

**TOMLINSON DEPOT SCHOOL GRADE 7 END OF TERM 1 EXAM
2011**

MATHS PAPER 1

TIME 2 HOURS

Instructions to candidates

1. Read all the instructions carefully
2. Do not open this booklet until you are told to do so by the invigilator.
3. If you do not understand the instructions, ask the invigilator to explain them to you before you start.
4. Answer all questions on a separate answer sheet provided.

1. Fifty-eight thousand and eight is _____.
A. 5 800 B. 58 800 C. 58 0058 D. 580 008
2. The value of the underlined digit in the number 525,249.
A. 4 hundredths B. 4 tenths C. 4 tens D. 4 hundreds
3. Round off 9,69 to the nearest whole number.
A. 9 B. 10 C. 900 D. 970



- The name of the shape above is _____.
A. an isosceles triangle
B. an equilateral triangle C. a scalene triangle D. a right-angled triangle
5. 4 005 grammes is _____.
A. 400,5 kg B. 4,005 kg C. 40,05 kg D. 4,050 kg
 6. 11:30 pm in 24 hour notation is _____.
A. 11:30 B. 2330 hours C. 0030 hours D. 2300 hours
 7. $\frac{12}{100}$ in its lowest terms is _____.
A. $\frac{6}{5}$ B. $\frac{3}{25}$ C. $\frac{3}{4}$ D. $\frac{4}{5}$
 8. $2\frac{4}{5}$ of $\frac{5}{1}$ _____
A. 2 B. $\frac{10}{5}$ C. 20 D. $2\frac{4}{1}$
 9. CXXIV = _____
A. 104 B. 124 C. 14 D. 114
 10. What is 4 009 cents in dollars?
A. \$400,90 B. \$40,09 C. \$40.90 D. \$4,09
 11. What fraction of \$6 is \$1,50. _____
A. $\frac{1}{4}$ B. $\frac{3}{4}$ C. $\frac{5}{4}$ D. $\frac{150}{600}$
 12. The area of a triangle with a base of 11 cm and perpendicular height of 8 cm is _____
A. 44 cm B. 22 cm² C. 44 cm² D. 22cm
 13. Ben's span is 15 cm. he measured the length of the chalkboard and it was 20 spans.
How long is it in cm? _____
A. 15 cm B. 30 cm C. 300 cm D. 3 cm
 14. 16 hours as a fraction of a day is _____.
A. $\frac{2}{4}$ B. $\frac{2}{3}$ C. $\frac{1}{2}$ D. $\frac{16}{48}$
 15. If petrol costs \$3,56 a litre the cost of 10 litres _____
A. \$35,60 B. \$30,56 C. \$13,56 D. \$3,56
 16. Find the sum of 2 739 ; 1 297 and 12.
A. 4 256 B. 4 336 C. 4 148 D. 4 418
 17. 50,0 – 37,5 _____
A. 20,0 B. 22,5 C. 12,5 D. 15,0

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das schädliche ldl cholesterin im blut reduziert und so arteriosklerose vermindert

sportübungen für zuhause herztiftung - Mar 31 2023

web hampelmann kniebeugen und co einfaches training für zu hause um sich fit zu halten geben wir ihnen in unserem bewegungsratgeber 10 leicht umzusetzende sportübungen an die hand die unkompliziert und überall ohne probleme schnell ausgeführt werden können

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web aug 7 2022 herztraining so trainieren sie ihren wichtigsten muskel das herz lässt sich fit machen wie andere muskeln ein gesundes herz verlängert sogar das leben was man über herzfrequenz

herzgesundheit 13 tipps für ein gesundes herz gesundheit de - Nov 26 2022

web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

herzsport diese Übungen für zu hause focus arztsuche - Sep 24 2022

web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

entspannungs training für ein gesundes herz praxisvita - Jun 21 2022

web apr 26 2017 forscher der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungs Übungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzinfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz