

Sadiq Public School



Distance Learning for K2

August-September 2020



Sadiq Public School

Do the right, fear no man

Distance Learning

July, 2020

Dear students and parents,

Assalam o aleikum.

Inshallah all of our students and their families are staying home, staying safe, and protecting themselves and their communities in this most unusual situation. We understand as well as anyone how difficult it is to be living in such a situation. If we all follow the government's very simple guidance the situation will improve very soon, as it has in many countries around the world, and our lives can get back to normal.

The Government has announced that Schools will likely be allowed to re-open on September 15th, 2020. Let me be clear – Sadiq Public School is planning for a full school year from September 15th 2020, i.e. with the appropriate number of school days to ensure our students complete their normal syllabuses well in time for their annual examinations without compromising too much on the remainder of our unique, holistic curriculum that includes sports, clubs, and community service – and self-discipline (doing the right thing at the right time).

After a considerable amount of thought and planning, after considering the many factors associated with distance learning including health and safety risks to children of being online for too long and unsupervised, costs of technology/devices/software, and the expected/likely outcomes, we have decided to offer a package of distance learning activities for students to do some school work. These activities are NOT intended to replace in-school, teacher-student learning activities and they are NOT compulsory for students to complete. The team of education experts at Sadiq Public School very strongly believe that education, i.e. meaningful learning, happens best when teachers and students interact, face to face, spontaneously.

This booklet has been prepared by a small team of subject teachers with help from the IT Department's staff. I am very grateful for their efforts!!

We also understand that the Sadiq Public School family is very diverse and what will work well for a K2 student living in Bahawalpur probably will not for a K2 student living in Quetta or a P6 student living in Karachi. This is a

self-contained, age-specific package of learning material prepared by SPS teachers for SPS students. You will not need to use the internet and you will not need textbooks or any other material except a normal, lined school notes book (a separate one for each subject) which you will bring back to school when lessons resume. We decided to create an e-booklet so it can be published and distributed to students and parents without needing to be printed and sent by post/courier out of concern for our environment. (There is an interesting hypothesis that the coronavirus outbreak is due to deforestation.)

Everyone's health is the top concern right now. Learning some mathematics right now is less important than protecting your health and your family's health. Not just your physical health, but also your mental health. We understand that these last few and next few months have been and will be difficult. It is very normal for everyone to be feeling worried and anxious. In such times, it is important to recognise your anxiety, understand what is causing it, and learn how to manage it by being kind to yourself, patient with others, eating well, sleeping well, doing some physical activity (there's a whole section about this later in the booklet), and trying to maintain a positive outlook. The virus outbreak will pass. We will all return to our normal lives. Inshallah!

Be happy. Not because everything is good, but because you can see some good in everything.

Yours Sincerely,

Mr Peter Giddens

Principal

Contents

How to achieve academic success at Sadiq Public School

1. English Language
2. Urdu language
3. Mathematics
4. Islamiat
5. Pakistan Studies
6. Science
7. Sports
8. Community Service

How to achieve academic success at Sadiq Public School

Our approach to teaching and learning is based on the knowledge that learning only occurs when cognitive effort is generated to the extent that information is made into a long-term memory that can be readily recalled. We use traditional teaching methods informed by current research in education and pedagogical practices.

The Sadiq Public School approach is based on:

1. Teachers impart knowledge and skills using a variety of media – talking/lecturing, written notes and diagrams on a whiteboard, demonstrations, initiating practical activities for students to experience what is being learnt.
2. All lessons are taught on the assumption that as the course unfolds, students are creating their own class notes.
3. Students use one standard textbook for each subject; the book recommended by the School. Students possess and use one lined or gridded copy book per subject, into which class notes are created. (Thinner books with less pages are preferable, to minimise the weight being carried from lesson to lesson. If students require, additional copy books should be used – but always a separate book for separate subjects.
4. A student's class notes are created from a combination of teacher-guided media and student-created media.
5. The class notes should replicate/mirror the course outline and the textbook chapter headings so that students can clearly see that their class notes match the course and the examination.
6. Teachers will show students how to use note-taking/making techniques such as underlining, using different colours, diagrams, lists, boxes, etc.
7. In general, the first half of the copy book is for class notes and the second half, indicated with some form of marker is for practice activities, e.g. homework tasks, the questions at the end of a textbook chapter, etc.
8. Students MUST keep a complete and neatly presented set of class notes. If a student misses a lesson, it is his/her responsibility to add in missed work. This may be done by copying another student's copy book.
9. Frequently, teachers will check students' copy books for completion, neatness, accuracy, etc., and to write personalised / individualised feedback to students.

