using either 'a' or 'some' in the blank spaces.

1. There is _____ sand in my shoe.
2. There is _____ ten dollar note in my wallet.
3. There is _____ bottle/jar of juice in the cupboard.
4. There is _____ butter in the fridge.
5. There is _____ peanut butter on the worktop.
6. There is _____ radio in the kitchen.
7. There is _____ toothbrush in the bathroom.
8. There is _____ jam in the cupboard.
9. There is _____ magazine in the living room.
10. There is _____ queue at the post office.
11. There is _____ luggage in the car.
12. There is _____ suitcase in the bedroom.
13. There is _____ flour in the cupboard.
14. There is _____ sugar in your tea.
15. There is _____ bicycle outside the yard.
16. There is _____ water in the fridge.



Activity 4

COUNTABLE/UNCOUNTABLE NOUNS

MISS Cecilia

WRITE C (COUNTABLE) OR U (UNCOUNTABLE)

THERE IS / THERE ARE

SHOPPING LIST

<input type="checkbox"/>	BREAD	<input type="checkbox"/>	CARROT
<input type="checkbox"/>	WATER	<input type="checkbox"/>	ONION
<input type="checkbox"/>	APPLE	<input type="checkbox"/>	GRAPE
<input type="checkbox"/>	RICE	<input type="checkbox"/>	BUTTER
<input type="checkbox"/>	POTATO	<input type="checkbox"/>	ORANGE
<input type="checkbox"/>	BANANA	<input type="checkbox"/>	MILK
<input type="checkbox"/>	SUGAR	<input type="checkbox"/>	JUICE
<input type="checkbox"/>	SALT	<input type="checkbox"/>	COFFEE
<input type="checkbox"/>	BURGER	<input type="checkbox"/>	CHERRY
<input type="checkbox"/>	BISCUIT	<input type="checkbox"/>	MEAT

- AN APPLE
- SOME SUGAR
- SOME CARROTS
- A BANANA
- SOME RICE
- BUTTER
- SOME CHICKEN
- CAKES
- TWO ORANGES
- SOME CHERRIES
- SOME JUICE
- SOME GRAPES
- MILK
- SOME BREAD

A - AN - SOME

1) IN MY FRIDGE THERE ARE EGGS, MEAT, TOMATOES, CARROT, MILK AND BOTTLE OF WINE.

2) I WENT TO THE SUPERMARKET AND I BOUGHT RICE, PACKET OF BISCUITS, HAMBURGERS, BREAD AND ONION.



Activity 5

A - Say whether the following are countable (C) or uncountable (U) or both (B).

1. dollars _____
2. water _____
3. bottle of water _____
4. pollution _____
5. food _____
6. tea _____
7. coffee _____
8. ice-cream _____
9. time _____
10. box _____
11. light _____
12. animal _____
13. noise _____
14. bread _____
15. a loaf of bread _____
16. music _____
17. song _____
18. baggage _____
19. bag _____
20. clothes _____
21. furniture _____

B - Fill in the gaps with “some” or “any”.

1. Have you got _____ brothers or sisters?
2. We don't need _____ milk.
3. There are _____ pens on the table.
4. I want _____ eggs because I'm going to make a cake.
5. Is there _____ water in the fridge?
6. Are there _____ problems?



C - Fill in the blanks with “much” or “many”.

1. How _____ money do you have there?
2. I don't have _____ close friends.
3. There isn't _____ petrol left in the car.
4. How _____ information have you got?
5. There are _____ glasses of water on the table.
6. Don't give him _____ money, just a few dollars.

D- Fill in the gaps with “a lot of” / “a few” / “a little” / “much”.

1. I don't have _____ experience.
2. There are _____ people waiting to buy tickets, about three or four.
3. Hurry up! I don't have _____ time.
4. There is _____ money left over, but not much.
5. I need _____ students to help me. Two or three will be enough.
6. We should go now because there is only _____ traffic at this time of the morning.
7. I only need _____ time to finish this. Wait a second.
8. I invite _____ friends for dinner but we can still all fit at the table.

Uncountable nouns

There are some nouns which are called known as uncountable nouns.

They never want an “s”, even when there's more than one. Learn them by heart and you will sound correct. Remember that they're tricky - so please don't get upset!

