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Date: 6th July 2020

Day: Monday

Lesson 3: Climate

(Book page 19-21)

Web link: https://youtu.be/azdv_ABxYHM

Introduction and understanding about climate and its effecting features:

- Climate means the weather condition in a region over a long period of time.
- The climate of a place can be very hot as on the equator.
- Climate has a great effect on people's lives plant crops and on the land in an area.
- In Pakistan, some areas in Sindh and Baluchistan are hot throughout the year.
- Rainfall or humidity is a very important factor for climate and plant growth.
- The earth is surrounded by the atmosphere.
- Places close to the sea usually have cool breezes blowing from the sea towards the land.
- The monsoon is a seasonal wind that blows from June to September.
- In Pakistan the monsoon arrives in the summer.
- Winter rainfall is mainly in the north and west of the country.

Date: 7th July 2020

Day: Tuesday

Assignment: 01 (unseen/contextual)

Q: 1 Choose the correct option.

1. _____ means the weather conditions in a region over a long period of time.

- A. Climate B. weather C. both A&B D. None

2. In Pakistan, some areas in the _____ are hot throughout the year.

- A. Punjab B. Sindh C. both B & D D. Baluchistan

3. The _____ is surrounded by atmosphere.

- A. Environment B. Earth C. both B & D D. Baluchistan

4. Forest attract _____.

- A. Rain fall B. climate C. Environment D. Mountains

5. Monsoon is a seasonal wind that blows from _____ to September.

- A. May B. August C. January D. June

6. In Pakistan the monsoon arrives in the

- A. summer B. spring C. Autumn D. Winter

Q: 2 put a tick against true statement and a cross against the false ones.

1. High areas are usually hot.
2. Cool breezes blow from the sea towards the land.
3. Deserts are very dry laces.
4. Forests do not receive much rainfall.
5. Places close to the sea are always very hot.
6. Pakistan has a very wet climate.

Date: 8th July 2020

Day: Wednesday

Climatic Conditions

- As Pakistan is located on a great landmass north of the tropic of cancer, it has a continental type of climate characterized by extreme variations of temperature, both seasonally and daily. Very high altitudes modify the climate in the cold, snow-covered northern mountains. Whereas most regions have very hot days in summers & very cold in winters. Pakistan lies in monsoon region & frequent rainfalls & storms occur during the season causing large scale destruction every year.




Q: 3 Answer the following questions

1. What is the importance of climate for a region?

Answer: Climate has great effect on people's lives, plants, crops and land.

Answer _____

2. Which part of country is warmer?

Answer: South of the country.

Answer _____

3. Explain how the height of a place affects its climate?

Answer: The climate is colder when we go to high places.

Answer _____

4. Why, do you think, is rainfall such an important factor for climate?

Answer: **1.** It helps plants to grow.
2. It cools the temperature.

Answer _____

5. What effect does closeness to the sea have on the climate of a place?

Answer: Closeness to the sea helps to keep the temperature of the place down hot in the summer months.

Answer _____

6. Give examples of the usefulness of weather forecasts.

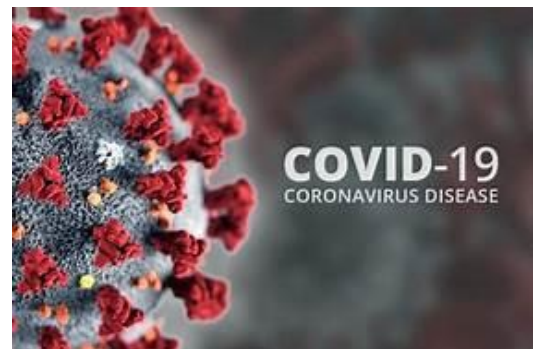
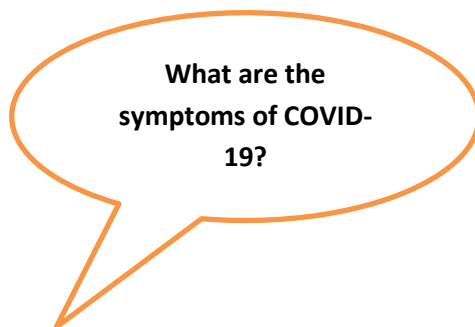
Answer: **Example 1.** If farmers know that there will be no rain, they can arrange water to their crops. **Example 2.** It also helps to decide what to wear and what to take with us when we go out.