10. Occasional paper handouts may be trimmed and pasted neatly into a copy book, but this should be kept to a minimum because the act of writing/drawing the class notes into the copy book is the student's first step in learning the material being taught by the teacher. Pasting handouts into copy books teaches students how to use a glue stick and scissors; it does not teach a student anything about the material on the handout.

Writing class notes is the basis of our teaching and learning – but of course this is supported by other experiences such as demonstrations, practical activities, etc.

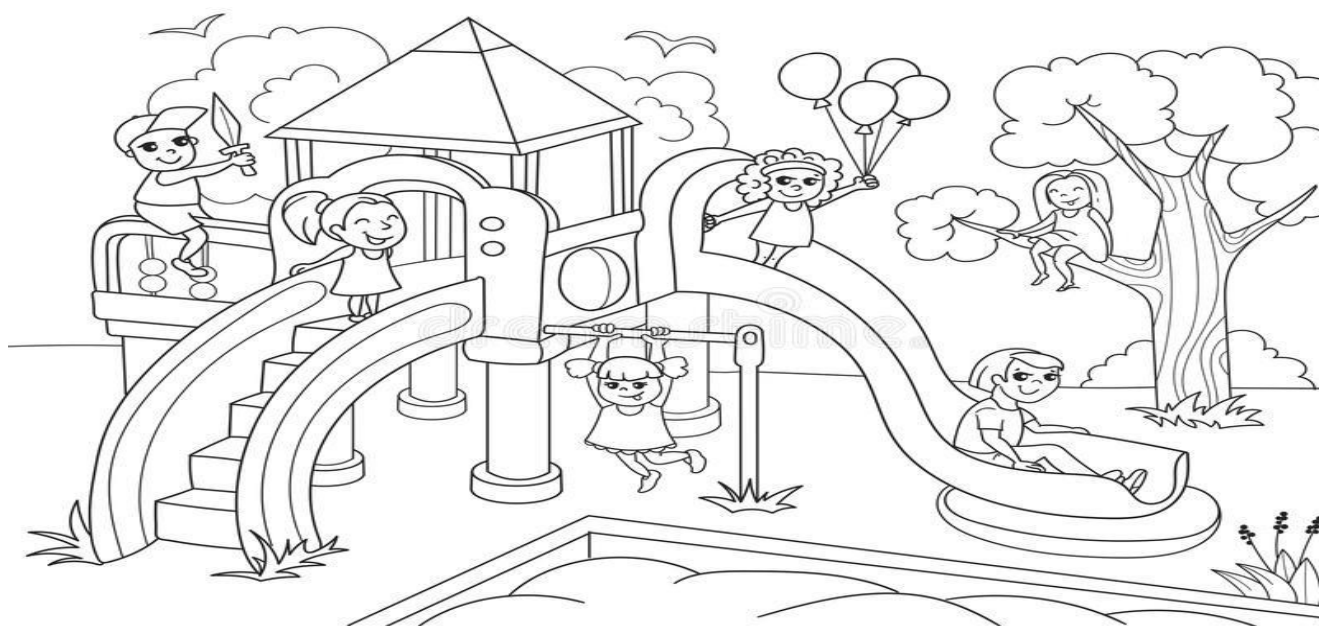
Examination preparation

In the weeks before examinations, students would typically use the class notes and text book to create a set of study notes by re-writing, often in short-hand/note form, using diagrams and mnemonics etc. Doing this reinforces and consolidates the student's class notes. Students would also complete the questions at the end of each chapter on their own. They would attend lessons and, under the teacher's supervision, complete individual exam questions from past papers, in such a way that the teacher 'unpacks' a question, clarifies the demands of the question, and students and teacher collectively create 'perfect' exam answers – all of which models how a student would take an examination, i.e. read the question, unpack the requirements of the question, clarify key terms/vocabulary in the question, pause, think, plan an answer, and then write an answer.

