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SOCIAL STUDIES



GRADE

5

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PREFACE

Wizz Social Studies for grades 1 to 5 has been conceptualized, penned, composed and designed by professionals and educators who have vast experience of dealing with subject of science in the past. Our books lie well within the frameworks defined by National Curriculum. The newly introduced National Assessment Framework (NAF), that is now an integral part of National Curriculum Framework (NCF) has been particularly incorporated in Wizz Social Studies Series to make sure that basic purpose of this initiative regarding policy and practice level to improve quality of education is actually met. The quality of education has been further made sure with holistic and cognitive approach that identifies specific areas of learning and development that a today's student requires. The series:

- Guides students in a very simple way how to solve the cognitive tasks by creating a comfortable zone.
- Encourages students to practice and apply concepts.
- Involves students in interactive exercise and activities.
- Help students to create a natural space for thinking through well-planned activities.

WHY WIZZ PUBLISHERS?

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- Backed by practical experience and critical analysis for over 30 years.
- Developed, designed and printed with the latest and modern techniques.
- Available at economical prices keeping in view the recent economic melt down domestically.
- Based on well-planned activities and systematically developed exercises.
- Helpful for students to develop the 21st century life skills for a bright future.

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Wizz World of Social Studies

GRADE 5

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Unit 1A

Citizenship

Students' Learning Outcomes

All students will be able to:

- Establish that all individuals have equal rights, irrespective of religious and ethnic differences.
- Appreciate and respect differences in opinion.
- Explain the importance of freedom of speech and demonstrate using it appropriately.
- Recognise the ethics of being digital citizens when connected online, how to deal with differences of opinion.
- Propose ways to create peace and harmony.
- Demonstrate the importance of discussion and negotiation as tools for resolving conflicts at home and school.
- Reflect on their own and society's common etiquettes in today's world.
- Identify the fundamental human rights as stated by the UN Charter.



Think and Share!

Look around your classroom, observe the following and discuss with a partner:

- Do all students look the same?
- Do they think the same?
- Do all get equal respect?

1 Citizenship



Citizenship means being a member of a country and acting responsibly. A good citizen enjoys rights, follows rules and cares about the community. Good citizens help build a peaceful, clean and fair society.

Citizenship teaches us how to live together with kindness, honesty, and respect.

Equal Rights

Every person has equal rights, no matter their religion, language, culture, gender, or background. This means everyone must be treated fairly and respectfully.

What Equal Rights Look Like

- Everyone has the right to education.
- Everyone deserves safety and protection.
- Everyone has the right to follow their religion.
- Everyone should be treated with kindness.

Remember

We may look different, but we all deserve equal respect.

2 Respecting Differences in Opinion

People often think differently and that is okay! This happens because everyone has their own experiences and ways of understanding the world. When we listen to others politely, we learn new ideas and understand their point of view better. Even if we disagree, we should stay calm and speak kindly so everyone feels respected.

How to Respect Opinions

- Let others finish speaking.
- Say "I disagree, but I understand your point."

- Speak politely even when you have a different idea.

When we respect opinions, we learn more and solve problems peacefully.







Freedom of Speech

Freedom of speech means we can share our ideas, thoughts and feelings. But this freedom must be used wisely.

Use Freedom of Speech Responsibly

- Speak politely.
- Avoid hurtful or rude language.
- Do not spread lies.
- Share ideas that help others.



Freedom does not mean hurting others. It means speaking truthfully and respectfully.

Digital Citizenship

A digital citizen is someone who uses the internet responsibly and safely. When you are online, be respectful and make smart choices so you can stay safe and keep others safe too. Good digital citizens help make the online world a positive place for everyone.

Good Digital Citizens:

- Think before they post.
- Do not share personal information.
- Do not bully or make fun of others online.
- Respect differences in opinion even on social media.

Here are some important points:

- **Use kind words online** just like you would in real life.
- **Think before you click** or share anything, especially if it might hurt someone.
- **Protect your privacy** by keeping your personal information safe.
- **Report harmful behaviour** like bullying to a trusted adult.
- **Use the internet for learning and creativity,** not for hurting or insulting others.



I Citizenship in Action

Citizenship is not just a word, it is a behaviour.We show good citizenship through our everyday actions:

At Home	At School	In the Community
• Helping with chores • Speaking respectfully • Sharing responsibilities	• Following rules • Keeping the class clean • Cooperating with classmates	• Following traffic rules • Avoiding littering • Caring for public property

Even small actions can make a big difference.

I Peace and Harmony

Peace means living calmly without fights, arguments, or fear.
Harmony means different people living together happily. Just like different flowers growing together make a garden colourful and pretty, different people living together with respect create harmony.

When there is peace and harmony, families, schools and communities become safer, happier and more productive.

Examples

- When two friends disagree on a game and calmly decide to take turns instead of fighting, they are creating peace.
- When classmates help a new student feel included, it brings harmony to the classroom.
- When siblings share toys without arguing, the home becomes peaceful.
- When neighbours celebrate different festivals together, they build harmony in the community.



I How We Can Create Peace

Here are simple ways every child can help create peace:

- Use kind and gentle words instead of shouting or blaming.
- Listen to others carefully so they feel respected.
- Share and take turns, whether it's toys, space, or opinions.
- Help those who are sad or left out, making sure everyone feels included.
- Accept differences in religion, culture, or opinions.
- Say sorry when you make a mistake and forgive others when they apologise.
- Stay calm during disagreements and try to solve problems peacefully.
- Avoid spreading rumours or hurtful messages, especially online.
- Respect rules at home, school and in public places to keep everyone safe.

- Be a role model by showing kindness, patience and fairness in daily life.

A peaceful society grows stronger and healthier.



I Discussion and Negotiation

When people disagree, they can peacefully solve problems through discussion and negotiation

Discussion

Talking about ideas to understand each other. It helps everyone share their thoughts and understand each other better. For example: Two friends disagree on what game to play. They sit and talk about their choices instead of fighting. Each explains why they like a certain game.

Negotiation

Finding a solution that works for everyone. It often involves compromise, where each person gives a little to keep the peace. For example: If two classmates want to play different games, they might agree to play one today and the other tomorrow.



Other examples at home and school:

- Choosing classroom leaders
- Sharing chores at home
- Solving fights among friends

Talking calmly helps us avoid fights and build trust.

Etiquettes in Today's World

Etiquettes are good manners that show respect.

Common Etiquettes



- Saying "please," "sorry," and "thank you"
- Not interrupting others
- Speaking politely
- Waiting for your turn
- Keeping surroundings clean
- Respecting teachers, parents and elders

Good manners make our environment friendly and pleasant and in today's world we need it more than ever before.

The United Nations (UN)

The United Nations is an international organisation formed in 1945 after World War II to help countries work together and prevent future conflicts. It was created to promote peace, protect human rights, and solve global problems through cooperation.

Human Rights (UN Charter)

The United Nations (UN) created a list of basic rights for all humans known as Human Rights.



Important Human Rights:

- Right to life and safety
- Right to education
- Right to express opinions
- Right to equality
- Right to practise religion
- Right to protection from abuse
- Right to clean water and food

These rights help people live with dignity and respect.

Exercise

1 Choose the correct option.

i. A good citizen is someone who:

a. Ignores rules
b. Helps others and follows laws
c. Always argues
d. Keeps their community dirty

ii. Respecting differences means:

a. Shouting when someone disagrees
b. Listening politely to other opinions
c. Avoiding anyone who is different
d. Forcing others to think like you

iii. Peace and harmony in a community are created when people:

a. Fight over small issues
b. Respect and cooperate with one another
c. Spread rumours
d. Refuse to share resources

iv. Conflict resolution means:

a. Making a small problem bigger
b. Solving disagreements calmly and fairly
c. Ignoring everyone
d. Choosing sides in a fight

v. The United Nations (UN) was created to:

a. Start wars
b. Promote peace and teamwork among countries
c. Control every country
d. Make new laws for only one nation

2 Fill in the blanks.

i. A person who follows rules and cares for others is called a good _____.

ii. Listening without shouting or insulting shows _____ for others.

iii. Peace and harmony grow when people work together and avoid _____.

iv. Solving a disagreement calmly is called _____.

v. The United Nations was formed in _____ after World War II.

3 Write 'T' for True and 'F' for False statements.

i. Good citizens help keep their surroundings clean. _____

ii. Everyone must think the same for a community to stay peaceful. _____

iii. Conflict resolution helps people solve problems without fighting. _____

iv. Respecting diversity means ignoring others' cultures. _____

v. The UN works to promote peace and cooperation worldwide. _____

4 Write answer to the following short questions.

i. Who is a good citizen?

_____

_____

ii. What are etiquettes?

_____

_____

iii. What is peace and harmony?

_____

_____

iv. What are two simple steps to resolve a conflict peacefully?

_____

_____

v. Why was the United Nations created?

_____

_____

5 Write answer to the following long questions.

i. Explain how respecting diversity and different opinions helps build a peaceful community. Give examples.
ii. How can children create peace and harmony at home, in school and online? Explain with examples.
iii. What are human rights?
iv. How can we create peace?



Our Peaceful Classroom Poster

In groups of 3–4, students will create a colourful poster titled **"How We Build Peace and Respect".**

The poster should include:

- At least **five behaviours** that promote peace (e.g., sharing, listening, polite words).
- **One example** of solving a conflict calmly.
- **Drawings or symbols** showing unity, respect and cooperation.