Answer: _____

Date: 9th July 2020

Day: Thursday

Activity:



Date: 10th July 2020

Day: Friday

LESSON # 4: Land Forms

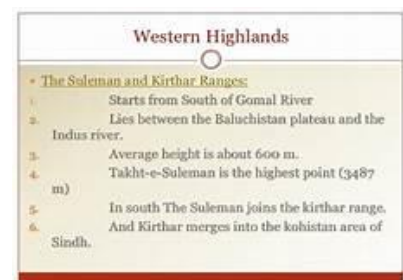
(Book page 27-29)

Web link: <https://youtu.be/GKGfmwfmduY>

Introduction and understanding about Landforms and physical regions of Pakistan:

Outline:

- Landform is a natural feature of earth surface.
- The earth consists of four layers.
- Crust is the upper most layer of earth.
- An earthquake can also cause a tsunami.
- There are two separate physical region of Pakistan; 1. The western highlands 2. The river Indus.
- The western highlands are situated in the west and north of the country.
- The extreme north is a mountainous region.
- The sub-Himalayas rise to a high of 600 to 1200 metres above sea level.
- The Lesser Himalaya is 1800 to 4600 metre high.
- The great Himalayas are 4600 metres high.
- Nanga Parbat in the Himalayan range is the second highest peak in Pakistan.
- K-2 at 8611 metres is the second highest peak in the world.
- The Karakorum highway is the eighth wonder of the world.
- The Karakorum highway connects Pakistan and China.



Date: 11th July 2020

Day: Saturday

Assignment: 02 (unseen/contextual)

Q: 1 Choose the correct option

1. The great Himalaya is _____ meters high.

A. 8611

B. 8161

C. 6400

D. 4600

2. Mount Godwin Austen is the _____ highest peak in the world.
 A. First B. second C. third D. Fourth
3. The _____ highway connects Pakistan and China.
 A. Karakorum B. K-2 C. both a & b D. None
4. The _____ highway is known as eighth wonder of the world.
 A. K-2 B. Mount Everest C. both a & b D. Karakoram
5. The Khyber Pass links _____ with Kabul.
 A. Quetta B. Karachi C. Peshawar D. Sahiwal

The mighty river Indus is about _____.

- A. 2600km B. 2900km C. 2700km D. 2800km
2. River Indus starts high up in the Himalaya Mountains near a lake called _____.
 A. Potohor plateau B. Mansorwar C. Tibet D. Kalabagh
3. The Indus turns south at a point about _____ north of Islamabad.
 A. 600km B. 400km C. 200km D. 100km
4. About 650km before the Indus reaches the _____.
 A. Jhelum B. Chenab C. Ravi D. Arabian Sea
5. _____ carry the river water too many places in the planes.
 A. Streams B. Canals C. sea D. None of these
6. Most of our big cities and towns are in the _____.
 A. Streams B. Indus planes C. deserts D. River
7. Other great river of the Punjab flow together before joining the Indus at _____.
 A. Mithankot B. Gilgit C. Hunza D. Tibet
8. About _____ kilometres before the Indus reaches the Arabian sea.
 A. 650 B. 750 C. 850 D. 950
9. A _____ is the lowland area between mountains or hills.
 A. deserts B. plants C. Valley D. hills

Date: 13th July 2020

Day: Monday

Q: 2 (A) look up these words in dictionary and write down their meanings:

Web link: <https://youtu.be/WaWugcu2pWk>

1. Glacier:

2. Pass:

3. Valley:

4. Plateau:

5. Delta:

6. Basin:

7. Tributary:

8. Gorge:

Answer key:

1. A glacier is a mass of ice snow that slowly moves down mountain slopes.
2. A pass is a natural route through mountains to transport people and goods.
3. A low area between hills or mountains
4. An area of fairly level high ground.
5. A delta is a triangle alluvial tract of land at the mouth of a river.
6. A basin is a bowl-shaped tract of land drained by a river and its tributaries.
7. A tributary is a branch of a large river.
8. A gorge is a steep, narrow valley or ravine.

(B) There are some important lakes in Pakistan. Find out their names and location. one example is given below.

Student activity →

Name	Location
Lake Saif-ul-Mulook	Kaghan

Climatic zones of Pakistan

- **Highland Zone:**
- **Region:** Northern, north western and western highlands.
- **Areas:** Chitral, Murree, Muzzafarabad, Drosh, Quetta, Kalat, Parachinar, Waziristan
- **Climate:** the winters are long, cold and snowy and summers remain short and mild
- **Rainfall** is normally associated with altitude. Rainfall in Northern Mountain is highest in the highland zone. Rainfall in the western mountain is less
- The temperature conditions also vary from north to west depending on the altitude.

Date: 14th July 2020

Day: Tuesday

Q: 3 Answer the following questions.

1. In which Provinces, will you find western highlands?

Answer: In all the provinces of Pakistan, Punjab, Sindh, K.P.K, Baluchistan, Gilgit Baltistan.

Answer: _____

2. Which is the highest peak in Pakistan? How high is it? Where is it located?

Answer: K-2 is the highest peak in Pakistan.

It is 8611 meters high.

It is located in Karakoram Range.

Answer: _____

3. Name the main mountain passes found in Pakistan.

Answer: 1.Khyber Pass 2.Khunjerab Pass 3.Khojak Pass 4.Karakoram Pass

Answer: _____

4. Where does the river Indus start?

Answer: It starts high up in the Himalaya Mountains.

Answer: _____

Date: 15th July 2020

Day: Wednesday

Q: Answer the following questions.

5. Which area is the most populated? Why?

Answer: The most populated area is the Indus Plains because of its best agricultural land.

Answer: _____

6. How are some areas of the country supplied with water?

Answer: Canals carry the river water to many areas.

Answer: _____

7. In Which part of Pakistan do you find deserts? Why?

Answer: The deserts are found along the eastern border of Pakistan and in the south-eastern part.

Answer: _____

8. How are valleys formed?

Answer: Valleys are formed by fast flowing water or movement of glaciers.

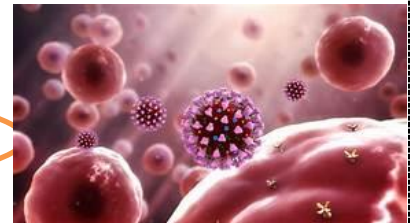
Answer: _____

Date: 16th July 2020

Day: Thursday

Activity:

How is the corona virus transmitted?



Date: 17th July 2020

Day: Friday

Lesson # 5 Land use: farming and forests (Book page 36-38)

Web links: <https://youtu.be/0he7mH5Dka4>

Introduction and understanding about soil and agriculture:

- The agricultural and industry depend on the kind of soil.
- In some places, no crops can be grown because of the shortage of rain and water and soil is poor.
- There are huge glaciers covering the ground in some part of northern area.
- In the south, there is the delta of the river Indus.
- There are desert areas in the east and west of Pakistan.
- The most fertile soil is called alluvial soil.
- Alluvial soil found in the snowy the plains around the great rivers
- In the mountains, the rivers are fast flowing they break up the rocks and cut through the earth. This is called erosion.
- The Topsoil is usually fertile and good for crops.
- The Khyber Pass link Peshawar with Kabul.
- A very important part of farming is livestock farming.