1. English Language

Creative Writing Tasks:

1. Write a paragraph on each of the following topics:
 1. My parents
 2. How to behave in a library
 3. Things I am thankful to have in my life.
2. Describe:
 1. Describe your favourite holiday.
 2. Write about a time when you helped someone. How did you help him or her?
 3. Write about a time when you were hurt playing outside. What happened?
3. Describe this picture.




Vocabulary & Grammar Tasks:


1. Word Bank:
 - Learn the spelling of the given words.
 - Use them in your own sentences.


1.	funny	21.	round	41.	village	61.	socks	81.	occasion
2.	trouble	22.	house	42.	toys	62.	podium	82.	Olympic
3.	beautiful	23.	animals	43.	catch	63.	fair	83.	juggle
4.	pleasure	24.	pulled	44.	bear	64.	stain	84.	borrow
5.	hungry	25.	middle	45.	harm	65.	calm	85.	smash
6.	lucky	26.	barrels	46.	lake	66.	pain	86.	audience


7.	stretch	27.	oars	47.	sing	67.	heal	87.	stuck
8.	famous	28.	story	48.	glow	68.	spear	88.	winner
9.	parcel	29.	blanket	49.	honey	69.	storm	89.	machine
10.	bright	30.	found	50.	rescue	70.	honest	90.	window
11.	pigeons	31.	fun	51.	dream	71.	bottom	91.	hurricane
12.	boxes	32.	lamp	52.	greedy	72.	knight	92.	adventure
13.	shield	33.	magic	53.	noise	73.	swam	93.	attack
14.	helmet	34.	moment	54.	stay	74.	waves	94.	wonder
15.	amazed	35.	friends	55.	bridge	75.	share	95.	carpet
16.	traffic	36.	thirsty	56.	knock	76.	alone	96.	together
17.	prisoner	37.	follow	57.	poor	77.	rules	97.	surprise
18.	different	38.	palace	58.	people	78.	shiver	98.	desert
19.	pictures	39.	foggy	59.	born	79.	worm	99.	caterpillar
20.	washed	40.	sorry	60.	snow	80.	tasty	100.	picnic


2. Adjectives are words that tell more about nouns i.e. small, big, loud, funny etc. Look at the pictures then describe the picture using some adjectives.

	How does it look?	How does it smell?	How does it taste?	How does it feel?	How does it sound?

	How does it look?	How does it smell?	How does it taste?	How does it feel?	How does it sound?

	How does it look?	How does it smell?	How does it taste?	How does it feel?	How does it sound?

	How does it look?	How does it smell?	How does it taste?	How does it feel?	How does it sound?

	How does it look?	How does it smell?	How does it taste?	How does it feel?	How does it sound?

2. Urdu Language

سرگرمی:1

اللہ کی بنائی ہوئی چیزوں کے نام لکھیں اور تصاویر بنائیں۔



☆ اللہ کی بے شمار خوبیاں ہیں کم از کم پانچ خوبیاں لکھیں۔

☆ جملے بنائیے: (3 دفعہ لکھیں)

قرآن۔ انسان۔ دریا۔ بیابان۔ زمین۔ آسمان

سرگرمی:2

حضرت محمد ﷺ کی زندگی ہمارے لیے ایک مثال ہے۔ ان کی دس اچھی باتیں لکھیں۔

☆ جملے بنائیے: (2 دفعہ لکھیں)

کام۔ مثال۔ صاف۔ ہاتھ۔ کھانا۔ کپڑے۔ محبت۔ عہد

☆ ختمہ (-) اور سوالیہ (?) کا استعمال:

سوالیہ جملے کے آخر میں سوالیہ نشان (?) لگاتے ہیں۔

مثال: تمہارا نام کیا ہے؟

بیانیہ جملے کے آخر میں ختمہ (-) لگاتے ہیں۔

مثال: آج اچھا موسم ہے۔

اس طرح کے 10 ختمہ اور 10 سوالیہ جملے لکھیں۔

☆ جملے بنائیے۔ (2 دفعہ لکھیں)