Display the posters in the classroom and let each group briefly explain their ideas.

Unit 1B

Communication

Students' Learning Outcomes

All students will be able to:

- Describe the concept of mass media and social media.
- Investigate their respective advantages and disadvantages.
- Recognise the need to verify information received through social media and mass media.



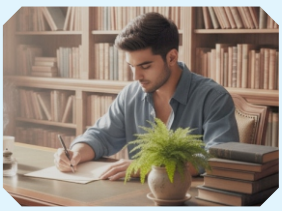
Think and Share!

- How would you feel if you sent an important message to a friend but they never received it?
- What problems could this cause?

Communication is the way people share information, thoughts and feelings with one another. It allows us to connect, understand and work together. Whenever we speak, write, make gestures, or use technology to send a message, we are communicating. We use different methods to share information e.g. writing a letter or email, posting online, television are called means of communication.

Why Do We Communicate?

- To express our ideas
- To ask questions and get information
- To socialize
- To work together and solve problems
- To stay informed about what is happening around us





I Mass Media

Mass media means sharing information with **large numbers of people at the same time**. It is used for news, education, entertainment, and announcements.

Examples:

- Television
- Radio
- Newspapers
- Magazines
- News websites



Advantages of Mass Media

- Reaches millions of people quickly.
- Spreads important news and warnings.
- Educates people through programs, articles and documentaries.

Disadvantages of Mass Media

- Sometimes news may be incomplete or one-sided.
- Some programs may give wrong or misleading information.
- Some content may be difficult to understand or not suitable for children.

I Social Media

Social media is a way **of communicating and sharing information online.** It allows people to connect instantly, even if they live far away.

Examples:

- WhatsApp
- YouTube
- Facebook
- Instagram
- X (Previously Twitter)

Advantages of Social Media

- Quick and easy to share messages.
- Helps people learn new skills through videos and tutorials.
- Connects friends, families and communities.
- Gives students access to educational content.
- Students can show their creativity through different social media platforms.

Disadvantages of Social Media

- Fake news spreads very fast.
- Can distract students from studying.
- Cyberbullying or rude comments can hurt others.
- Personal information may be misused.
- No privacy on social media.
- It takes away family time.

Why Verify Information?

Not everything we see on social media or in mass media is true. Some information may be:

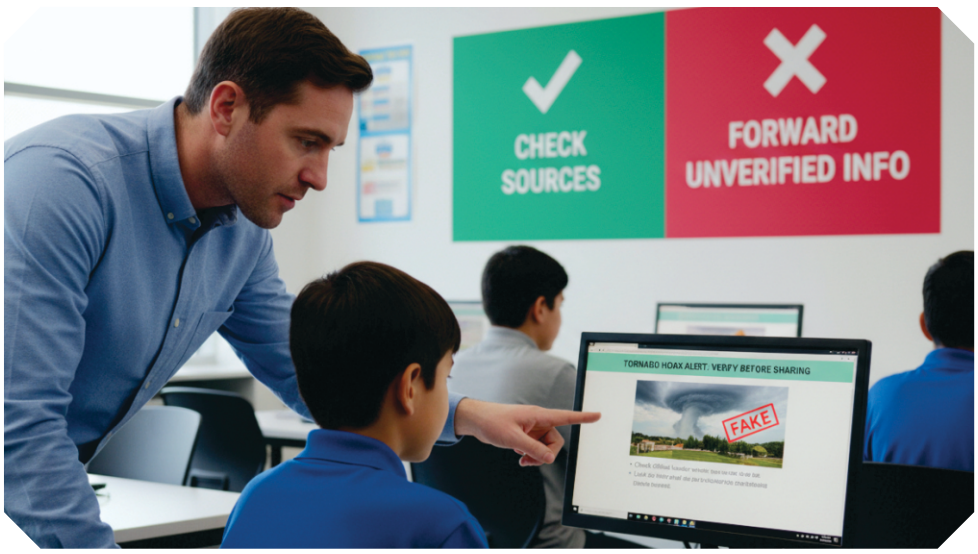
- Incorrect
- Exaggerated
- Incomplete
- Shared without checking

Believing or sharing wrong information can create confusion, fear, or arguments. Verification is therefore very important.

How to Verify Information?

- **Check the source** – Is it from a trusted website, channel, or newspaper?
- **Look for evidence** – Are there facts, reports, or photos supporting the news?
- **Compare with other sources** – Is the same information confirmed elsewhere?
- **Ask a responsible adult** – Teachers or parents can guide you about what is true.
- **Think before sharing** – If it seems strange, shocking, or scary, pause and check first.

When you are online, be responsible and respectful. Share only correct and positive information to make the digital world safer for everyone.



Exercise

1 Choose the correct option.

i. Mass media is used to share information with:

a. One person
b. Large numbers of people
c. Only children
d. Only teachers

ii. Which of the following is a social media platform?

a. Radio
b. Television
c. WhatsApp
d. Newspaper

iii. Why should we verify information before sharing?

a. To avoid confusion and wrong messages
b. To be faster than others
c. To ignore facts
d. To copy everything

iv. Which of these is an example of means of communication?

a. Playing cricket
b. Drawing charts
c. Gestures and writing
d. Sleeping

v. One disadvantage of social media is:

a. It helps us learn
b. Fake news spreads quickly
c. It connects friends
d. We can watch educational videos

2 Fill in the blanks.

i. _____is the way people share information.

ii. _____ means sharing information with large number of people at the same time.

iii. One of the disadvantage of social media is that_____news spreads very fast.

iv. Social media is a way of_____ and sharing information online.

v. When you are online, be responsible and_____.

3 Write answer to the following short questions.

i. What is communication?

_____

_____

ii. Give two examples of mass media.

_____

_____

iii. Name two ways to check if information online is true.

_____

_____

iv. Name two advantages of social media.

_____

_____

v. Name two ways to communicate.

_____

_____

4 Write answer to the following long questions.

i. Explain the difference between mass media and social media. Give examples of each.

ii. Why is it important to verify information before sharing it online or with others? Give an example.

Unit 2

Culture and Diversity

Students' Learning Outcomes

All students will be able to:

- Describe cultures of Pakistan and its provinces.
- Describe inclusion and explain its benefits for a nation.
- List ways in which Pakistan can be made more inclusive for women, religious and ethnic minorities, and mixed ability groups.
- Explain shared values and norms amongst diverse cultures of Pakistan (hospitality, sports, events, resilience).
- Identify the norms and advantages of a multicultural society.



Think and Share!

- Imagine your classroom has students from different backgrounds, cultures, and abilities.
- How would it feel if everyone was included and treated fairly?
- What would happen if some students were left out?

I Culture

Culture is the shared beliefs, values, customs, behaviors and artifacts that characterize a group of society. Culture is seen in people's writing, religion, music, clothes, cooking and in what they do.

There are two types of cultures found in Pakistan:

- Common Cultures
- Regional Cultures

Common Cultures

There are three common cultures in Pakistan. Common cultures are celebrated in the same way, according to their beliefs all around Pakistan.



i. Islamic Culture is a common culture which belongs to the majority population of Pakistan, Muslims. Muslims have belief in the only God, 'Allah'. They have belief in all four holy books but practice one and the final holy book, 'Quran'. They have belief in all the Holy Prophets, and that Muhammad ﷺ as the Last Prophet of Allah. They celebrate Muslim festivals as per Islamic culture, i.e, Eid ul Fiter, Eid ul Azha, etc.



ii. Minorities Culture represents minorities living in Pakistan. For example, Christians, Sikhs, Hindus, Buddhists, etc. They have their own culture and festivals. For example: Christians celebrate Christmas and Easter, Hindus celebrate Holi and Dewali, Sikhs celebrate Guru Nanak's Birthday etc.

iii. National Culture belongs to the whole country. For example: Independence Day, Pakistan Resolution Day, Pakistan Defence Day, Kashmir (Solidarity) Day etc.

Regional Cultures

There are five regional cultures in Pakistan:

Culture of Punjab



- **Language:** The provincial language of Punjab is "Punjabi". Saraiki is mostly spoken in Southern Punjab.
- **Dressing:** Men wear Dhoti Kurta, Shalwar Kameez etc. Women wear Dupata, Shawls etc.
- **Food:** They eat Saag, Makai ki Roti, Daal Chawal, Naan, Lassi, Halwa puri, etc.
- **Festival:** Jashan e Baharan, Mela Charaghan Urs of Hazrat Ali Hajveri (R.A).

Culture of Sindh



- **Language:** People speak Sindhi.
- **Dressing:** Men wear Loose Shalwar Kameez, Ajrak, Loongi, Sindhi cap etc. Women wear Shalwar, Long Kameez, Choli and Ghaghra, Dopatta etc.
- **Food:** They eat Sindhi Pulao, Biryani, Matka Kulfi, Naan, Haleem etc.
- **Festival:** Urs of Lal Shahbaz Qalandar and Hazrat Abdul Latif Bhittai.

Culture of Balochistan



- **Language:** People speak Urdu, Balochi and Persian.
- **Dressing:** Men wear Shalwar Kameez, Balochi cap. Women wear Long Kameez with mirror work, Pranda etc.
- **Food:** They eat Balochi Sajji, Biryani, Dampukht etc.
- **Festival:** 'Sibbi Fair' in Balochistan.

