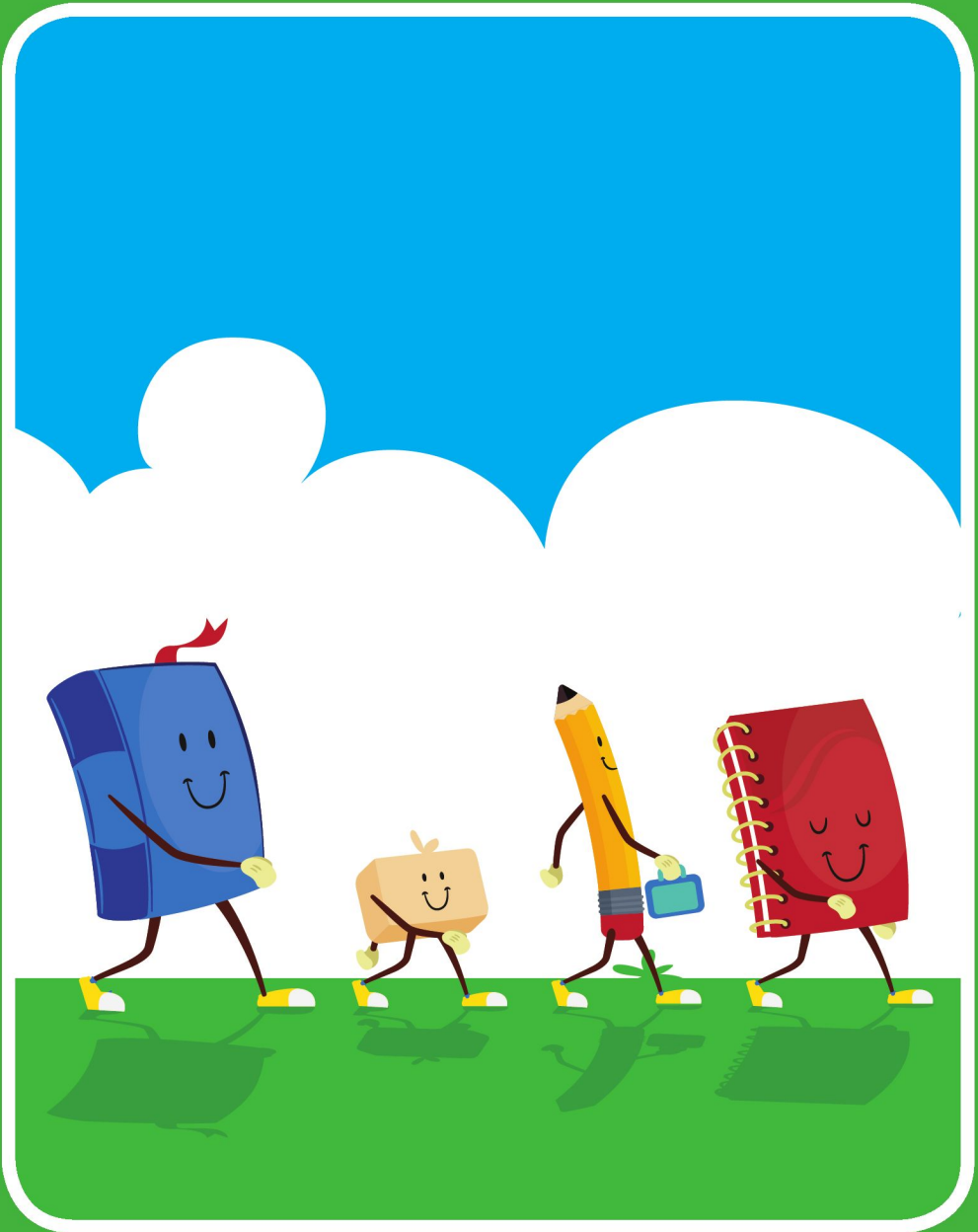


# Grade 6 & 7: Week 1



## English, Mathematics and Science



Ministry of Education,  
Arts and Culture



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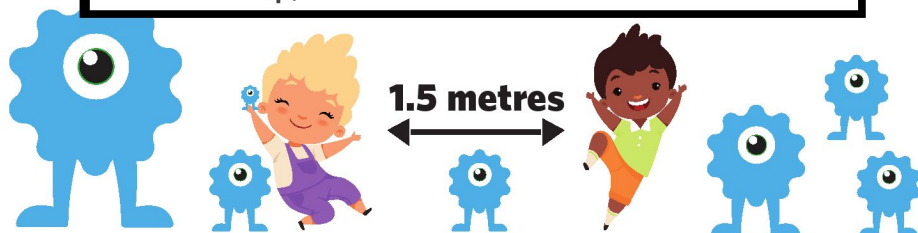
Science

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## Nouns

### What are nouns?

- Nouns are naming words.
- They name people, places, objects and ideas.
- Here are some examples of nouns:  
man, pen, book, Peter, apple, Kondja, sister, friend, Gobabis, Karas Region, Ongwediva.

### There are four main types of nouns

- Common nouns
- Proper nouns
- Abstract nouns
- Collective nouns

### Common nouns

A common noun is a word that names any person, place, thing or idea.

### Examples of common nouns in sentences:

- My book is on the table.
- Tamika went to school early in the morning.
- I went to church today.
- There were many people absent.

### Proper nouns

- Proper nouns are names of specific persons/people, places, things or ideas.

- They always start with capital letters.
- Most of them are not found in the dictionary.

### Examples of Proper nouns in sentences:

- My book, 'Long Walk to Freedom', is on the table.
- Tamika goes to Martti Ahtisaari Primary School.