رنگ۔ پیار۔ ستارے۔ ٹوپی۔ نماز۔ غبارے۔ خوش۔ گھر۔ بھائی۔ امی

☆ تمام مرد مذکر اور تمام عورتیں مونث کہلاتی ہیں۔ مثلاً دادا جان مذکر اور دادی جان مونث۔ اس طرح

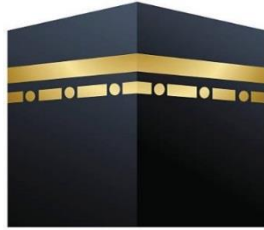
مذکر کے مونث بنا کر 5 دفعہ لکھیں اور یاد کریں۔

سرگرمی نمبر:3

ہر تصویر کے بارے میں پانچ جملے لکھیں



سرگرمی نمبر 4: خانہ کعبہ کی تصویر کسی اخبار سے کاٹ کر لگائیں اور اس کے بارے میں جملے لکھیں۔



سرگرمی نمبر 5:- آپ نے عید کیسی گزاری؟ اس پر پندرہ جملے لکھیں۔

سوالوں کے جواب لکھیں اور تصویریں بھی بنائیں۔

- 1- آسمان پر کیا چیزیں نظر آتی ہیں؟
- 2- جماعت میں کیا کیا چیزیں ہوتی ہیں؟
- 3- باورچی خانے میں کیا چیزیں ہوتی ہیں؟
- 4- پالتو جانوروں کے نام لکھیں اور تصویریں چپکائیں۔
- 5- پرندوں کے نام لکھیں اور تصاویر چپکائیں۔

سرگرمی نمبر 6:- گھر کی تصویر بنانے اور رنگ بھریں۔ گھر کے بارے میں پیرا گراف لکھیں۔

سرگرمی نمبر 7:- تصویر کو عنوان دیں اور اس پر کہانی لکھیں۔



سرگرمی نمبر 8:-
آج کل آپ گھر پر ہیں اپنے روزمرہ کے معمولات کے بارے میں لکھیں کہ سارا دن آپ کیا کرتے ہیں اور والدین کے ساتھ کس طرح پیش آتے ہیں پڑھائی میں کتنا ناظم صرف کرتے ہیں اور کس کام میں گھر والوں کا ہاتھ بٹاتے ہیں۔

قواعد "اسم"

اسم کا مطلب ہے نام کسی بھی چیز جگہ انسان جانور پرندے وغیرہ کا نام اسم کہلاتا ہے۔

مثلاً ابو پکھلا الماری درخت

اسی طرح 20 اور اسموں کے نام لکھیں۔

ہدایات:- دیا گیا کام خوشخط لکھیں روز خوشحظ کی مشق کریں بچوں کی کہانیاں پڑھیں۔ نماز باقاعدگی سے ادا کریں۔

3. Mathematics

Task 1. Circle the digit in the

- ones place 892
- hundreds place 601
- tens place 237

Task 2. Here is a list of numbers.

23 28 33 43 46 52 59

Draw a ring around two numbers with a total of 74.

Task 3. What is the value of the digit 7 in the number 573?

Task 4(a). What fraction of this cake has been eaten?



(b) What fraction of the cake is left?

Task 5. Look at these numbers.

470 , 509 , 324, 111 , 999

- The greatest number is _____.
- The smallest number is _____.

Task 6. If you multiply both digits of the number 35, you get 15. How big is the sum of both digits ?

Task 7. In a trunk there are 5 boxes and in each box there are 10 gold coins. The trunk and the boxes are locked.

How many locks must be opened in order to get 25 gold coins?

Task 8. Using 2, 6 and 9 make the greatest number and the least number.

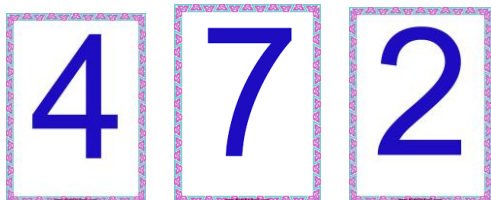
Task 9. 1 thousand = 10000 True / False

Task 10. Write the missing numbers in the

blanks to complete the sequence.