WORDS OF THE SONG:

Performed by: Jes Sadler

Written by: Jes Sadler and Massimiliano Titi

Produced by: Edu Records

Liquids, powders, mass of things
 Like water, sand or grain
 Information, news, advice and
 feelings like disdain
 States of being like sleep and stress
 Logic, chaos, fame
 Natural phenomena like
 sunshine, snow and rain

You never say "a news"
 But use a word like 'some'
 An item of clothing if you need just one
 A piece of furniture, a bit of luck, a little respect
 Just, follow my advice and you never will forget

- chorus

Liquids, powders, mass of things
 Like water, sand or grain
 Information, news, advice and
 feelings like disdain
 States of being like sleep and stress
 Logic, chaos, fame
 Natural phenomena like
 sunshine, snow and rain

- chorus



Liquids, powders, mass of things
 Like water, sand or grain
 Information, news, advice
 feelings like disdain
 States of being like sleep and stress
 Logic, chaos, fame
 Natural phenomena like
 sunshine, snow and rain

- chorus

Liquids, powders, mass of things
 Like water, sand or grain
 Information, news, advice
 Anger, love and pain
 States of being like sleep and stress
 Logic, chaos, fame
 Natural phenomena like
 sunshine, snow and rain



Grade 6/7 WEEK 2 - LESSON 2

Whole numbers

Ordering, comparing and rounding off numbers.

Ordering numbers

We can arrange numbers in either ascending order (from smallest to largest) or in descending (from largest to smallest).

Ascending means: going up, rising

Descending means: going down

Comparing numbers

Apply relationship signs $<$, $>$ or $=$ to compare number

$<$ means less than (the number on your left is less than the number on your right)

$>$ Means greater than (the number on your left is greater than the number on your right)

$=$ means that the two numbers you are comparing have the same value

E.g. Use $>$, $<$ or $=$ to make the statement true. Prove you answer.

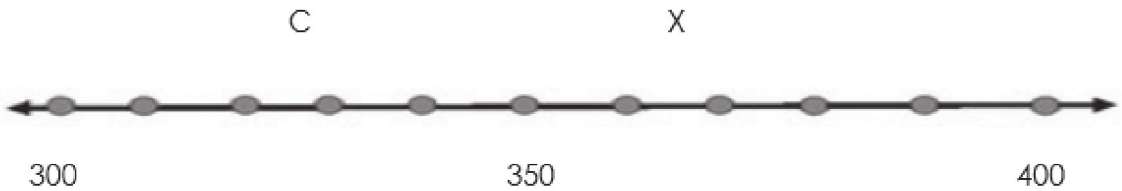
Forty-six thousand and twenty-three

$$= 46\ 023 \quad < \quad 46\ 2 \times 100$$

$$= 46\ 200$$

Rounding-off numbers

On this number line there are two hundreds indicated, namely



300 and 400.

$X = 365$. Which hundred is 365 closest to, 300 or 400? It will be 400.

So, 365 rounded off to the nearest hundred will be 400.

$C = 328$. Which hundred is 328 closest to, 300 or 400? It will be 300.

So, 328 rounded off to the nearest hundred will be 300.

Let us use a shorter method because we cannot always be drawing number lines.

M	HTH	TTH	TH	H	T	U
6	0	5	3	9	5	1

First, there are two types of numbers, those numbers that can score (5-9) and those numbers that cannot score (0-4).

Round-off 6 053 951 to the nearest thousand.

1. Place the basket on top of the thousands.
2. The number on your right-hand side of the basket will determine if you can score.
3. If it can score you add 1 to the thousands. If it cannot score, then the number in the thousands remains the same.
4. In this case my answer will be 6 054 000.



WORKSHEET

1. Write the following numbers in order from the smallest to the largest (ascending order).

(a) 3 465; 3 456; 6 543; 6 453; 6 345; 6 354

(b) 81 753; 87 315; 78 531; 78 153; 78 513

2. Write the following numbers in descending order.

(a) 157 382; 57 138; 75 831; 175 382

(b) 6 743; 6 347; 3 763; 7 644; 7 346; 7 634

3. Use $>$, $<$ or $=$ to make the statements true. Prove your answer.

A	Twenty-three thousand and sixty- three	210 000
B	100 000	Ten thousand four hundred and sixty-one
C	Thirty –three thousand and sixty- six	$21\,518 + 1\,548$
D	$499 + 500$	Hundred thousand
E	6 000	$6 \times 1\,000$
F	Forty thousand	$100\,000 - 65\,000$
G	$17 \times 1\,000$	$1\,000 \times 17$
H	5 001	$10\,000 \div 2$
I	Fifty-three thousand plus five hundred	53 500
J	100×1	$1\,000 \div 1\,000$

4. Complete the following table by rounding-off the numbers:

Number	Nearest 10	Nearest 100	Nearest 1 000	Nearest 10 000
3 788				
41 392				
8 063				
65 036				
713 702				



Science

Grade 6 WEEK 2 - LESSON 2

Social Health

1.1. Puberty and Sexual Development

Competencies:

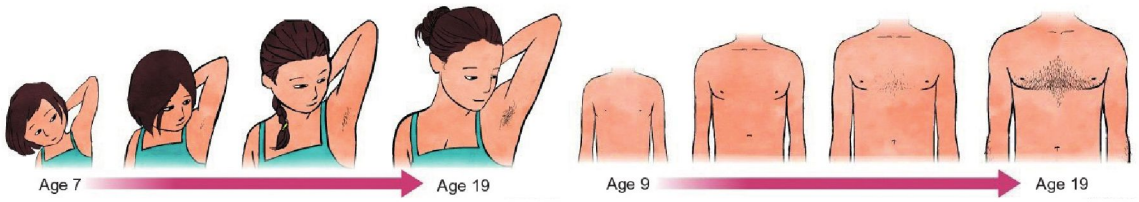
- Discuss physical changes (e.g. voice changes, breast growth, pubic hair growth) and sexual responses (e.g. wet dreams, feelings of attraction, masturbation) that occur during puberty (in boys and girls).
- Define sex as the biological definition of both male and female.
- Define sexual intercourse as a physical act between people involving reproductive organs.

Vocabulary

Puberty – is the stage of sexual maturity.

It happens between ages 11 – 18 years.
Changes are caused by hormones.





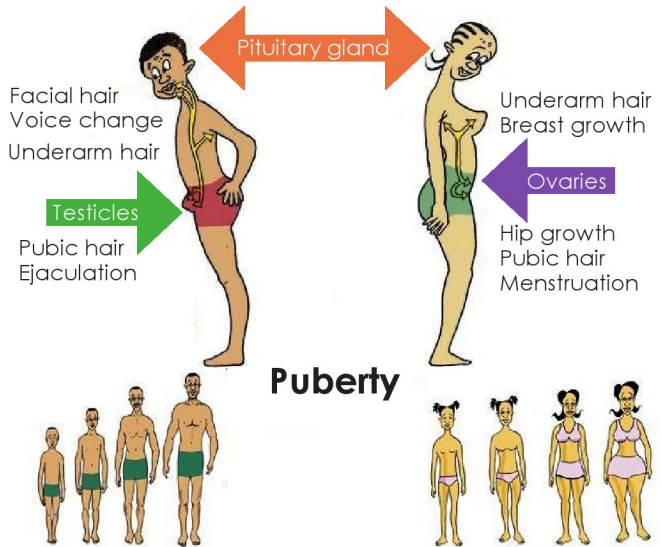
Physical changes in boys and girls during puberty:

BOYS	GIRLS
Pubic hair (hair under armpits and around genitals)	Pubic hair (hair under armpits and around genitals)
Body becomes muscular	Body becomes more shaped
Private parts enlarge	Breasts enlarge
Produce sperm cells	Produce egg cells
Shoulders broaden	Hips widen
Voice deepens	Menstruation starts
Pimples appear	Pimples appear

Sexual responses in boys and girls during puberty:

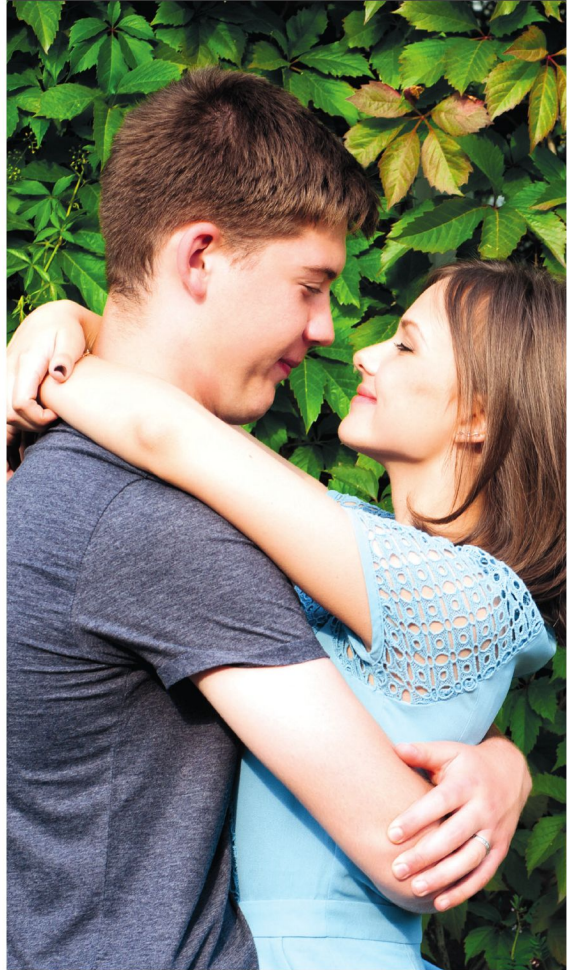
Sexual responses are normal experiences, nothing to be afraid or embarrassed about, all of them are part of growing up. Everyone will go through them sooner or later.

Just know that we can all control our sexual feelings.



Examples of some sexual responses.

1. **Feelings of attraction** - Boys are attracted to girls and girls are attracted to boys.
2. **Masturbation** - is the self-stimulation of the genitals to achieve sexual arousal and pleasure (touching yourself on the vagina or penis).
3. **Wet dreams** - when a person orgasms involuntarily during their sleep. Experienced mostly in males than in females.



When we go through these changes, we have a major responsibility. When we have pubic hair, we need to shave and start using deodorants. When girls get their menstruation, you have to bath regularly, check and change your pads, and dispose of them properly.

Sex - your gender (male/female).

Sexual intercourse - physical act between people involving reproductive organs (when the penis enters the vagina).

Self assessment:

1) Write down physical changes that occur in both boys and girls during puberty.

2) Write down the sexual responses that occur during puberty in boys and girls.

3) Define sex and sexual intercourse.





Health Education: Sexuality and sexual health

Competencies

- Discuss and compare methods of maintaining sexual health (abstinence, faithfulness, condom use) and identify abstinence as the most effective method .
- Identify risky sexual practices (sex without a condom, multiple sexual partners, sugar daddies/mommies).
- Describe the impact (physical and emotional) of risky sexual practices on the individual, family, community and society.

Vocabulary

Risky - Involving the possibility of something bad happening.

Impact - The influence that one thing has on something else.

Maintain - To keep something.

Methods of maintaining sexual health

Abstinence - No sexual intercourse.

Faithfulness - Have one trustable partner.

Use of condom - use a condom when being involved in a sexual activity.

NB: Abstinence is the most effective method to maintain sexual health

Risky sexual practices

- Sex without a condom.
- Multiple sexual partners.
- Sugar daddies/mommies.
- Sex workers.

Impacts (physical and emotional) of risky sexual practices on the individual, family, community and society.



Physical impacts

- Death.
- Spreading of diseases.
- Unwanted pregnancies.
- Looking after a baby of a sick or dead person.

Emotional impacts

- Hurt feelings of family.
- community.
- society and of individuals.

TRY TO UNDERSTAND. WHEN I SAY
"NO" TO SEX, I'M SAYING "YES"
TO COMPLETING MY EDUCATION,
GETTING A GOOD JOB AND HAVING
A BRIGHT FUTURE!



Activity

a) Discuss and compare methods of maintaining sexual health.

b) Identify risky sexual practices.

c) Describe the impact (physical and emotional) of risky sexual practices on the individual, family, community and society.