### Activity 1

Look at the picture and answer the questions.



1.1. Identify any ten common nouns from the picture and write them in the spaces provided.

- |          |           |
|----------|-----------|
| 1. _____ | 2. _____  |
| 3. _____ | 4. _____  |
| 5. _____ | 6. _____  |
| 7. _____ | 8. _____  |
| 9. _____ | 10. _____ |

1.2. Use any two common nouns from the list and write two sentences of your own. (Underline the common noun used).

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

## Activity 2

2.1. Read the passage below, circle all the proper nouns and write them **correctly** on the lines below.

mandume lives in a village outside of rundu, which is the capital of the kavango east region of namibia. The town borders angola and is on the banks of the okavango river. The bus collects him each monday and takes him to rudolf ngondo primary school. He reads the book, 'the great flood' by hope dube, while he travels on the bus.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

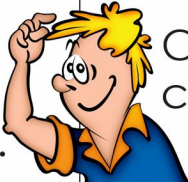
7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

### ACTIVITY 3

<p>Bob cannot remember nouns. Read the descriptions, write down a word of your choosing and circle the type of noun it is.</p>	 <p>Circle the correct answer</p>
<p>1. _____ is the brand name of a shoe.</p>	<p>common / proper</p>
<p>2. The _____ is an animal with a shell.</p>	<p>common / proper</p>
<p>3. The _____ helps people if they are ill.</p>	<p>common / proper</p>
<p>4. An _____ is laid by a hen.</p>	<p>common / proper</p>
<p>5. A _____ is a piece of furniture to sit on.</p>	<p>common / proper</p>
<p>6. The _____ is a river in Kavango East Region.</p>	<p>common / proper</p>
<p>7. _____ is the President of Namibia.</p>	<p>common / proper</p>
<p>8. _____ is the name of a supermarket where we can buy food.</p>	<p>common / proper</p>
<p>9. An _____ is a fruit filled with Vitamin C and has the same colour as its name.</p>	<p>common / proper</p>
<p>10. _____ is the country south of Namibia.</p>	<p>common / proper</p>



## Activity 4 - Game

Cut out the cards. Match the common and proper nouns.

### Extra challenges:

- Use a few of the proper nouns and the matching common nouns in sentences - don't forget their capital letters if you write them.
- Turn the cards face down and play matching pairs with a friend/parent/guardian.

	Proper noun	Answer	Common Noun
1.	Khomas		a. city
2.	Checkers		b. boy
3.	Omatako		c. mountain
4.	Petrus		d. month
5.	Windhoek		e. weekday
6.	June		f. region
7.	Tuesday		g. supermarket

## Activity 5

### Proper and common nouns

Classify the following nouns in the Table below by writing word item in the word-bank in the correct column.

Word bank			
swakopmund	superhero	kitchen	school
mandela street	toyota	animal	boy
train	africa	disney land	chicken
sun	batman	car	teacher
ndapewa	nigeria	february	
pluto	planet	atlantic ocean	

Common noun	Proper noun



## Activity 6

### Proper and common nouns

Identify the underlined word in each sentence as a proper or common noun. Write (P) for proper and (C) for common.



### Example:

Manchester United is a good soccer team. \_\_\_\_\_ P \_\_\_\_\_

- The Brave Warriors will play soccer tonight at the Independence Stadium. \_\_\_\_\_
- The family will eat lunch together. \_\_\_\_\_
- The bear climbed up the tree and refused to come down. \_\_\_\_\_
- I live in Windhoek the capital city of Namibia.  
\_\_\_\_\_
- We travelled to Walvis Bay for the weekend. \_\_\_\_\_
- The rugby team won the match. \_\_\_\_\_
- I enjoyed watching the school play last night. \_\_\_\_\_
- I walk home from school with my friends. \_\_\_\_\_
- My school is on Fourth Avenue in Walvis Bay. \_\_\_\_\_
- When we went to Etosha National Park, we saw a variety of animals \_\_\_\_\_

### Activity 7

Write your own (6) proper and (6) common nouns in the Table down below.

Common noun	Proper noun

# Notes

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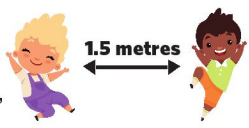
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# Mathematics

Grade 6 & 7

## Whole numbers

### Terminologies

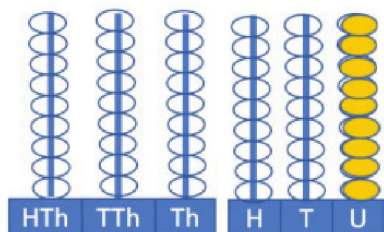
**Place value:** Position of a number usually written in words.

**Value:** How much a digit is “worth” in a number is usually written in number form.

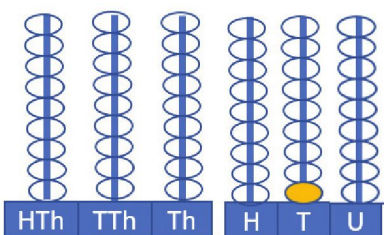
**Expanded notation:** Writing values of each digit in a number.

### Place Value

We use the base ten number systems: 0 1 2 3 4 5 6 7 8 9



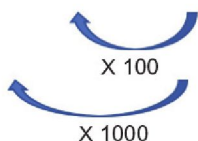
$$9 + 1 = 10$$

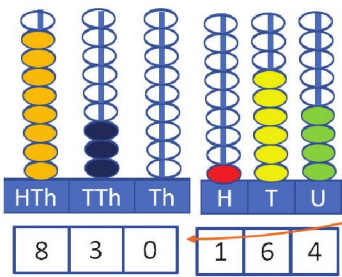


$$9 + 1 = 10$$

When another unit is added, we now have 10 ‘units’. This means it cannot fit in the ‘units’ column so has to move into the ‘tens’ column. We now have 1 counter in the ‘tens’ column and none in the ‘units’ column.