313 , _____, 319, _____, 325, 328, _____

Task 11. Three numbers are written on the following cards as shown.



What is the smallest number you can form with the given cards by placing them in a row?

Task 12. $100 + \underline{\quad} + 4 = 164$

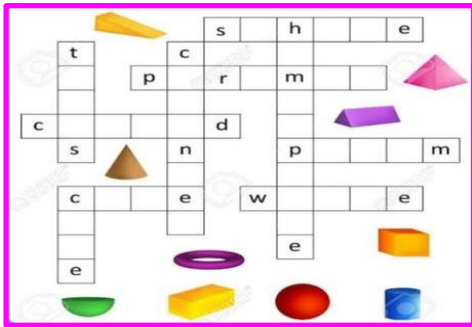
Task 13. Subtract 150 from 200.

Task 14. If you drink 2 liters of water per day. How much water will you drink in 10 days?

Task 15. What is 10 more than 140?

Task 16. How many hours are there in a day?

Task 17. Write the names of the shapes and complete the puzzle.

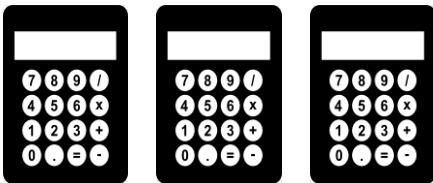


Task 18. How many tens make 90?

Task 19. By using ice-cream sticks or colour pencils construct 3D objects(cube, cuboid, cylinder, cone and sphere) and learn their names, faces, edges and vertices.

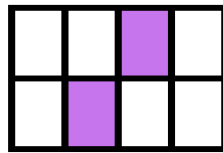
Task 20. Does a ball look like a circle or a sphere?

Task 21. Divide 30 calculators into packs of 3.How many packs will be there?



Task 22. What fraction of these shapes is shaded?





Task 23. Colour 4/6 part of the shape.



Task 24. Circle all the odd numbers from the list below.

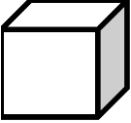
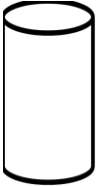
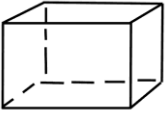
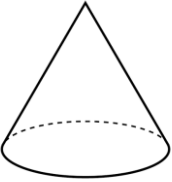
42 37 21 26 38 63

Task 25. Which of these numbers are divisible by 5?

32 51 45 20 18

Task 26. What's my number? If I multiply my number by 9, the answer is 54.

Task 27. Write the name, faces, edges and vertices of these shapes.

	Name	Faces	edges	vertices
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Task 28. Calculate.

- | | |
|---------------|-------------|
| 1. $36+47$ | $85 - 43$ |
| 2. $57+32$ | $72 - 59$ |
| 3. $648+ 225$ | $786 - 456$ |
| 4. $394+237$ | $432 - 187$ |
| 5. $185+495$ | $560 - 274$ |

Task 29. Calculate

- | | |
|------------------|---------------|
| 1. 43×2 | 12×2 |
| 2. 57×4 | 27×3 |
| 3. 76×3 | 32×4 |
| 4. 29×5 | 40×5 |
| 5. 83×6 | 54×6 |

Do all these tasks carefully and learn tables from 2 to 6.

4. Islamiat

- Recite and learn Allah's names by heart from 1 to 30.
- Learn the sacred words with translation by heart:

Translation: **So ALLAH wishes**

We say this: When we like something.

Translation: **If Allah Wishes.**

We say this: When we wish to do something.

Translation: **All praise unto Allah**

We say this: To praise something



Recite and learn Durood-e-Ibrahimi by heart.