Date: 18th July 2020

Day: Saturday

Assignment: 03 (unseen/contextual)

Q: 1 Choose the correct option

1. The agriculture and industry of a country depend on the kind of_____.

- A. desert B. soil C. plants D. forests

2. There are huge _____ covering the ground in some parts of snowy area.

- A. desert B. glaciers C. forests D. plants

3. There are _____ areas in the east and west of Pakistan.

- A. desert B. fertile C. forests D. crush

4. In the south, there is the delta of the _____.

- A. punjnad B. Ravi C. both a & b D. river indus

5. The Khyber Pass link _____ with Kabul.

- A. Quetta B. Karachi C. Peshawar D. Sahiwal

6. The most fertile soil is called _____.

- A. top soil B. Forests C. Fertile soil D. rocky mountains

7. The _____ is usually fertile and good for crops.
 A. desert B. top soil C. Fertile soil D. forests
8. A very important part of farming is _____.
 A. Poultry farm B. plantation C. livestock farming D. both a & c
9. _____ forests grow in snowy conditions similar to those in the Alps.
 A. Alpine B. Coniferous C. Dry D. Mangroves
10. _____ forests found in the lower part of the mountains of the north.
 A. Alpine B. Coniferous C. Dry D. Mangroves

Date: 20th July 2020

Day: Monday

Q: 2 Fill in the blanks.

1. ----- are used by farmers to make their crops grow well.
2. The most fertile soil is called ----- soil.
3. Animals that work on farms includes-----, -----and-----.
4. Wood from the ----- tree is used to make ploughs.
5. Forests planted by man are called-----
6. Wood from the babul is used to make ----- and-----.

Answer key: 1. Fertilizers 2. Alluvial soil 3. Cow, oxen and sheep
4. Babul 5. plantations 6. Wheels, oil presses and ploughs

Q: 03 Fill in the columns below for crops grown in Pakistan.

Food crops	Cash crops

Answer key: Food crops: (wheat, rice, maze, jawar, bajra) Cash Crops: (cotton, sugar cane, sugar

beet, tobacco)

Date: 21st July 2020

Day: Tuesday

Answer the following questions.

1. In which part of Pakistan is it difficult to grow crops? Why is that so?

Answer: In some parts of Sindh, K.P.K and Baluchistan In Deserts.
Because there is little water and the soil is poor.

Answer: _____

2. What is alluvial soil? Where is it found?

Answer: The most fertile soil is called Alluvial soil. It is found in the plain around the great rivers.

Answer: _____

3. Pakistan is an agricultural country. What are the requirements for successful agriculture?

Answer: For successful agriculture, rich and fertile soil and lots of water is needed

Answer: _____

Date: 22th July 2020

Day: Wednesday

4. Why is livestock farming important for Pakistan?

Answer: Livestock farming provides us with meat, milk, dairy, eggs and chickens.
Animals are also used to pull ploughs and carts.

Answer: _____

5. What kind of forests are found in the mountain areas?

Answer: Alpine and Coniferous trees are grown in the mountainous areas

Answer: _____

6. In which areas of Pakistan are thorn and mangrove forests found?

Answer: Thorn or Rakh forests: These are found in the western part of **Baluchistan** and most of Punjab and Sindh. Mangroves forests: These are found in south of Pakistan.

Answer: _____

7. List the reasons why forests are important?

Answer: Forests are important because:

1. Green plants make oxygen which is important for human and animal life.
2. Animals need plants as food.
3. Medicines and paper are made from plants.
4. Furniture and buildings are made from wood.
5. Trees are homes for birds, small creatures and insects.
6. Trees give us fruit, flowers and nuts.