Each place value column is 10 times bigger than the previous.





So this number written in words would be:  
 Eight hundred and thirty thousand, one hundred and sixty-four.

Numbers are grouped together in groups of three. They are read that way too. The word 'thousand' is read in the space.

**EXPANDED NOTATION**

$$830\ 164 = (8 \times 100\ 000) + (3 \times 10\ 000) + (0 \times 1\ 000) + (1 \times 100) + (6 \times 10) + (4 \times 1)$$

This has no value so is generally not written in.

$$(3 \times 100\ 000) + (1 \times 10\ 000) + (9 \times 1\ 000) + (4 \times 100) + (7 \times 10) + (2 \times 1) = 319\ 472$$

Let's try one more together.

$$34\ 623 = (3 \times 10\ 000) + (4 \times 1\ 000) + (6 \times 100) + (2 \times 10) + (3 \times 1)$$

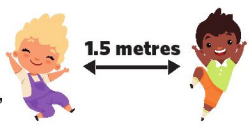
$$= 30\ 000 + 4\ 000 + 600 + 20 + 3$$

The 'hundreds' are 100 times bigger than the 'units'.  
 The 'thousands' are 1 000 times bigger than the 'units'.

**Activity 1**

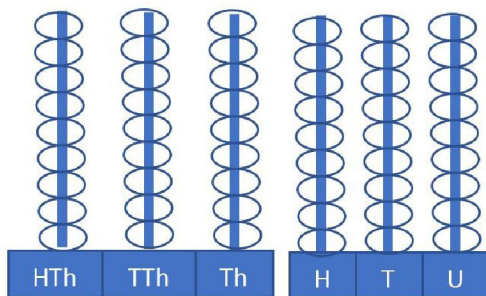
1. Draw a solid line to match the numbers with the words.

- |         |  |
|---------|--|
| 1 873   | Three thousand and four.                                       |
| 112 957 | One hundred and twelve thousand, nine hundred and fifty-seven. |
| 27 201  | Twenty-six thousand, nine hundred and thirty-three.            |
| 3 004   | One thousand, eight hundred and seventy-three.                 |
| 26 933  | Twenty-seven thousand, two hundred and one.                    |



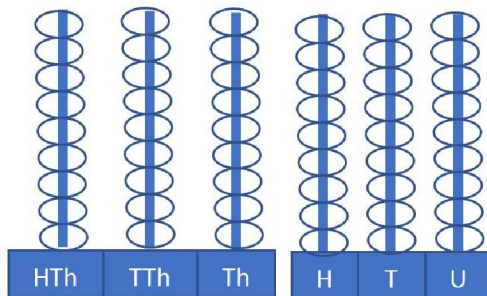
2. Colour in the circles to make the following numbers:

(a)



280 830

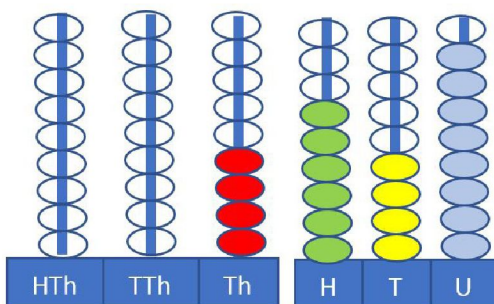
(b)



19 274

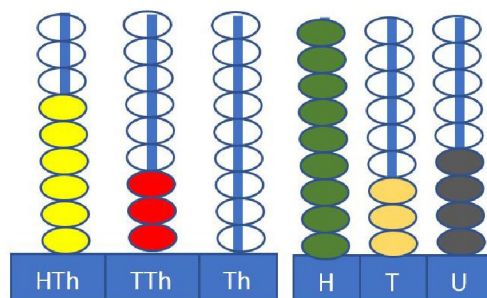
3. Write the following in numerals:

(a)



\_\_\_\_\_

(b)



\_\_\_\_\_

4. Fill in the place value chart. The first one has been done for you.

	Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Units
829				8	2	9
2 793						
2 086						
28 503						
120 857						

5. Fill in the numbers in the spaces.

(a)  $2\ 962 = 2000 + \underline{\hspace{2cm}} + 60 + 2$

(b)  $18\ 056 = \underline{\hspace{2cm}} + 8\ 000 + \underline{\hspace{2cm}}$   
 $+ 50 + \underline{\hspace{2cm}}$

(c)  $178 = 100 + \underline{\hspace{2cm}} + \underline{\hspace{2cm}}$

6. Give the place value of the underlined digits:

(a)  $1\underline{2}\ 805$  \_\_\_\_\_

(b)  $3\ 9\underline{6}2$  \_\_\_\_\_

(c)  $\underline{2}82\ 361$  \_\_\_\_\_

### Extension work:

7. Mpho says 2 684 written in expanded notation is

$2\ 000 + 600 + 84$ ?

Is he correct? \_\_\_\_\_

8. Look at this number carefully, 395.

Why can't we expand it as  $3 + 9 + 5$ ?

\_\_\_\_\_

9. What is the point of zero in the middle of this number

9 024. It has no value, so why don't we leave it out?

\_\_\_\_\_





# Science

Grade 6



## Puberty & Sexual Development

### Competencies

- Describe the differences between the reproductive organs of a male and a female (from given diagrams).
- Explain the role of the basic structures of male and female reproductive organs.

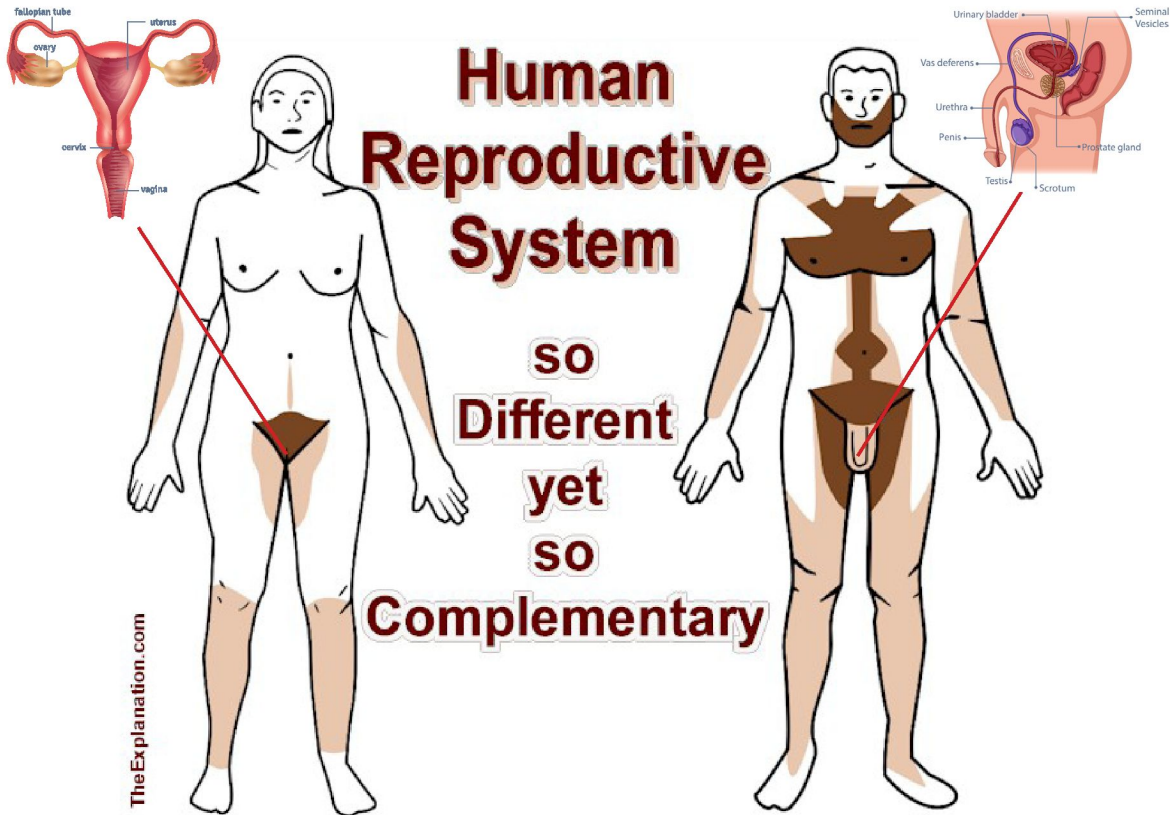
### Vocabulary

- **Organ:** group of tissues working together i.e. lungs, heart and eyes.

### Human reproductive system

- It is the system in the human body that reproduces and bears live offspring (babies).

Describe the differences between the reproductive organs of a male and a female (from given diagrams)

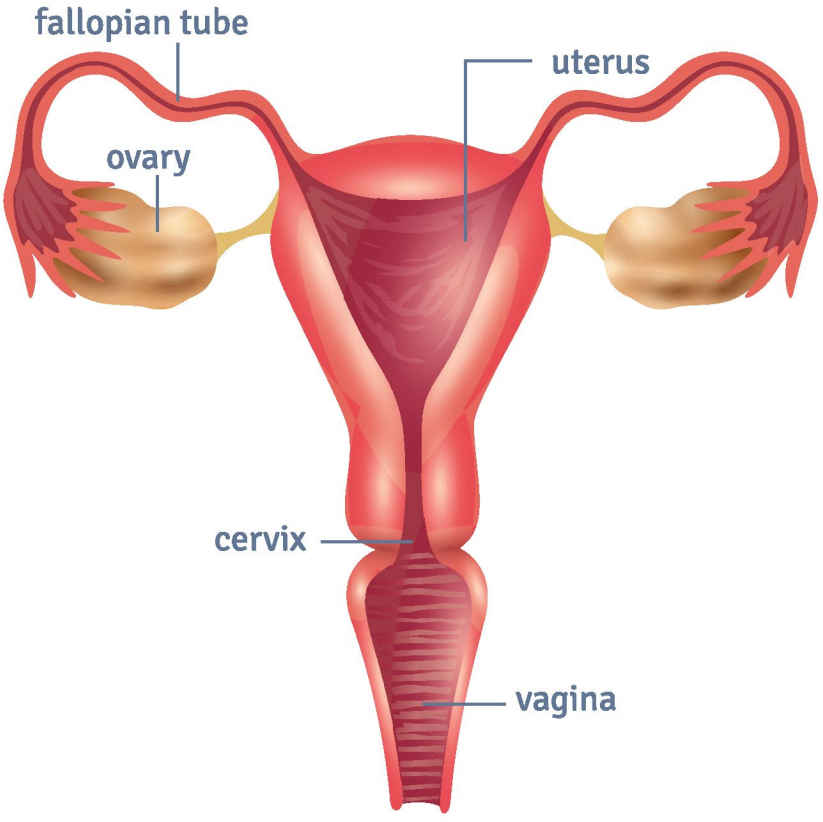


- Most of the male reproductive system is located outside of the man's body. These external structures are the penis, scrotum, and testes.
- Most of the female reproductive system is located inside the woman's body. The vulva is the only external organ.
- To produce, maintain, transport, and nourish sperm (the male reproductive cells), and protective fluid (semen).
- Develops a fertilised egg into a baby.