- **Recite and learn Rabbana Atina by heart:**
- **Recite and learn the following Surahs;**
 1. Surah-ul-Kauser
 2. Surah –ul-Asr
- Recite and learn 2nd and 3rd Kalima

5. Pakistan Studies

- Draw a family tree, paste pictures of each member of your family and write a sentence about each one on a chart paper. (My Family Tree)



➤ Task 2: Scrap book work

- Find out different buildings in your community, paste their pictures and write a few sentences about each (school, hospital, house, market, etc.).
- Draw or paste pictures of the following :
 - Different types of houses :
(Igloo ,Villa ,Apartments ,Bungalow, Skin tents ,Huts)
 - Different types of animal houses :

Rabbit –burrow

Lion – den

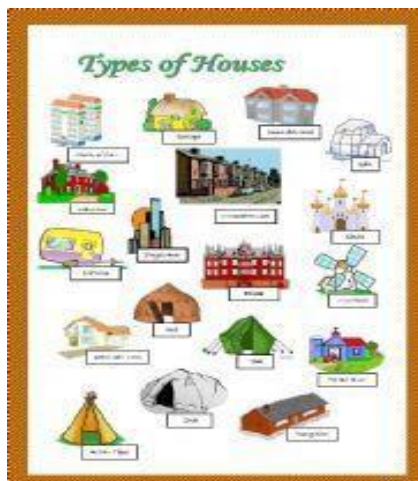
Horse – stable

Dog – kennel

Hen – coop

Bird - nest

(Types of houses)



➤ **Task 3:**

- Draw a picture of your home and write few words that describe your home.
- Draw or paste the picture of your school and write a few sentences about your school in scrap book.



➤ **Task 4:**

1. Collect information about different community helpers like doctor, teacher, carpenter, fireman, policeman, etc. Draw or paste their pictures in the scrap book and write a sentence about each as well.

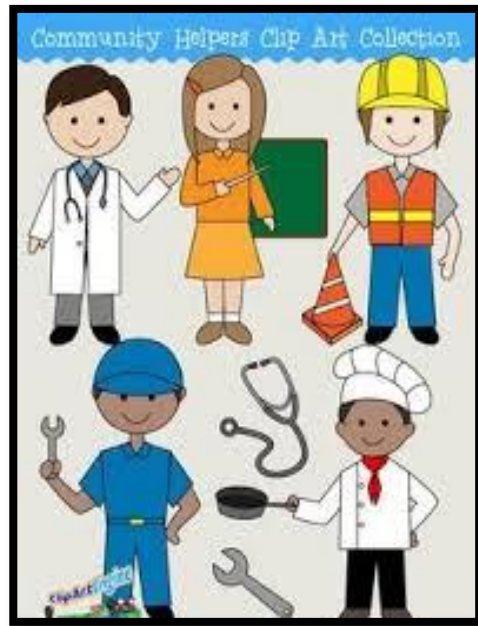
2. Solve these puzzles.

HOUSE WORD SEARCH

b	k	r	o	o	f	s
w	i	n	d	w	i	
a	t	h	o	u	s	e
l	c	a	t	d	r	j
l	h	f	l	o	o	r
b	e	d	r	o	o	m
h	n	t	e	r	m	n

Can you find these words?

window	wall	room	cat
roof	kitchen	floor	
door	bedroom	house	



Name: _____ Date: _____

Community Helpers Word Search

Directions: Look for the community helpers and their equipment in the puzzle below. Use the word bank to help find all of the community helper words. Look up and down and side to side!

M	A	I	L	C	A	R	R	I	E	R	A	H
F	D	U	S	K	Y	S	C	R	A	P	E	R
P	O	L	I	C	E	O	F	F	I	C	E	R
S	C	U	C	B	O	E	B	I	S	H	H	U
H	T	O	K	U	S	T	A	M	P	A	E	L
H	O	S	E	I	S	K	D	A	D	R	L	E
S	R	B	A	L	C	H	G	S	I	D	M	T
E	S	W	L	D	A	Y	E	P	R	H	E	T
H	A	M	M	E	R	S	T	E	T	A	T	E
I	O	F	I	R	E	F	I	G	H	T	E	R

police officer firefighter doctor hose
letter hard hat sick mail carrier
skyscraper builder stamp
badge dirt hammer

6. Science

Task 1: The environment is the name given to our surroundings. The conditions in an environment affect which plants are found there. Choose one of the plants you like in your local environment. Plant it in a pot at your home and take good care of it. Write at least ten sentences about why you choose it and how you help it to grow.