Culture of KPK



- **Language:** Pashto, Hindko, Gojri.
- **Dressing:** Men wear Shalwar Kameez with Pakol. Women wear Shalwar and Long Kameez, Shawls and light cloth to cover their hair.
- **Food:** They eat Kabuili Pulao, Spicy Chapli Kebab etc.
- **Festival:** Chilam Joshi, Buzkashi etc.

Culture of Azad Jammu Kashmir and Gilgit Baltistan

- **Language:** Kashmiri in Kashmir. Balti in Gilgit Baltistan
- **Dressing:** Men wear Kashmiri Cap, Long Robe etc. Women wear Shalwar and Long Kameez, Pashmina Shawls. Kashmiri embroidery is a prominent feature of their dressing.
- **Food:** They eat Kashmiri Pulao, Rogan josh etc.
- **Festival:** Tulip Festival, Shandur Polo Festival etc.



Inclusion

Inclusion means making sure everyone feels welcome, respected and able to participate, no matter their gender, religion, culture, or abilities.

Benefits of Inclusion for a Nation:

- Everyone can contribute their skills and ideas.
- Communities become stronger and happier.
- People learn to understand and respect differences.
- Reduces unfairness and conflicts in society.

DID YOU KNOW

Countries that practice inclusion often have happier citizens and more innovative ideas because everyone's talent is valued!



Ways to Make Pakistan More Inclusive

For Women:

- Ensure equal opportunities in schools, workplaces and sports.
- Support women to participate in decision-making.
- Celebrate achievements of women in all fields.

For Religious and Ethnic Minorities:

- Respect festivals and traditions of all communities.

- Include everyone in community programs and events.
- Provide equal opportunities in schools and workplaces.

For Mixed Ability Groups (Children with Different Abilities):

- Make schools accessible for everyone.
- Include everyone in games, events and learning activities.
- Encourage teamwork and cooperation.
- Create opportunities.

Remember

Inclusion is not just about rules; it's about attitude and respect.







I Shared Values and Norms in Pakistan

Despite differences, Pakistan has common values and ways of life that unite people:

- **Hospitality:** Pakistanis welcome guests warmly with food and kindness.
- **Sports:** People from all regions enjoy cricket, hockey and local games.
- **Events and Festivals:** National holidays, Eid, Independence Day and cultural fairs bring everyone together.
- **Resilience:** People help each other during hard times like floods, earthquakes, or community challenges.

DID YOU KNOW

In many areas of Pakistan, travelers / visitors / guests are offered tea or food just as a sign of welcome!



Multicultural Society

A multicultural society is one where people of different religions, ethnicities, languages and traditions live together. Pakistan is a multicultural country.

Norms of a Multicultural Society:

- Respect different beliefs and traditions.
- Celebrate festivals of different communities.
- Learn from each other's skills and knowledge.



Advantages:

- Promotes understanding and friendship between communities.
- Encourages creativity and new ideas.
- Makes society fairer and more inclusive.
- Helps the nation grow stronger by using everyone's talents.
- Connects people from different cultures.

Remember

A multicultural society is like a garden with many types of flowers, each is different but together makes the garden beautiful.

Interfaith Harmony

Interfaith harmony means peaceful and respectful relationship between people of different religions.

- It encourages respect, cooperation and understanding between communities.
- Helps prevent conflicts and builds a peaceful society.

Ways to Promote Interfaith Harmony:

- Respect others religion and belief.
- Participate in community events with people from different faiths.
- Celebrate common values like kindness, honesty and helping others.

DID YOU KNOW

In Pakistan, people from different religions often help each other during weddings, festivals and charity events!



Exercise

1 Choose the correct option.

i. What does inclusion mean?

a Some people only
b Everyone is welcome
c Ignore rules
d Only adults

ii. Which is a shared value in Pakistan?

a Hospitality
b Sleeping
c Watching TV
d Eating alone

iii. A multicultural society has:

a Same language only
b Different backgrounds together
c One religion only
d No festivals

iv. Interfaith harmony means:

a Respecting all religions
b Ignoring beliefs
c Fighting
d Secret traditions

v. What helps promote inclusion?

a Teamwork for all
b Only some join
c Ignoring opinions
d One festival only

2 Fill in the blanks.

i. Inclusion means making everyone feel _____ and respected.

ii. People from different religions, languages, and traditions living together form a _____ society.

iii. Common values like hospitality, sports, and festivals unite people in _____.

iv. Interfaith harmony helps build a _____ society.

3 Match the column.

Column A	Column B
Hospitality	Peaceful relationships between religions
Multicultural society	Warm welcome to guests
Shared values	People from different backgrounds living together
Interfaith harmony	Common ideas and ways of living

4 Write answer to the following short questions.

i. What is the benefit of inclusion in a community or school?

_____

_____

ii. Name two shared values or norms in Pakistan.

_____

_____

iii. What does interfaith harmony mean?

_____

_____

iv. What is multiculture society?

_____

_____

5 Write answer to the following long questions.

i. Explain what a multicultural society is and list two advantages of it.
ii. Describe three ways in which people can promote inclusion and respect diversity in their school or community.
iii. How can shared values like hospitality, sports, and festivals help unite people from different cultures?



Cultural Collage

Objective: Celebrate diversity and shared values.

Instructions:

- Divide students into small groups.
- Ask each group to create a collage or poster showing:
- Different cultural elements of Pakistan (clothes, food, festivals, sports, traditions).
- Ways people can include everyone in activities.
- Each group presents their collage to the class and explains how it shows inclusion, diversity and shared values.

Tip:

- Students can draw, cut out pictures from magazines, or use coloured paper for the collage.

Unit 3

State and Government

Students' Learning Outcomes

All students will be able to:

- Give reasons for the need for a federal government.
- Describe and analyse the need and importance of a constitution.
- Explain the interdependence between federal, provincial and local governments in Pakistan.
- Describe the components of a government: Legislature, Executive, Judiciary.
- Describe the concept of democracy and its importance for the people.
- Discuss the rights and responsibilities of a Pakistani citizen according to the 1973 Constitution.
- Describe the Importance of Rule of law against unjust and illegal activities.
- Distinguish between rules and laws and how they help create a just and healthy political environment in a country.
- Describe the formation and function of political parties in a democratic government, how do they contest elections according to their manifesto.



Think and Share!

- Imagine your school didn't have rules, teachers, or student leaders. What do you think would happen? How would people know what is right or wrong?

Government

A government is a group of people who make rules, keep order and take care of the needs of a country. It helps people live safely, solve problems and work together.

DID YOU KNOW
Without a government, it would be hard to have schools, hospitals, roads, or police to keep everyone safe.

Federal Government

A federal government is a type of government for large countries with many regions or provinces. It helps:

- Make laws and rules that are fair for everyone
- Share responsibilities between the national and provincial levels
- Solve problems that affect the whole country
- Protect citizens' rights and ensure safety



DID YOU KNOW
Pakistan's federal government is based in Islamabad which is the capital city.

Constitution

A constitution is a **set of rules for running a country**. It tells everyone how the government should work, what the people's rights are and what laws must be followed to keep peace and fairness.

In Pakistan, the **1973 Constitution** is the most important law. It explains:

- How the **federal, provincial and local governments** work together
- The **rights and responsibilities** of all citizens
- How leaders are **elected** and what powers they have
- How **laws are made** and followed
- How citizens can **seek justice** if their rights are violated

Importance of a Constitution:

- Ensures fairness and equality for everyone
- Protects citizens from unfair treatment
- Helps the government run smoothly and make decisions that benefit the people
- Provides a clear guide for resolving disputes and conflicts peacefully

DID YOU KNOW

Pakistan has had **three constitutions** in its history:

- **1956 Constitution** – The first constitution; made Pakistan a republic.
- **1962 Constitution** – Introduced a presidential system.
- **1973 Constitution** – The current constitution; restored democracy and clearly defines citizens' rights.



I Levels of Government in Pakistan

i. Federal Government

This is the **top level of government**. It makes rules and decisions that affect the whole country. For example, it creates laws, manages the country's money, defence and foreign relations. The federal government is based in **Islamabad**

ii. Provincial Governments

Each province has its own government to look after local matters like schools, hospitals, roads, and local laws. They make sure the needs of their province are met while following the rules of the federal government.

iii. Local Governments

These work in cities, towns and villages. They help people directly by managing things like clean water, waste collection, parks and community services. Local governments are closest to the citizens.