Explain the role of the basic structures of male and female reproductive organs.

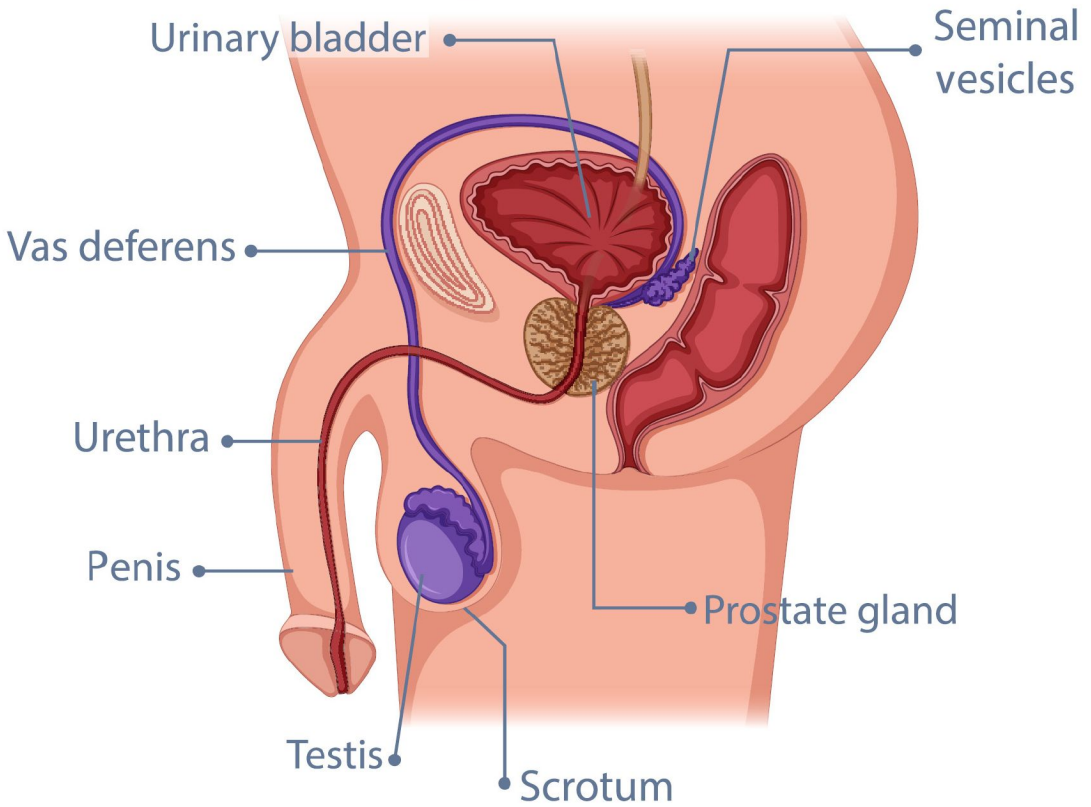
### Female Reproductive Organs.



The role of the basic structure of female reproductive organs:

Organ name	Role (use)
Cervix	Connects the vagina to the uterus
Uterus	To Develops a fertilised egg into a baby
Fallopian Tubes (Oviduct)	Connects the ovaries to the uterus
Ovaries	Produce egg cells and hormones

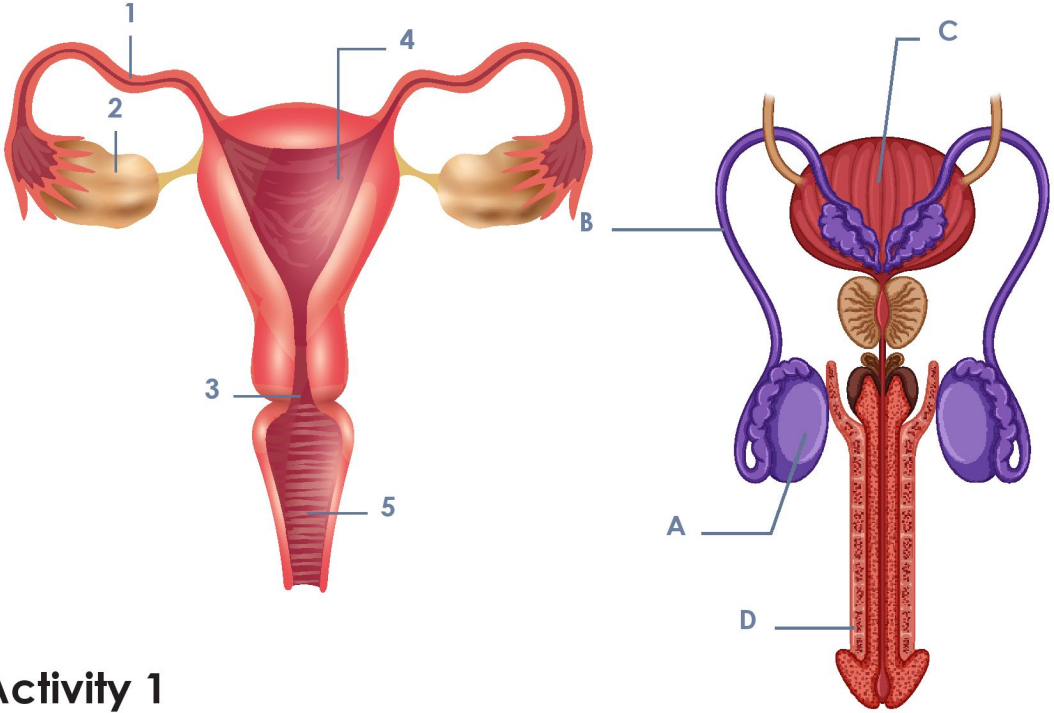
## Male Reproductive Organs.