Task 2: By reducing, reusing and recycling waste, we can help to improve our environment. Make a booklet of rules that one should follow to improve his/her environment. Draw or paste pictures of any 5 materials in your environment that can be recycled.

Task 3: Draw and colour different animals found in different regions in your scrapbook.

Task 4: Design a poster to make people aware of how their actions can make their surrounding polluted.

Task 5: Paste any 10 living things and 10 non-living things in your scrap book.

Task 6: Make a model of circuit using

- a cell i.e. battery
- a wire
- a bulb

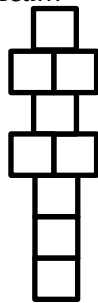
Task 7: Make a list of five things each that you can;

- twist
- stretch
- heat
- cool
- dissolve in water

7. Sports

Sadiq Public School's curriculum is more than just academic subjects. This is one of the main ways that Sadiq Public School is so unique. We aim for all students to learn the value of team sports sportsmanship and good health through regular physical activity. You can learn some of these even while at home.

1. Choose 2-3 physical exercises and practice doing these every day. It may be press ups, step ups (walking up and down 3-4 stairs repeatedly), star-jumps, squats... You should do 2-3 of these every day for about 30 minutes every day. Early in the morning is probably better. You are aiming to make it a daily habit that you will still be doing when you're 50 years old. You can challenge yourself to do more each day or more in the 30 minute session. You can challenge your parents (but remember that they're very old and so be gentle with them).
2. Think of a skill-based physical activity that involves some coordination, such as juggling three balls or skipping rope. Now teach yourself how to do this. And when you're proficient, teach someone else. Why? Doing these things occupies your brain and that means you're not thinking about other things – so these activities become a good way to relax, distract your brain from things that are causing you stress (like exams!)
3. Ball games are good for reducing stress, and sneakily using up energy and so keeping you fit and healthy and helping you to sleep properly. If you have brothers and sisters at home you can ball games like mini-cricket, catching & throwing, bouncing a ball against a wall and catching it (who knows you may be selected as wicket-keeper for the 1st XI).
4. Hop-scotch. You might have to ask your parents how to play this. With chalk, draw a grid of 9 squares on a paved area...



Stand at the bottom of the grid. Each square has a number 1-9 in it (I can't draw the number with my computer, but you can with chalk.) Use a small stone and slide it first to the 1st square. Hopping, jump over the square with the stone in it, continue hopping up the grid in the correct order, turn around, hop back to the 2 square, bend down and pick up the stone (you're not to put your other foot on the ground otherwise it's too easy), and then back to the start. If you succeed, now slide the stone to the 2 square and hop away, and back, bend down pick up the stone, hop to the start... etc. If you miss the square with your stone, or you put your non-hopping foot down your turn has ended and the next player starts. Yes, parents can play too, but not your neighbours or your cousins who live in Lahore because they're staying home and staying safe. If you don't like my rules, make your own. But once you make the rules, no cheating.

8. Community service

Community service simply means serving our community – doing something to help the community. In the current situation we can all serve our community by staying at home / staying away from other people and washing our hands frequently with soap because when we do this we stop the virus being passed from one person to another. If we all do this, our whole community will be helped.

You can help the whole world's community by doing what you can to reduce plastic waste. You can do this by refusing plastic bags at shops. Make your own paper bags at home and take these to the shops and so not use plastic bags. Buy less (or even none) products that have plastic packaging. Glass can be recycled and so that's fine.

Bury biodegradable waste in your garden rather than send it by rubbish truck to a dump somewhere. Fruit, vegetable scraps, leftover food etc. will rot in your garden and so quickly convert back into soil and return nutrients to plants. Paper waste will do the same.

Turn off lights and other electricity-users when not needed and do not let water taps run needlessly.

Look for ways to help others. Practise saying, 'can I help you?' with family members and then helping will become part of who you are.

There is an interesting theory that the virus that has caused this current situation was passed to humans because animal habitats, especially forests, are being destroyed. Destroying forests, whether for the timber, for clearing land to use for agriculture, or simply to burn the wood as fuel, is called deforestation and it is the main cause of climate change. The next few pages will help you learn more about deforestation and its very bad effects on the planet and human life.