MEMORANDUM

English

Activity 1

banana, petrol, gold, coal, water, transport, juice, city, shoe, equipment, trader, mouse, money, shop, spoon, lemon, sample, country, office, river, yoghurt, rope, information

Countable: banana, city, shoe, trader, mouse, shop, spoon, lemon, sample, country, office, river, rope

Uncountable: petrol, gold, coal, water, transport, juice, equipment, money, yoghurt, information

Activity 2

Uncountable: 1. cotton, 2. energy, 3. glass, 4. coffee, 5. gold

Countable: 1. school bag, 2. eggs, 3. lake, 4. pages

Activity 3

1. some, 2. a, 3. some, 4. some, 5. some, 6. a, 7. a, 8. some, 9. a, 10. a, 11. some, 12. a, 13. some, 14. some, 15. a, 16. some.

Activity 4

Shopping List (first column): U, U, C, U, C, C, U, U, C, C

Shopping List (second column): C, C, C, U, C, U, U, U, C, U

There is/ There are: there is, there is, there are, there is, there is, there is, there is, there are, there are, there are, there is, there are, there is, there is.

A-AN-SOME:

1) some, some, some, a, some, a.

2) some, a, some, some, an.

Activity 5

A

- | | | | | | |
|-------|-------|-------|-------|-------|-------|
| 1. C | 2. U | 3. C | 4. U | 5. U | 6. U |
| 7. B | 8. B | 9. B | 10. C | 11. B | 12. C |
| 13. B | 14. U | 15. C | 16. U | 17. C | 18. U |
| 19. C | 20. U | 21. U | | | |



B

1. **any** 2. **any** 3. **some**
 4. **some** 5. **any** 6. **any**

C

1. **much** 2. **many** 3. **much**
 4. **much** 5. **many** 6. **much**

D

1. **much / a lot of** 2. **a few** 3. **much / a lot of**
 4. **a little** 5. **a few** 6. **a little**
 7. **a little** 8. **a lot of**

Mathematics

1. (a) **3 456; 3 465; 6 345; 6 354; 6 543; 6 453**
 (b) **78 153; 78 513; 78 531; 87 315; 81 753**
2. (a) **175 382; 157 382; 75 831; 57 138**
 (b) **7 644; 7 634; 7 346; 6 743; 6 347; 3 763**

3.

A	Twenty-three thousand and sixty- three 23 063	>	210 000
B	100 000	<	Ten thousand four hundred and sixty-one 10 461
C	Thirty –three thousand and sixty- six 33 066	>	21 518 + 1 548 23 066
D	499 + 500 999	<	Hundred thousand 100 000
E	6 000	=	6 X 1 000 6000
F	Forty thousand 40 000	>	100 000 – 65 000 35 000
G	17 X 1 000 17 000	=	1 000 X 17 17 000
H	5 001	>	10 000 ÷ 2 5 000
I	Fifty-three thousand plus five hundred	=	53 500
J	100 X 1 100	>	1 000 ÷ 1 000 1



4.

Number	Nearest 10	Nearest 100	Nearest 1000	Nearest 10 000
3 788	3 790	3 800	4 000	0
41 392	41 390	41 400	41 000	40 000
8 063	8 060	8 100	8 000	0
65 036	65 100	65 000	65 000	70 000
713 702	713 700	713 700	714 000	710 000

Science

Grade 6

Activity 1

1. Discuss physical changes and sexual responses that occur in boys and in girls during puberty.

Physical changes and sexual responses in boys: grow taller, pubic hair (hair under armpits and around genitals), body becomes muscular, private parts enlarge (testes and penis), produce sperm cells, shoulders broaden, voice deepens, pimples appear, masturbation, wet dreams, feelings of attraction towards girls.

Physical changes and sexual responses in girls: the body becomes more shaped, breast enlarge, pubic hair, produce egg cells, menstruation starts, hips widen, pimples appear, masturbation, feelings of attraction towards boys.

2. How can we deal with the sexual responses that occur during puberty? (Feelings of masturbation, attraction or wet dreams).

Know that sexual responses are normal experiences and that we can all control our sexual feelings, and feelings of attraction towards a peer should not be forced upon the other person. Avoid sexual thoughts, avoid watching sexual movies to prevent feelings of masturbation or wet dreams. Play often and keep focused on your schoolwork.