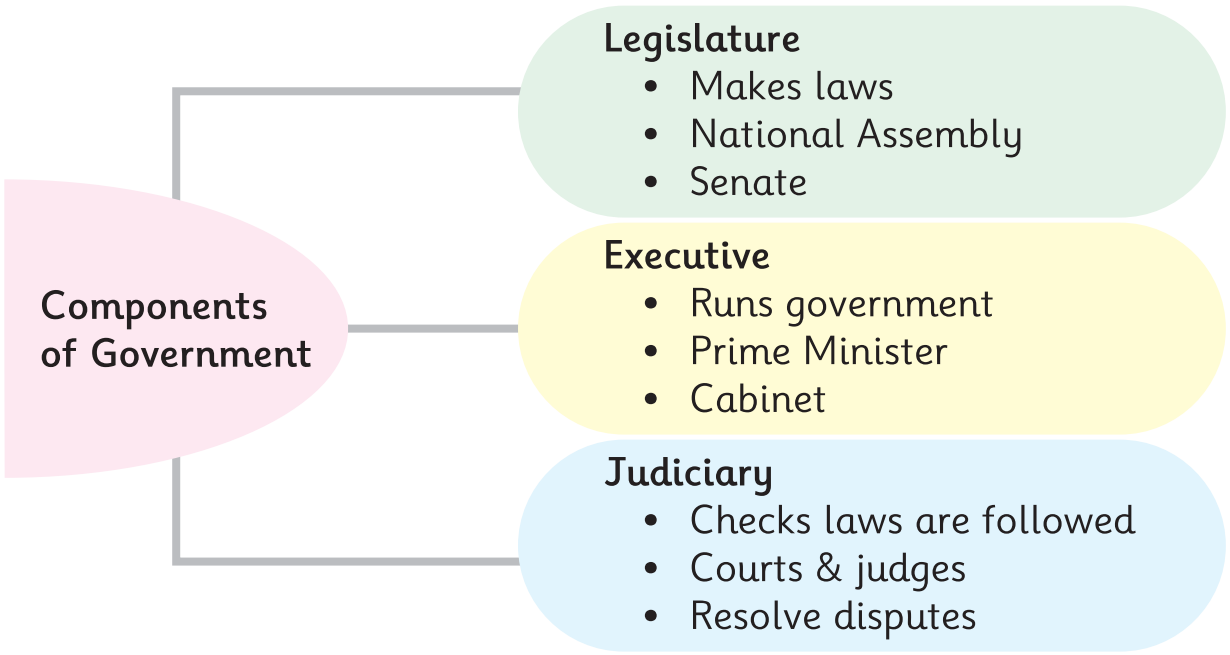
DID YOU KNOW

These three levels of government depend on each other to solve problems, provide services, and make sure everyone in the country is treated fairly.



I Components of a Government

- **Legislature** – This part of the government makes the laws for the country. In Pakistan, it includes the National Assembly and Senate.
- **Executive** – This part runs the government and makes sure the laws are followed. It is led by the Prime Minister, who is helped by the Cabinet (group of Ministers) to manage different areas like education, health, and finance.
- **Judiciary** – This part checks that laws are obeyed and settles disputes in a fair way. It includes the courts and judges.



Democracy



Democracy is a system where the people have a say in how the country is run. In a democracy, citizens **vote to choose their leaders** and have the right to **express their opinions** freely. Leaders are expected to work for the benefit of the people and make decisions that serve everyone fairly. Pakistan became a democratic country so that its citizens could **actively participate in choosing their leaders** and help shape the future of the nation.

Rights and Responsibilities of Citizens

Every citizen in Pakistan has rights that allow them to live freely and safely. At the same time, citizens have responsibilities to help their community and make the country a better place.





Rights:

- Freedom of speech
- Vote
- Education
- Equality

Responsibilities:

- Follow laws and rules
- Respect others' rights
- Pay taxes honestly
- Participate in community and national activities

DID YOU KNOW

Rights and responsibilities go hand in hand. When you enjoy your rights, you should also follow your responsibilities.

Rule of Law

Rule of law means everyone must follow the law, including leaders.

- Protects citizens from unfair actions

- Prevents unjust or illegal activities
- Creates a safe and fair society

DID YOU KNOW
Rules help in small places like schools, while laws help in the whole country.

Rules vs Laws

Rules	Laws
• Apply in schools, games etc. • Made by teachers or groups • Simple and easy to follow • Help maintain order locally	• Apply to the whole country • Made by government • Enforced by courts • Protect citizens nationally

7 Political Parties and Elections

- Political parties are groups of people with similar ideas about how the country should be run.
- Parties make a manifesto, which tells citizens what they will do if elected.
- Citizens vote for the party or candidate they like during elections.
- Elected leaders run the government according to the manifesto and laws.



7 Exercise

1 Choose the correct option.

i. Where is Pakistan's federal government based?

a Karachi
b Lahore
c Islamabad
d Peshawar

ii. Who leads the federal executive?

a President
b Prime Minister
c Chief Justice
d Speaker

iii. Which part of government makes laws?

a Executive
b Judiciary
c Legislature
d Police

iv. The current constitution of Pakistan is from which year?

a 1956
b 1962
c 1973
d 1985

v. Democracy means:

a Only leaders decide
b People have a say
c No elections
d Only rich vote

vi. There are_____ level of governments.

a one
b two
c three
d four

2 Fill in the blanks.

i. The_____is the most important law in Pakistan.

ii. The federal government makes rules for the_____country.

iii. The_____is the head of the executive government.

iv. The_____ensures that laws are followed and disputes are solved fairly.

3 Write 'T' for True and 'F' for False statements.

i. Local governments work in cities, towns, and villages. _____

ii. The 1956 Constitution is the current constitution of Pakistan. _____

iii. Citizens have both rights and responsibilities. _____

iv. Judiciary is responsible for running schools and hospitals. _____

4 Write answer to the following short questions.

i. Name the three levels of government in Pakistan.

_____

_____

ii. List two responsibilities of a citizen.

iii. What are the three components of the government?

iv. Define rule of law.

v. What is constitution?

5 Write answer to the following long questions.

i. Explain the importance of the constitution for citizens and government.

ii. Describe the roles of the Legislature, Executive, and Judiciary with one example each.



Draw a flowchart showing the levels of government (Federal, Provincial, Local) and components of government (Legislature, Executive, Judiciary). Add a small icon or picture for each.

Unit 4

History

Students' Learning Outcomes

All students will be able to:

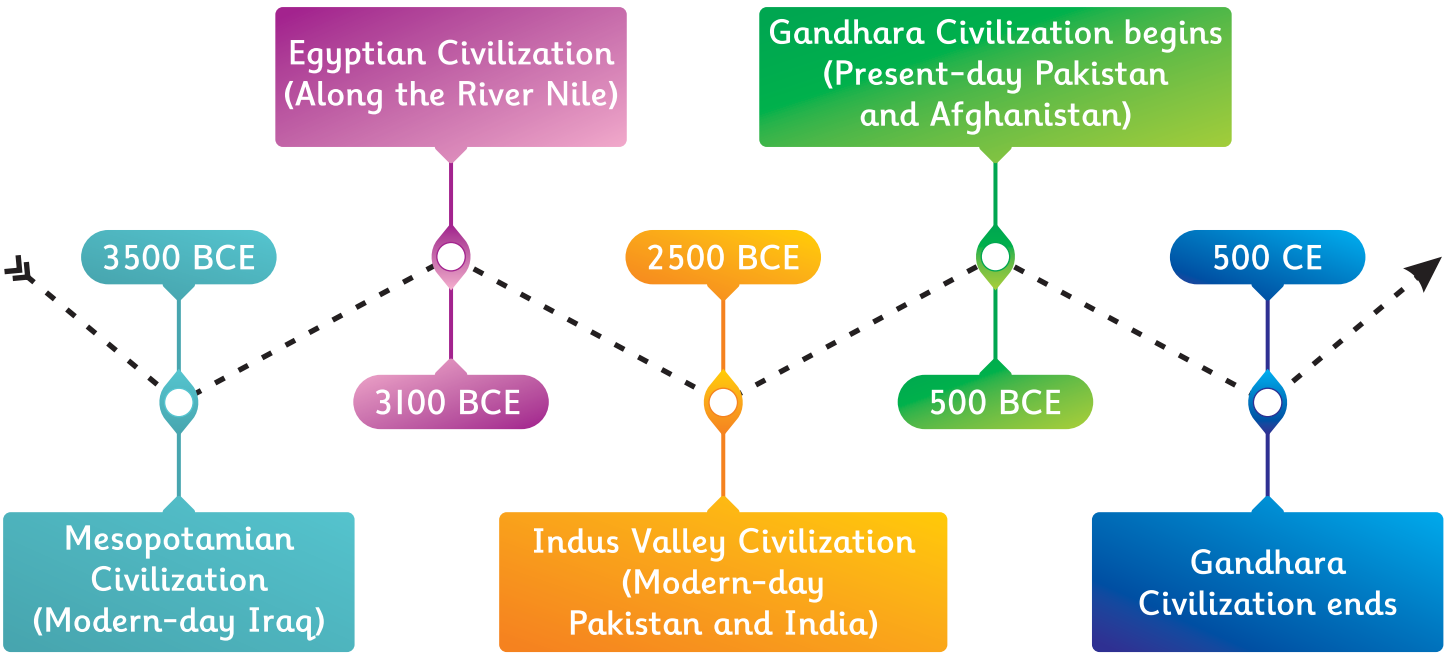
- Illustrate ancient civilizations such as Mesopotamian, Egyptian, Indus Valley, Gandhara on a timeline
- Describe significant aspects of daily life, society and culture of the Egyptian civilization
- Describe significant aspects of daily life, society and culture of the following early civilizations: Mesopotamia/Chinese/Gandhara.
- Analyse and discuss the key contributions of the following national heroes: Sir Syed Ahmed Khan, Begum Rana Liaqgat Ali Khan, Begum Jahanara Shahnawaz, Chaudhry Rehmat Ali.
- Explain the region's/province's contribution to the creation of Pakistan.
- Describe the role of minorities in the creation and development of Pakistan.



Think and Share!

- Imagine a world without cities, schools or farms. How do you think people would have lived long ago?

Timeline of Ancient Civilizations



I Ancient Civilizations

Mesopotamian Civilization (c. 3500 BCE)

Mesopotamia was one of the world's earliest civilizations. It developed between two rivers, the Tigris and Euphrates, which made the land rich and fertile. Because of this, small villages grew into large cities.



Daily Life, Society and Culture

People in Mesopotamia were mostly farmers, traders and craftsmen. They invented **cuneiform**, one of the first writing systems, and built **ziggurats** (huge temples) for worship. Kings and priests were important leaders, while workers made pottery, cloth and metal tools. Children learned reading and mathematics in tablet schools and families lived in mud-brick houses.

DID YOU KNOW

In Mesopotamia, children went to "tablet schools" where they learned to read and write on clay tablets. They used a sharp stick called a stylus to press symbols into wet clay, which was then dried in the sun and kept like notebooks.

Egyptian Civilization (c. 3100 BCE)

Ancient Egypt grew along the banks of the River Nile, which provided water, food and fertile soil. Because of the Nile, Egypt became a strong and organised civilization.

Daily Life, Society and Culture



Egyptians believed in many gods and prepared carefully for the afterlife by building pyramids and decorated tombs. They wrote using hieroglyphics on papyrus, farmed wheat and barley and used the Nile for fishing and transport. Society was organised into groups, pharaoh at the top, followed by priests, soldiers, scribes, workers, and farmers. They wore linen clothes, created beautiful jewellery, and enjoyed music and festivals.

Gandhara Civilization (c. 500 BCE – 500 CE)

The Gandhara Civilization developed in areas of modern-day **Khyber Pakhtunkhwa and northern Pakistan**. It became famous for its unique Buddhist art and its position as a centre of learning and trade.

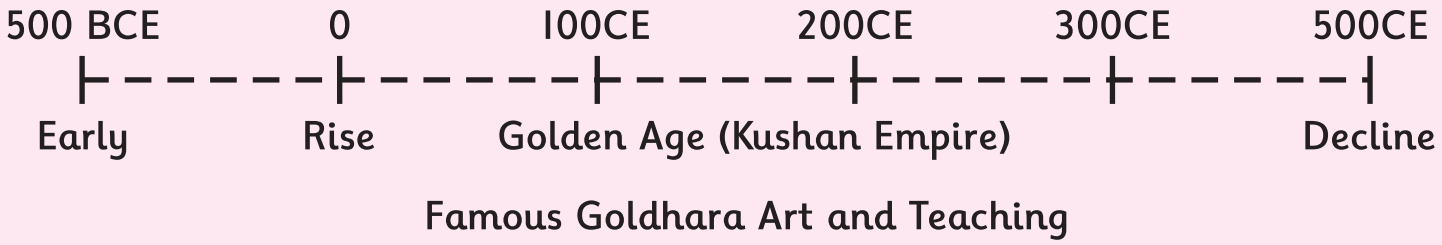
Daily Life, Society and Culture

People followed Buddhism and built stupas, monasteries and schools for monks. Artists created beautiful stone sculptures of Buddha influenced by Greek and local styles. The region was an important stop on the Silk Route, so traders sold

silk, spices and precious stones. Life in Gandhara was peaceful and art, religion and trade shaped daily life.



Timeline of Gandhara Civilization



Famous Goldhara Art and Teaching

Chinese Civilization

The Chinese Civilization is one of the **oldest civilizations in the world**, beginning around c. 2100 BCE. It grew along the Yellow River, where people learned farming, writing and building strong communities. China became famous for its inventions and rich traditions that are still known today.



Daily Life in Ancient China

Daily life in ancient China was simple and organised. Most people were farmers who grew rice, wheat and vegetables. Families lived together in small homes made of wood and clay. People wore clothes made of silk or cotton and meals often included rice, noodles and vegetables. Markets were busy places where people bought pottery, tools and handmade items.



Society and Culture

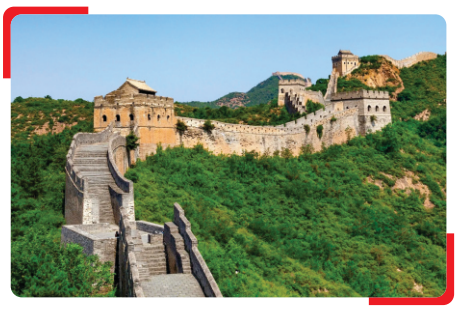
Ancient Chinese society had emperors, nobles, craftsmen, soldiers and farmers. The emperor was considered the **"Son of Heaven"** and ruled the entire kingdom. Chinese people followed the teachings of **Confucius**, which focused on respect, kindness and good behaviour. They celebrated festivals like the Lunar New Year and enjoyed music, painting and calligraphy. They also invented paper and the compass, which became very important for the whole world. Beautiful art, calligraphy and the building of the **Great Wall of China** show their strong culture.



Traditional Chinese lanterns



A Confucius portrait



Great Wall

DID YOU KNOW

The Great Wall of China is one of the longest structures ever built. It was made to protect China from invaders and took many years to complete.

Chinese Civilization Timeline

- **c. 2100 BCE** – Xia Dynasty begins (First known Chinese dynasty)
- **c. 1600 BCE** – Shang Dynasty (First Chinese writing and bronze work)
- **c. 1046 BCE** – Zhou Dynasty (Teachings of Confucius begin later in this period)
- **221 BCE** – Qin Dynasty (China becomes united; start of Great Wall)
- **206 BCE–220 CE** – Han Dynasty (Paper invented; trade grows on Silk Road)
- **618–907 CE** – Tang Dynasty (A golden age of art, poetry and culture)
- **960–1279 CE** – Song Dynasty (Compass improved)

National Heroes and Their Contributions

Sir Syed Ahmed Khan



Sir Syed Ahmed Khan worked hard to improve education for Muslims in the subcontinent. He opened modern schools and colleges, including the famous Aligarh College, so that students could learn science, mathematics and English. His efforts helped people understand the importance of modern knowledge and progress.

Begum Rana Liaquat Ali Khan



Begum Rana Liaquat Ali Khan dedicated her life to helping women and families. She started organisations that trained women in education, health and leadership. She also helped set up hospitals and social welfare centres to improve the lives of needy people. Her work encouraged women to take part in building Pakistan.

Begum Jahanara Shahnawaz



Begum Jahanara Shahnawaz was a strong voice for women's rights. She spoke in important meetings and worked so that women could vote, get education and take part in government. She encouraged girls to dream big and become confident citizens of Pakistan.

Chaudhry Rehmat Ali



Chaudhry Rehmat Ali is remembered for giving the name "Pakistan." He strongly believed that Muslims needed a separate homeland where they could live freely. His famous idea helped people understand the purpose of an independent country for Muslims of the subcontinent.

Contribution of Provinces and Regions in the Creation of Pakistan

Punjab

Punjab played a central role in making Pakistan. The Lahore Resolution, declared in 1940, giving the first formal political demand for a separate Muslim

country. People from Punjab, including leaders and common citizens, supported the movement with strength, making Pakistan's creation possible.



Sindh

Sindh played a very important role in the creation of Pakistan. It was the first province where the government officially supported the idea of a separate Muslim homeland by passing a resolution in its assembly. Later, in 1947, Sindh formally chose to join Pakistan. Leaders and people from Sindh worked hard to support independence and spread the message of unity across other regions.



North-West Frontier Province (Now Khyber Pakhtunkhwa)

In the North-West Frontier Province, people showed their support for Pakistan by voting in a referendum in 1947. Many families voted in favour of joining the new country. Their decision helped make sure that the region became part of Pakistan, contributing to the unity of the nation.



Balochistan

In Balochistan, tribal leaders and local councils decided to join Pakistan during the country's formation. This included different areas and communities agreeing to become part of the new nation. Their support added to Pakistan's land, culture, and strength in the southwest.



Azad Jammu & Kashmir / Gilgit-Baltistan

People from these mountainous regions played an important role in supporting the freedom movement. Local leaders and communities stood with the idea of Pakistan and helped protect their areas during difficult times. Their bravery and loyalty added to the strength of the new nation.



Role of Minorities in the Creation and Development of Pakistan

Minorities also played an important part in the creation of Pakistan. Many Christian, Hindu and Parsi leaders supported the idea of a separate homeland and worked for the country's progress. **Jogendra Nath Mandal**, a Hindu leader, strongly supported Quaid-e-Azam and became Pakistan's first Law Minister. **R.K. Sidhwa,** a Parsi leader, spoke up for unity and represented minority voices in the early government. **Sir Victor Turner**, a Christian officer, helped build the financial system of Pakistan after independence. Their efforts show that people from all communities helped shape the country we live in today.



Jogendra Nath Mandal



R.K. Sidhwa



Sir Victor Turner

Exercise

1 Choose the correct option.

i. Mesopotamian writing was called:

a Hieroglyphics
b Cuneiform
c Calligraphy
d Pictograms

ii. The River Nile helped the growth of the _____ civilization.

a Chinese
b Mesopotamian
c Egyptian
d Gandhara

iii. Gandhara became famous for its:

a Pyramids
b Greek-style Buddhist art
c Great Wall
d Papyrus

iv. Sir Syed Ahmed Khan is known for his work in:

a Inventions
b Women's rights
c Education
d Medicine

v. Sindh's role in the creation of Pakistan included:

a Starting the Silk Road
b Passing the first resolution supporting Pakistan
c Building the Great Wall
d Inventing paper

2 Fill in the blanks.

i. Mesopotamia developed between the _____and Euphrates rivers.
ii. Egyptians wrote on _____ using hieroglyphics.
iii. The Gandhara region was an important part of the_____Route.
iv. Ancient China began along the_____River.
v. Jogendra Nath Mandal became Pakistan's first_____Minister.