The role of the male reproductive organs:

Organ name	Function (use)
Scrotum	Temperature control of scrotum and protects the testes
Testes	Produce sperm cells and hormones
Vas deferens	Transports sperm cells to the seminal vesicle
Seminal vesicle	Produce seminal fluids & nourishment of the sperm cell
Prostate gland	Produce fluids & nourishment
Urethra	Transports fluids out of the male's body

Study the diagrams below:



## Activity 1

1. Describe any two differences between the male and female reproductive organs.

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2. Explain the role of the male and female reproductive organs below.

a. Ovaries: \_\_\_\_\_

b. Uterus: \_\_\_\_\_

c. Oviduct: \_\_\_\_\_

d. Testes: \_\_\_\_\_

e. Prostate gland: \_\_\_\_\_



## Health Education: Sexuality and Sexual Health

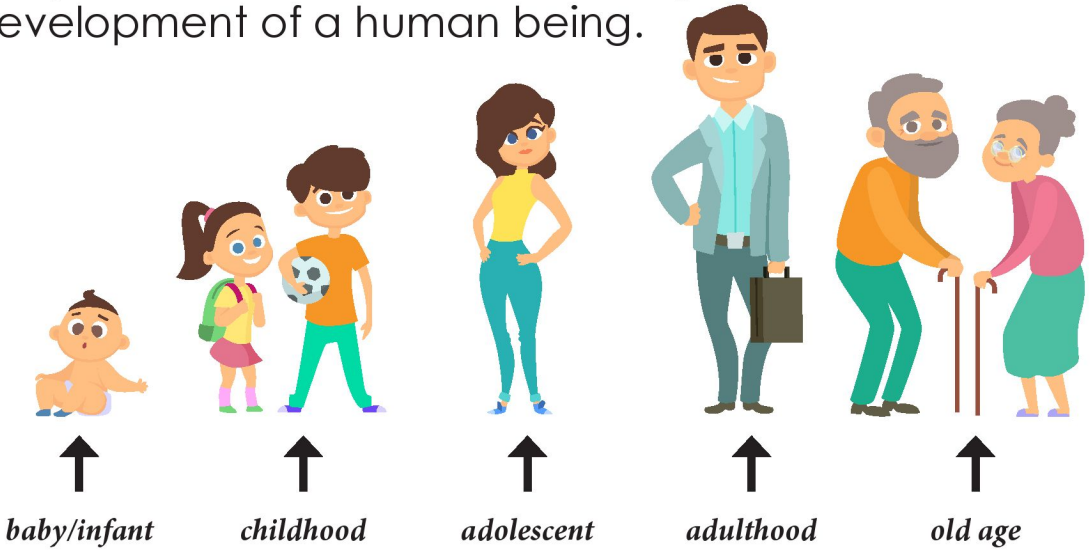
### Competencies

- Identify from diagrams the different stages of sexual development from infancy to old age.
- Investigate and report on different sources of information and support about sexual health and sexuality.
- Explain what constitutes sexual health (physical and emotional).
- Explain why sexual health is important.

### Vocabulary

- Sexuality - The physical and emotional readiness for sexual intercourse.
- Sexual health - Being physically, mentally and social healthy in relation to sexuality.

The picture shows the different stages of sexual development of a human being.



## Sources of information and support about sexual health and sexuality

The following places or organisations will be able to provide information and support about sexuality and sexual health:

- Clinics and hospitals.
- Lifeline/ChildLine.
- Woman and Child Protection Unit.

## What constitutes sexual health (physical and emotional)?

A state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships.

## Importance of sexual health

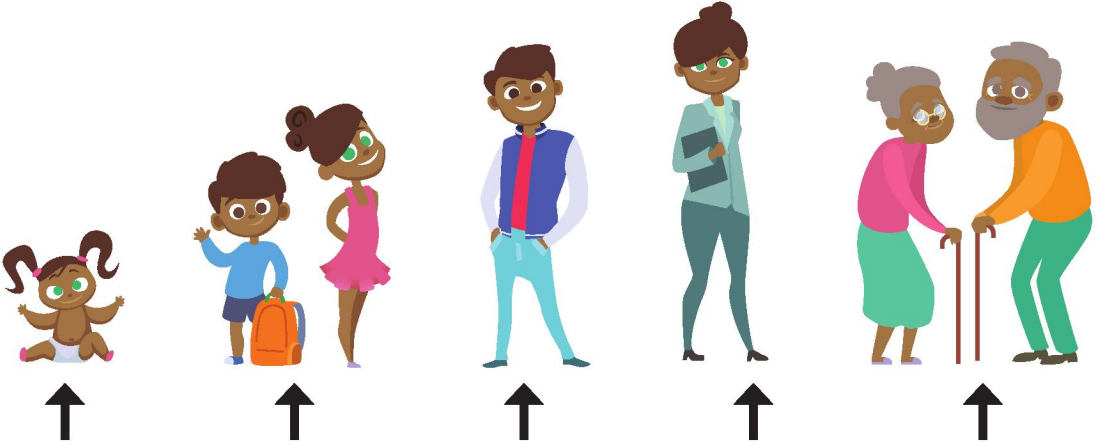
- To live a happy life.
- To avoid getting infections.
- To avoid unwanted pregnancies.