Answer: _____

Date: 23rd July 2020

Day: Thursday

Lesson # 6 Water and power

Web links: <https://youtu.be/12weUYn3GoY>

Introduction and understanding about soil and agriculture:

outline:

- Natural resources are those things which are found on or in the earth, mostly in large quantities.
- The water on earth is heated by the sun.
- In summer, the snow melts and increases the amount of water in the rivers flowing down the mountains.
- Wells are large holes dug in the ground to obtain water from underground sources and also to store water.

- In recent years the water from pen wells has not been enough to meet our needs.
- Water from many hundreds of metres below the surface is pumped by the electric or diesel pumps.
- Due to the shortage of electricity in Pakistan farmers are using solar pumps.
- In the northern parts of our country we have fast flowing rivers.
- Sukkhar barrage is built on the River Indus.
- Fossil fuels are found underground.
- Hydro means water.

Date: 24th July 2020

Day: Friday

Assignment# 04 (unseen/contextual)

Q: 1 Choose the correct option

1. _____ are those things which are found in the earth.
A. Salty areas B. Electricity C. wind D. Natural resources
2. The water on earth is heated by the _____.
A. shadow B. sun C. ice D. water vapours
3. _____ are large holes dug in the ground to obtain water from underground sources.
A. solar pumps B. wells C. tube well D. Dams
4. Water from many hundreds of meters below the surface is pumped by _____.
A. electric pumps B. diesel pumps C. both a & b D. Dams
5. In the _____ part of country we have fast flowing rivers.
A. Southern B. Eastern C. western D. None of these
6. _____ is built on the River Indus.
A. Ravi river B. Chenab river C. Sukkhar barrage D. Sutlej River

Date: 25th July 2020

Day: Saturday

Q: 2 look up these words in dictionary and write down their meanings:

Web link: <https://youtube.be/ZTr2ndsE1i8>

1. Reservoir:

2. Glacier:

3. Dam:

4. Barrage:

5. Resource:

6. Canal:

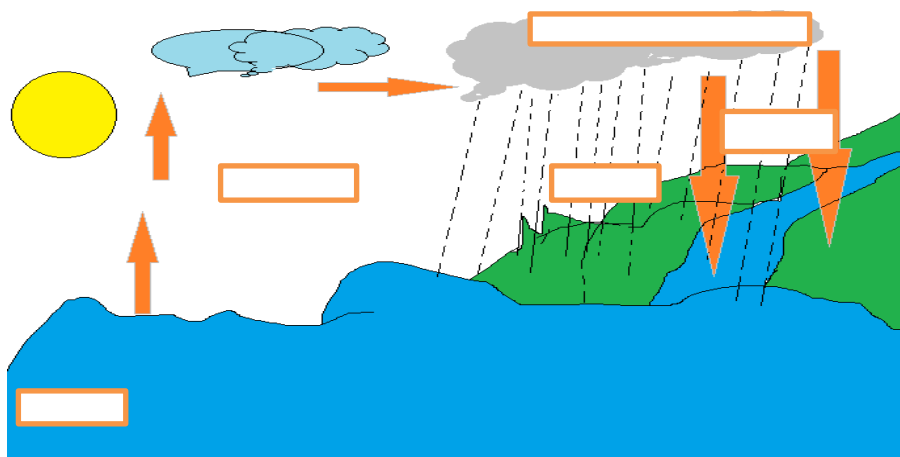
7. Hydroelectricity:

8. Turbine:

Answer key:

1. A place where water is stored.
2. Large mass of ice called glacier
3. A dam is a wall built to water back.
4. An artificial barrier to cross a river down.
5. Something can be used an asset.
6. An artificial waterway
7. Electricity produced by water.
8. A machine driven by a flow of river.

Activity: Label the diagram



Date: 27th July 2020

Day: Monday

Answer the following questions.