3. Differentiate between sex and sexual intercourse.

- Sex is your gender, whether you are male or female.
- Sexual intercourse is the physical act between people involving reproductive organs, when the penis of the male enters the female vagina, that process is known as sexual intercourse.

Grade 7

Activity 1

a) Discuss and compare methods of maintaining sexual health.

- Use a condom when involving in a sexual activity.
Condoms form a barrier between the diseased person and a healthy person in the same way that doctors or nurses protect themselves and their patients against infection by wearing rubber gloves. But condoms can burst. There male and female condoms.
- **Abstinence** - No sexual intercourse. If you do not have sexual intercourse, you will not get sexually transmitted infections.
- **Faithfulness** - To have one partner. If one or both partners are not faithful and have sexual intercourse with other people, the chance of getting an STD is high. This is suitable for married couples.

b) Identify risky sexual practices

- Sex without a condom.
- Multiple sexual partners.
- Sugar daddies /mommies.
- Sex workers.

c) Describe the impact (physical and emotional) of risky sexual practices on the individual, family, community and society

- Physical impacts.
- Death (You might die if you contract an infection).
- Spreading of diseases to others.
- Unwanted pregnancies (you are still young to be a parent).
- Looking after a baby of a sick or dead person.
- Emotional.
- Hurt feelings of family, community, society and of individuals.



Some Do's and Don'ts to Teach your Child.

Avoid touching your face!

Avoid touching your face, eyes, nose and mouth unless your hands are super clean.

Kids

Covid-19 message



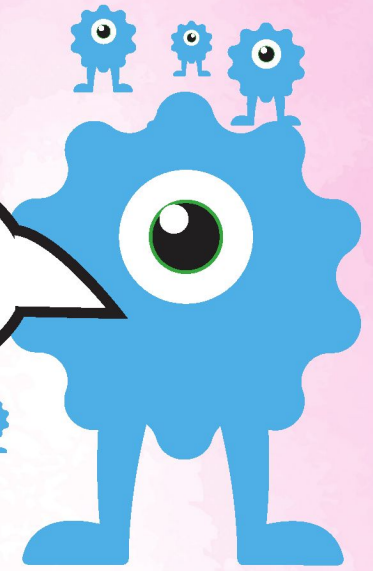
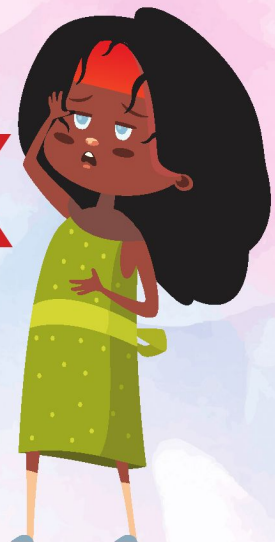
Don'ts

- Go to the shops
- Hug your friends
- Touch your face



Do's

- Stay at home
- Wash your hands
- Stay active at home

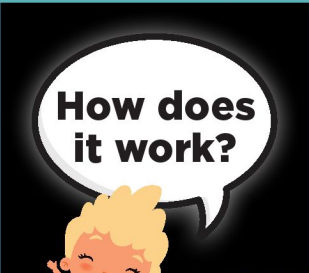


Success begins with education

Parents will be able to visit the website and watch daily videos from a teacher that will teach their children about various topics in the booklet. One can also download the PDF version of the book on the website.

ONLINE

Start learning anywhere - on your smartphone, tablet or desktop computer at home or follow the instructions on each printed page.



Register at zoshy

You can save your favourite lessons and find them easier

Easy peasy steps to follow

- Step 1: Find us at www.zoshy.online or scan the QR code
- Step 2: Find your grade
- Step 3: Choose which book you want to learn out of today
- Step 4: Choose lessons from what lessons there are
- Step 5: Download booklet if you do not have it
- Step 6: Watch and follow the teacher as she explains what to do in the book
- Step 7: Follow us on Facebook (Zoshy) to never miss a video and join the community



www.zoshy.online

In collaboration with the Ministry of Education, Arts and Culture

PRINT

1 Turn the booklet to landscape.

2 Take a ruler & tear the booklet at the top long fold.

3 Fold the booklet in half.

4 The learning journey can start.



STEPS
HOW TO TEAR & USE
THE BOOKLET