## Activity 1

1. Identify the stages of sexual development from the diagram below.



2. Explain why sexual health is important.

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# Notes

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# MEMORANDUM

## English

### Activity 1 (Page 4)

Look at the picture and answer the questions.

- 1.1. lamp, shirt, jacket, nag, drawers, kettle, shoes, pot, books, coat stand, tricycle
- 1.2. Did you remember to use the fill stops and punctuation marks in your sentence?

### Activity 2 (Page 5)

- 2.1. mandume lives in a village outside of rundu which is the capital of the kavango east region, of namibia. The town borders angola and is on the banks of the okavango river. The bus collects him each monday and takes him to rudolf ngondo primary school. He reads the book, the great flood, by hope dube while he travels on the bus.
- 2.2. Mandume, Rundu, Kavango East Region, Namibia, Angola, Okavango River, Monday, Rudolf Ngondo Primary School, The Great Flood, Hope Dube

### Activity 3 (Page 6)

1. Adidas/Nike/Puma/Reebok/Jordan etc. **Proper**
2. The tortoise, snail, turtle are animals with a shell. **Common**
3. The doctor/nurse helps people if they are ill. **Common**
4. An egg is laid by a hen. **Common**
5. A chair/bench/stool is a piece of furniture to sit on. **Common**
6. The Okavango River is a river in Kavango East Region. **Proper**
7. Dr. Hage Geingob is the President of Namibia. **Proper**
8. Checkers, Spar, Pick n Pay, Woermann & Brock ... is the name of a supermarket where we can buy food. **Proper**
9. An orange is a fruit filled with Vitamin C and has the same colour as its name. **Common**
10. South Africa is the country south of Namibia. **Proper**

### Activity 4 - Game (Page 7)

- Windhoek - city • Checkers - supermarket • June - month
- Petrus - brother • Khomas - region • Omatako - mountain
- Tuesday – weekday

**Activity 5 (Page 8)****Common nouns**

Train, sun, superhero, planet, kitchen, animal, car, car, school, boy, chicken, teacher.

**Proper nouns**

Swakopmund, Mandela Street, Ndapewa, Pluto, Toyota, Africa, Christmas, Nigeria, Disney Land, February, Atlantic Ocean.

**Activity 6 (Page 9)**

1. The Brave Warriors will play soccer tonight at the Independence Stadium. **P**
2. The family will eat lunch together. **C**
3. The bear climbed up the tree and refused to come down. **C**
4. I live in Windhoek the capital city of Namibia. **P**
5. We travelled to Walvis Bay for the weekend. **P**
6. The rugby team won the match. **C**
7. I enjoyed watching the school play last night. **C**
8. I walk home from school with my friends. **C**
9. My school is on Fourth Avenue in Walvis Bay. **P**
10. When we went to Etosha National Park, we saw a variety of animals. **P**

**Activity 7 (Page 10)**

Learners may have various answers pertaining to this question as they provide their own common and proper nouns.

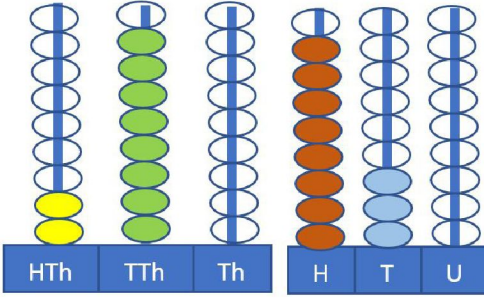
# Mathematics

**Activity 1 (Page 13)****1. Draw a line to match the numbers with the words.**

- |         |                  |  |
|---------|------------------|--|
| 1 873   | <del>_____</del> | Three thousand and four.                                       |
| 112 957 | <del>_____</del> | One hundred and twelve thousand, nine hundred and fifty-seven. |
| 27 201  | <del>_____</del> | Twenty-six thousand, nine hundred and thirty-three.            |
| 3 004   | <del>_____</del> | One thousand, eight hundred and seventy-three.                 |
| 26 933  | <del>_____</del> | Twenty-seven thousand, two hundred and one.                    |

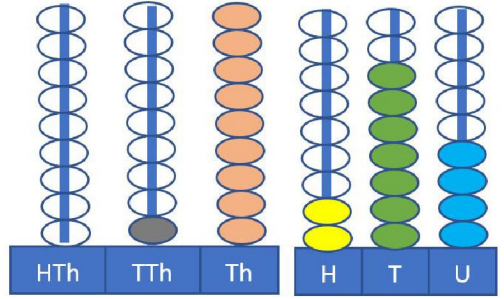


2. (a)



280 830

(b)



19 274

3. (a) **4 648**(b) **630 934**

4.

	Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Units
829				8	2	9
2 793			<b>2</b>	<b>7</b>	<b>9</b>	<b>3</b>
2 086			<b>2</b>	<b>0</b>	<b>8</b>	<b>6</b>
28 503		<b>2</b>	<b>8</b>	<b>5</b>	<b>0</b>	<b>3</b>
120 857	<b>1</b>	<b>2</b>	<b>0</b>	<b>8</b>	<b>5</b>	<b>7</b>

5. Fill in the numbers in the boxes.

(a)  $2\ 962 = 2000 + \mathbf{900} + 60 + 2$

(b)  $18\ 056 = \mathbf{10\ 000} + 8\ 000 + 6 + 50$

(c)  $178 = 100 + \mathbf{70} + \mathbf{8}$

6. (a) **Thousands**      (b) **Tens**      (c) **Hundred Thousands**7. No. 84 should be written as **80 + 4**.8. The sum  $3+9+5$  equal 17 instead of 395 (another possible answer)

9. The zero is a place holder to ensure that the values are correct and the 9 is in the hundreds column.

# Science

## Grade 6

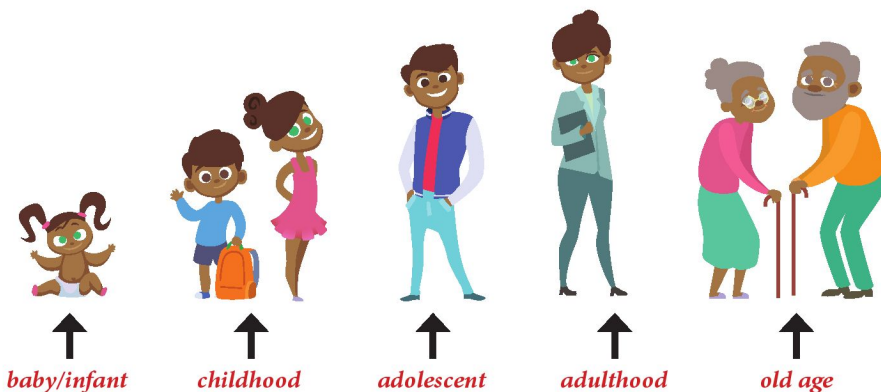
### Activity 1 (Page 21)

- Describe any two differences between the male and female reproductive organs
  - Most of the male reproductive system is located outside of the man's body. These external structures are the penis, scrotum, and testes.
  - Most of the female reproductive system is located inside the woman's body. The vulva is the only external organ.
  - Develops a fertilised egg into a baby
  - To produce, maintain, transport, and nourish sperm (the male reproductive cells), and protective fluid (semen).
- Explain the role of the basic structures of the male and female reproductive organs below.
  - Ovaries:** Produce egg cells and hormones
  - Uterus:** Develop a fertilised egg into a baby
  - Oviduct:** Connects the ovaries to the uterus
  - Testes:** Produce sperm cells and hormones
  - Prostate gland:** Produce fluids and nourishment

## Grade 7

### Activity 1 (Page 25)

- Identify the stages of sexual development from the diagram below.



- Explain why sexual health is important.
  - To avoid getting infections
  - Avoid unwanted pregnancies





# How to teach your child about personal space

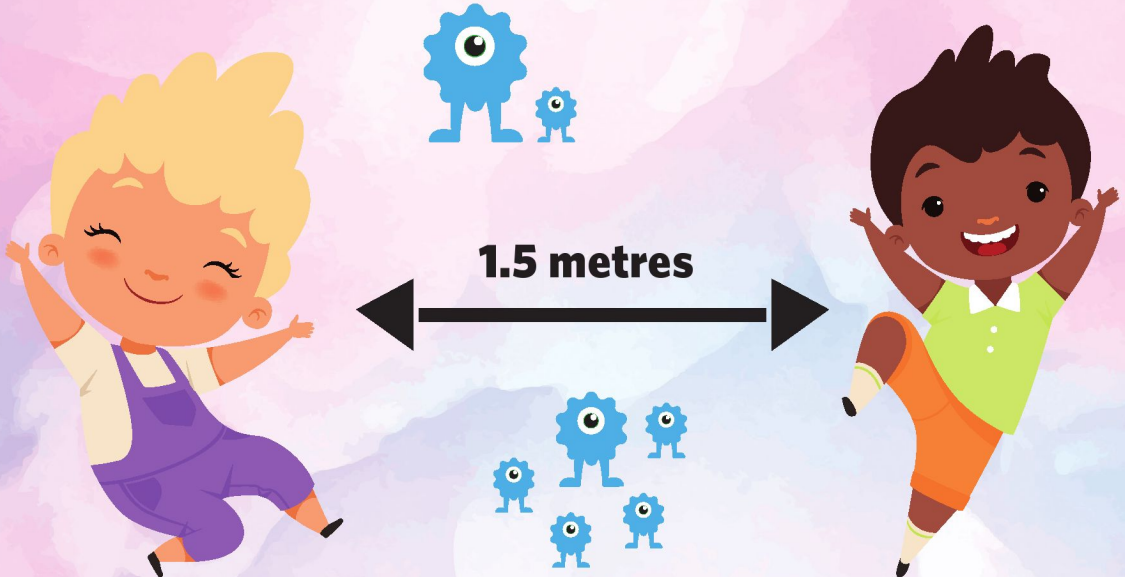


Most children have a built-in understanding of how close to stand to other people when talking to them. But children who struggle with social cues often don't have that awareness. They may turn off or annoy peers by standing too close. Here's how to help.



## Show the right distance

Generally, 1.5 metres is a good amount of space.  
Make a helicopter circle by stretching out your arms and spinning around.  
Make sure you do not touch anyone while you do this.



# 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.



For extra perks!

How does it work?

## 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](http://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.  
  
**STEPS**  
HOW TO TEAR & USE  
THE BOOKLET
- 2** Take a ruler & tear the booklet at the top long fold.
- 3** Fold the booklet in half.
- 4** The learning journey can start.

Ministry of Education Arts and Culture

STAY HOME BE SAFE

7mz Zone ONLINE SCHOOL