3 Match the column.

Column A	Column B
Cuneiform	Egyptian writing system
Hieroglyphics	Chinese philosophy about respect
Confucius	First writing of Mesopotamia
Stupa	Buddhist religious building

4 Write answer to the following short questions.

i. Why was the River Nile important to Egyptian civilization?

_____

_____

ii. What made Gandhara art special?

_____

_____

iii. What were two important inventions of ancient China?

_____

_____

iv. How did minorities contribute to Pakistan's early development?

_____

_____

5 Write answer to the following long questions.

i. Describe the daily life, society and culture of the Mesopotamian civilization.

ii. Explain the contributions of any two national heroes from:

- Sir Syed Ahmed Khan
- Begum Rana Liaquat Ali Khan
- Begum Jahanara Shahnawaz
- Chaudhry Rehmat Ali

iii. Explain how different provinces (Punjab, Sindh, NWFP/KPK, Balochistan, AJK/GB) contributed to the creation of Pakistan.



Draw a timeline of Gandhara Civilization. (On notebook)
Draw a timeline of Chinese Civilization.(On notebook)



Find out about an important personality from your province who helped during the Pakistan Movement.
Use books, the internet, or ask elders at home.

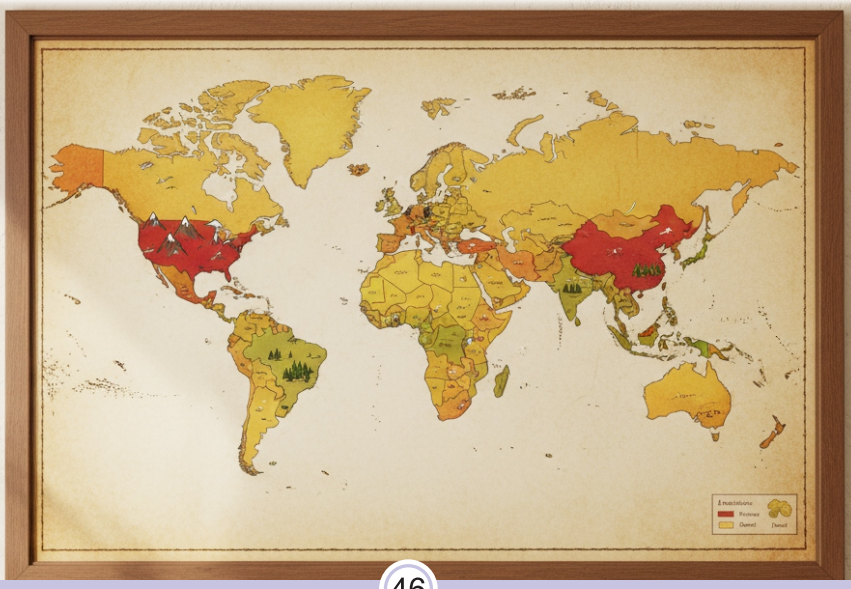
Unit 5

Geography

Students' Learning Outcomes

All students will be able to:

- Recognise different types of maps e.g., road map, tourist map, weather map, political map, and topographical map.
- Recognise the characteristics of latitudes, longitudes, and time zone.
- Use latitudes and longitudes in determining location through Grid Reference.
- Apply the concept of BOLTSS (Border, Orientation, Legend, Title, Scale and Source) with the help of a political or physical map.
- Define 'scale' in reading maps and their types with the help of diagrams.
- Briefly describe the distinctive characteristics/features of each physical region of Pakistan.
- Describe factors that determine/affect climate
- Explain the concept of global warming.
- Analyse the impact of Global Warming on climate change.
- Explain how the physical environment affects the lifestyle of people.
- Identify different occupations of people (agriculture, mining, and industry).
- Reflect on which occupation appeals the most to them.
- Examine how common natural disasters occur (floods, earthquakes, cyclones, avalanches) and how they affect human life.
- Describe the concept of and assess the need for food security in Pakistan.
- Suggest safety measures that can be taken in case of natural disasters such as floods and earthquakes (before, during, and after).
- Investigate how at least one natural disaster in the past affected areas and their population.



Think and Share!

- Can you imagine what life would be like if we didn't know where cities, rivers, or mountains are? How would we find our way around the world?

Geography is the study of Earth, its lands, people and environments. It helps us learn how humans and nature are connected. Mountains, rivers, forests, cities and oceans all affect the way people live. Geography also explains why certain places are hot, cold, dry, or wet and how humans adapt to these conditions.



DID YOU KNOW

Earth is like a giant puzzle! Each country, river and mountain are a piece that connects to make our planet.

I Maps and Globes

Maps

Maps are flat pictures that show the Earth's surface. They display cities, mountains, rivers, roads and more. Maps help us find places, plan trips and understand the world.

Globes

Globes are round, three-dimensional (3D) models of the Earth. They show the continents, oceans, and countries in their actual shapes and sizes. Globes help us see how everything on Earth is connected.



Globe



World map

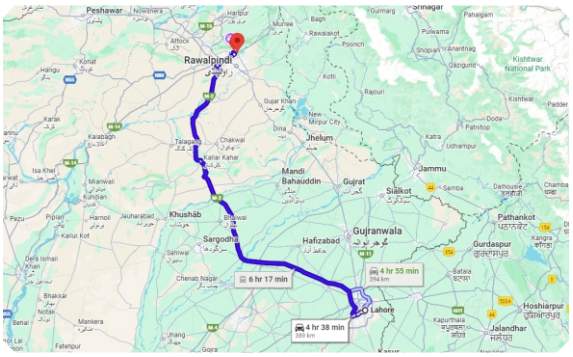
Remember

Globes show the Earth as it really is, while maps are easier to carry and study in detail.

Types of Maps

Maps can show different information depending on what we want to learn.

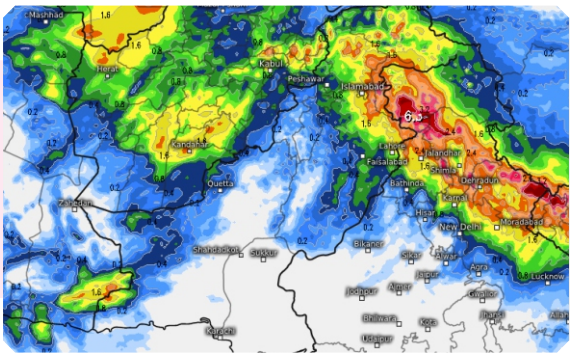
- **Road Map:** Shows streets, highways and how to reach places. Good for travelling. **Example:** Finding the quickest way from Lahore to Rawalpindi.





- **Tourist Map:** Highlights places to visit, like parks, historical sites and monuments. **Example:** A tourist map of Islamabad showing the Faisal Mosque, Daman-e-Koh, and Lok Virsa Museum.

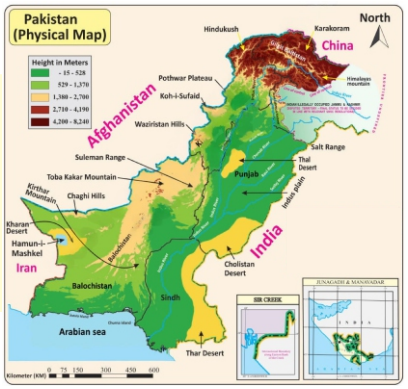
- **Weather Map:** Shows rain, storms, temperature and wind. Helps farmers and pilots plan their day. Example: Rain clouds shown over Punjab in monsoon.





- **Political Map:** Shows countries, states, cities and borders. Map of Pakistan with its provinces, capital and major cities.

- **Topographical Map:** Shows mountains, hills, valleys and land height using contour lines. Example: Map showing the Himalayas, Karakoram, and the Indus Plain.

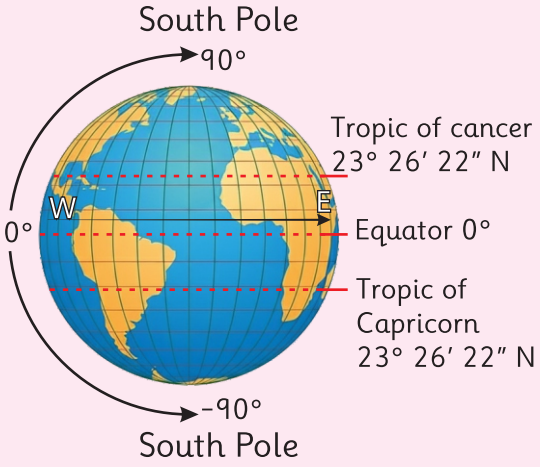


I Latitudes, Longitudes and Time Zones

Latitude

Latitude lines are imaginary horizontal lines that circle the Earth from east to west. They help us know how far a place is from the **Equator**. The Equator is the main latitude line at 0°, which divides the Earth into the **Northern Hemisphere** and **Southern Hemisphere**. Places near the Equator are usually hot, while places near the poles are colder.

There are **90 latitude lines in the Northern Hemisphere** and **90 in the Southern Hemisphere**, making a total of **180 latitude lines**. Some important latitude lines include the **Tropic of Cancer (23.5°N)** and the **Tropic of Capricorn (23.5°S)**. These two tropics mark the regions where the Sun is directly overhead during the summer solstice in each hemisphere.



Latitude is measured in **degrees** (°). The closer a place is to the Equator, the lower the degree number, and the closer it is to the poles, the higher the number (up to 90° at the North or South Pole).

DID YOU KNOW

The Equator is the longest latitude line and the Sun shines directly overhead there twice a year!

Remember

Latitude lines are always **horizontal** and help us understand the climate and position of places from the Equator.

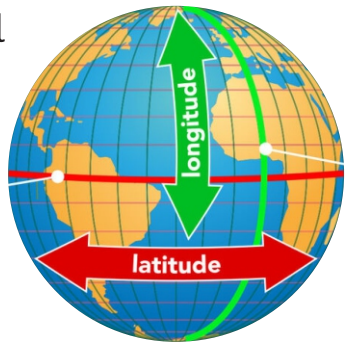
Longitude

Longitude lines are imaginary vertical lines that run from the **North Pole** to the **South Pole**. They help us know how far a place is east or west from a special line called the **Prime Meridian**, which is at 0° longitude and passes through **Greenwich, England**.

Teacher Instruction

Ask students to identify types of maps in their classroom or home and explain what information they provide.

There are **180 longitude lines east of the Prime Meridian** and **180 west of it**, making a total of **360 longitude lines**. These lines are also called **meridians**. Unlike latitude lines, which are horizontal, longitude lines are **vertical** and meet at the poles.



Longitude is important for **finding exact locations** and when combined with latitude, it gives the precise **grid reference** of any place on Earth.

DID YOU KNOW

The line opposite the Prime Meridian at 180° is called the International Date Line, where the date changes!

Remember

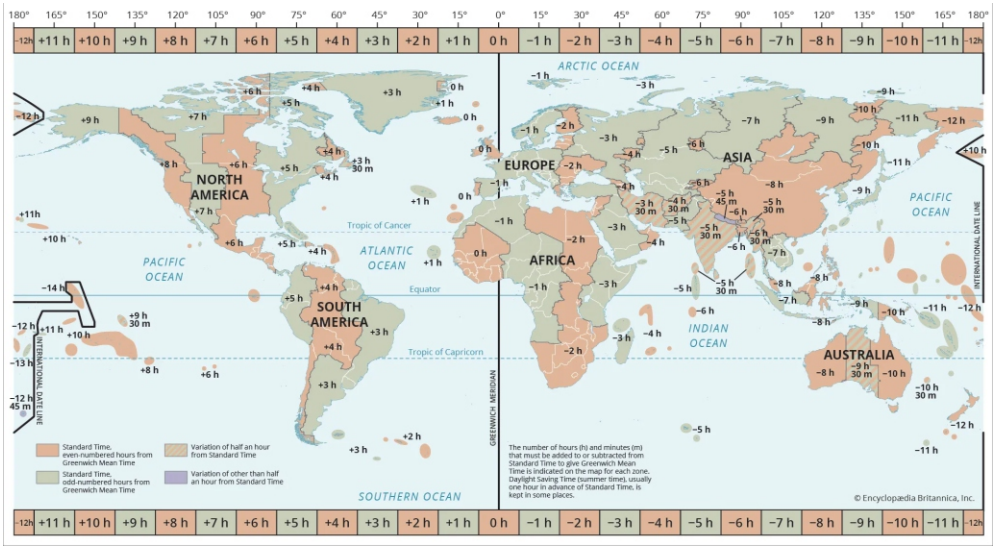
Longitude lines tell us how far a place is east or west from the Prime Meridian. They are vertical and meet at the poles.

Time Zones

Time zones are areas of the Earth where people use the **same standard time.** They are based on longitude because the Earth **rotates 360° in 24 hours.** This means the Earth rotates about **15° of longitude each hour.**

There are **24 main time zones,** each covering about 15° of longitude. When you move **east,** time gets **ahead** and when you move **west**, time goes **back**. For example, if it is 12:00 noon in London, it will be later in countries east of London and earlier in countries west of London.

Time zones help people **schedule activities, flights, communication and trade** across different parts of the world. Pakistan is in the **Pakistan Standard Time (PST) zone,** which is **5 hours ahead of GMT (Greenwich Mean Time).**



DID YOU KNOW

If you travel quickly across different time zones, your watch might show a different time than the sun outside, which is called jet lag!

Remember

Time zones are created because the Earth rotates. They help everyone know the correct local time depending on where they are on the globe.

Grid Reference

We can use **latitude and longitude** to find the exact location of any place on Earth. Latitude lines run **east to west** and tell us how far a place is from the **Equator**, while longitude lines run **north to south** and tell us how far a place is from the **Prime Meridian**. This system of crossing lines is called a **grid reference**, and it helps us locate places precisely. For example, if a city is at **30°N latitude and 70°E longitude**, we can find it exactly on a map using these lines.

Elements of a Map – BOLTSS

Remember

Always check the legend to understand the map symbols.

BOLTSS helps us read and understand maps:

- **B**order – Shows the edges or boundaries of the area.
- **O**rientation – Tells the directions (North, South, East, West).
- **L**egend – Explains symbols like rivers, cities, mountains.
- **T**itle – Name of the map, telling what it shows.
- **S**cale – Shows the distance on the map compared to the real world.
- **S**ource – Where the map information comes from.

Scale of Maps

Scale shows the relationship between distances on a map and the real world. For example, if a map has a scale of 1 cm = 10 km, it means that 1 centimetre on the

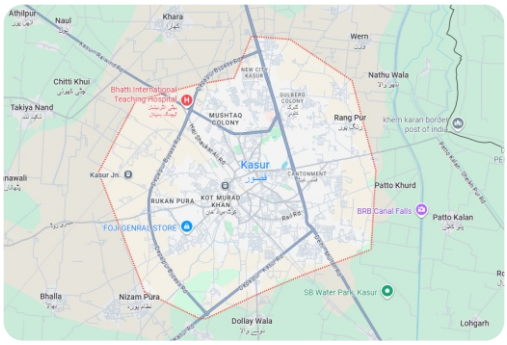
Teacher Instruction

Provide a simple map with grid lines and ask students to locate cities using coordinates.

map represents 10 kilometres in real life. So, if two cities are 3 cm apart on the map, they are actually 30 kilometres apart in the real world. Following are the types:

Large Scale Map: Shows a small area in great detail. For example, a city map shows streets, parks, and buildings clearly because it focuses on a small area.

Small Scale Map: Shows a large area with less detail. For example, a map of Pakistan shows all provinces and major cities, but not the small streets or houses.



Small city map



Large city map

I Physical Regions of Pakistan

Pakistan has many different landforms that affect the way people live.

Mountains:

Pakistan has tall and rugged mountains like the **Himalayas, Karakoram and Hindu Kush.** People living in these areas often terrace farm, which means they make flat steps on slopes to grow crops. They also herd animals like goats and sheep. Mountains are important because they provide **rivers, water and minerals** that people use in their daily lives.

Plains:

The **Indus Plain** is flat and very fertile, which means crops grow easily. People here grow **wheat, rice, cotton and vegetables.** Many big cities like **Lahore and Islamabad** are located in the plains. The flat land and good soil make it easier for farming and building towns.

Teacher Instruction

Ask students to measure distances on a map and calculate real-world distances using scale.

Deserts:

The **Thar Desert** is dry, sandy and hot. Water is very scarce, so life is tough. People here often raise **camels, goats and sheep,** and some grow crops near oasis where water is available. Deserts are unique but challenging for people to live in.

Plateaus:

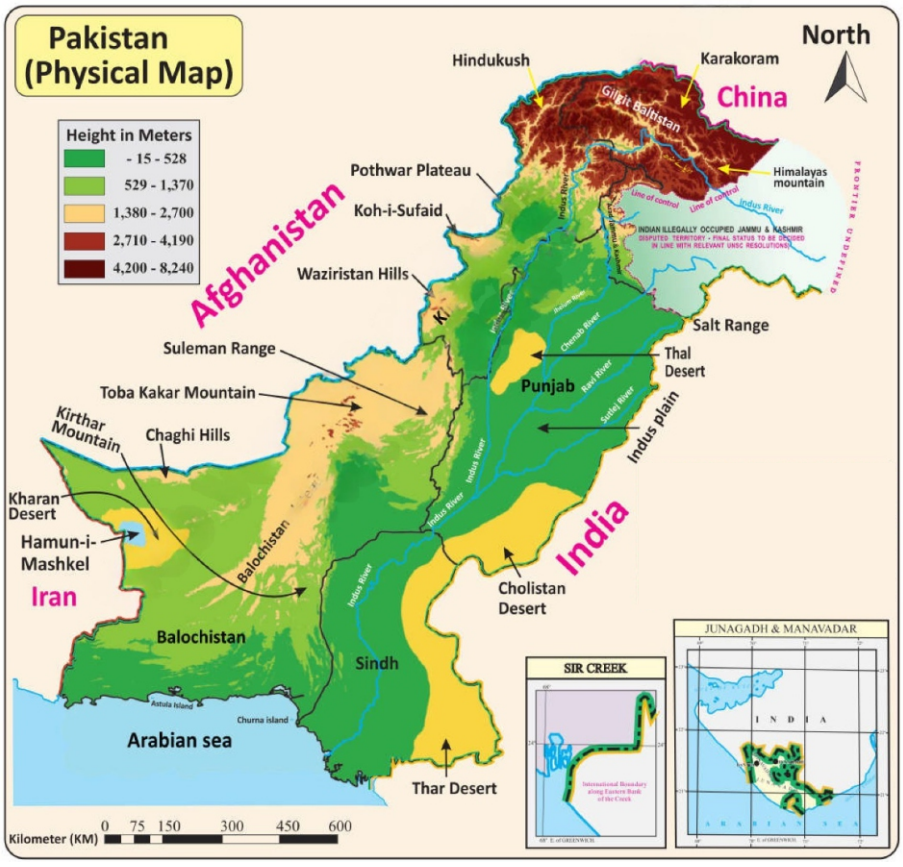
The **Balochistan Plateau** is a high, flat and rocky area. The land is dry, so not many people live there. People do **small-scale farming**, mine minerals, or keep livestock. The plateau is rich in natural beauty and resources.