1. What are the sources of fresh water in Pakistan?

Answer: The sources of fresh water in Pakistan are:

1. Rain 2. Snow 3. Lakes 4. Rivers 5. Glaciers 6. Tube-wells

Answer: _____

2. Explain the difference between well and tube well?

Answer: Wells: Wells are large holes dug in the ground to get water from underground and also to store water.

Tube-well: In a tube-well, a tube is used to get underground water by pump or motor.

Answer: _____

3. Name some of the ways in which water is used.

Answer: Water is stored in wells, tanks, dams and reservoirs.

Answer: _____

4. How would you describe an industrial country?

Answer: An industrial country produces goods using its own power and natural resources.

Answer: _____

5. From where does Pakistan obtain raw material for its industry.

Answer: From the land, sea and oceans. Pakistan also imports raw material from other countries.

Answer: _____

6. Name the essential requirements for the industry.

Ans 06: An industry requires: Funds, power, workers, raw material, water, machines.

Ans: _____

7. Why is water important for industry?

Answer: Water is important for industry as it is used during production process.

Answer: _____

8. What kind of power and energy used in Pakistan.

Answer: 1.Electrical power 2.Atomic power 3.Solar power 4.Gas or biogas

Answer: _____

Date: 28th July 2020

Day: Tuesday

UNIT:02 Citizenship

LESSON: 07 Peace and conflict

Web links: <https://youtu.be/vbKSIsENcwo>

Understanding about peace and conflict: (page 55-56)

Outline:

- A peace is a disagreement or a fight.
- Conflict between countries can lead to war.
- When a war has ended, there is peace.
- In the last 30 years there have been more than 120 wars in the world.

- There are organizations in the world that are dedicated to finding peaceful solutions to conflict.
- There are organization in the world, such as United Nations (UN).

Date: 29th July 2020

Day: Wednesday

Assignment:05 (unseen/contextual)

Q: 01 Choose the correct option.

1. A _____ is a disagreement or a fight.
A) Peace **B) conflict** C) war D) none of these
2. _____ causes a lot of damage, suffering and pain
A) Peace B) conflict **C) war** D) none of these
3. In the last 30 years there have been more than _____ wars in the world.
A) 100 B) 105 C) 110 **D)120**
4. Life during war time is _____
A) Happy B) successful **C)stressful** D)Ridiculous
5. Clear communication and cooperation can prevent or stop_____.
A) war B) Peace C) Ridiculous **D) conflicts**

Q: 2 put a tick against true statement and a cross against the false ones.

1. The UN has 51 member states.
2. It is difficult to think clearly if you are angry.
3. It is OK to hit someone if they annoy you.
4. Conflict is a part of life.
5. There are no solutions to conflicts.

Date: 30th July 2020

Day: Thursday

Q: 3 Answer the following questions.

1. Define the terms peace and conflict.

Answer: Peace: When there is no war, no unrest there is peace.

Conflict: A conflict is a fight or a disagreement

Answer _____

2. What does the UN do?

Answer: UN finds peaceful solutions to conflict between countries.

Answer _____

3. How many wars have there been in the world in the last 30 years?

Answer: In the past thirty years there have been more than 120 wars in the world.

Answer: _____

4. What are some of the things that happen when there is a war?

Answer A war can stop:

1. Education
2. Normal services like electricity and health care
3. People can be Injured or die.
4. Life becomes stressful

Answer _____

5. Why do we need to be calm to resolve conflicts?

Answer: Conflict can make us feel angry or sad. Then it is difficult to thin clearly and resolve conflict.

Answer _____

6. What does `soothing` mean?

Answer : Soothing means "to calm down" or "to reduce pain".

Answer _____

Social studies PAPER PATTERN for 4th (2020-2021)

1. MCQs	15*1=15
2. True/False	10*1=10
3. F/B	10*1=10
4. M/Column	5*1=5
5. Short Qs of 2 Marks	9*2=18
6. Short Qs of 3 Marks	3*4=12
7. Long Qs of 6 Marks	5*6=30

Grand Total=100