Valleys:

Valleys like **Swat Valley** and **Kaghan Valley** are low areas between mountains. They are **green, fertile and beautiful.** People grow crops and tourism is popular because of the scenery, rivers and forests.

Coastal Areas:

Along the **Arabian Sea,** people live near beaches and ports. Fishing is an important job and ports help with **trade**. Coastal areas provide food and jobs and are important for the economy.



DID YOU KNOW

K2 in the Karakoram range is the second-highest mountain in the world!

I Weather and Climate

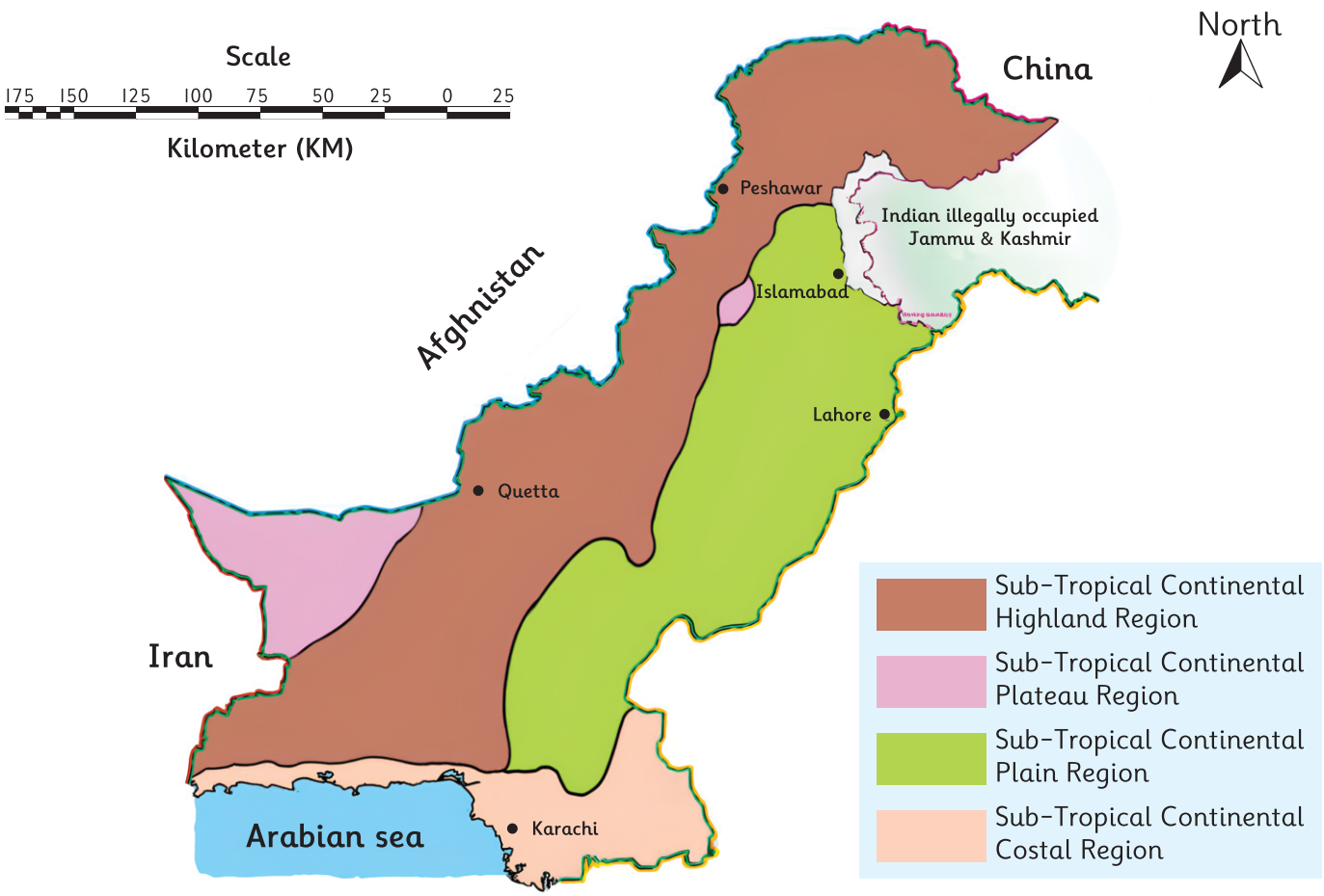
Weather



Weather is what happens in the atmosphere **from day to day**. It tells us if it is **sunny, rainy, cloudy, windy, or snowy**. Weather can **change quickly,** even within a single day. For example, it may be sunny in the morning, then start raining in the afternoon. Weather affects our **daily activities,** like deciding whether to play outside or carry an umbrella.

Climate

Climate is the **usual pattern of weather** in a place over a **long period**, like 10, 20, or even 50 years. It tells us what kind of weather is **normal** for a region during different seasons. For example, deserts usually have hot and dry weather, while northern Pakistan often has **cold winters and mild summers**. Climate helps us plan **farming, clothing, and housing.**



Difference Between Weather and Climate

Weather	Climate
• Happens **daily** or for a few days • Can **change quickly** • Affects **our daily activities** Example: It is **raining today**	• Happens **over many years** • Stays **similar over long periods** • Affects **long-term planning** like farming or clothing Example: **Northern Pakistan has cold winters**

I Factors Affecting Climate

Following are the factors that affect the climate:

Latitude

Places near the **Equator** are usually **hotter**, while areas near the **poles** are colder. Example: Southern Pakistan is warmer because it is closer to the Equator.

Altitude / Mountains

Higher areas like mountains are **colder** than low-lying regions. Example: Murree is cooler than Islamabad because it is a hill station.

Oceans and Seas

Large water bodies **moderate temperatures;** coastal areas are cooler in summer and warmer in winter. Example: Karachi has milder summers compared to inland cities.

Winds

Winds carry **heat or moisture** from one region to another, affecting temperature and rainfall. Example: Monsoon winds bring heavy rain to Pakistan in summer.

Forests and Vegetation

Dense forests **cool the air** and increase rainfall, while deforested areas become warmer. Example: Northern forests in Pakistan help keep the area cool.

Human Activities

Activities like **cutting trees, burning fuel and building cities** can change climate patterns. Example: Urban areas like Lahore are warmer due to buildings and less green space.

I Global Warming and Its Impact

Global warming happens when gases like carbon dioxide and smoke from factories, vehicles, and burning fuels **trap heat in the Earth's atmosphere,** making the planet warmer than it should be. This change in temperature affects weather patterns, the environment, and even how people and animals live.

Impact of Global Warming:

Global warming leads to many changes in our environment: glaciers and ice caps in cold regions are melting, causing **sea levels to rise.** This can cause flood in low-lying areas and harm people living there. It also causes **unusual weather events** such as heavy floods, extreme heatwaves, strong cyclones and prolonged droughts. Animals may lose their homes and farmers may struggle to grow crops in changing conditions.

Effects of Global Warming:

- **Melting Ice and Glaciers:** Ice in polar regions melts faster, raising sea levels.
- **Rising Sea Levels:** Coastal areas may face floods and land loss.
- **Extreme Weather:** More floods, cyclones, droughts and heatwaves.
- **Impact on Wildlife:** Animals lose habitats and some species may become endangered.
- **Effect on Agriculture:** Crops may fail due to irregular rainfall or high temperatures.



Teacher Instruction

Ask students to identify local signs of climate change, like hotter summers, unusual rains, or changes in nearby rivers or crops. Discuss simple actions they can take, such as planting trees, saving water and reducing waste.

I Human Activities and the Environment

Humans affect the natural world in many ways. The way we build, farm and use resources can change the environment, sometimes causing problems for people, animals and plants.

How Human Activities Affect the Environment:



- **Deforestation:** Cutting down large numbers of trees for wood, farming, or cities reduces oxygen, destroys homes for animals, and can cause soil erosion. This makes the land less healthy for future use.
- **Urbanization:** When people build big cities, they replace trees and plants with concrete and roads. This increases pollution, makes cities hotter and reduces space for wildlife.
- **Industrial Activities (Factories):** Factories release smoke, chemicals and waste into the air, rivers and soil. This can harm plants, animals and humans and also contribute to global warming.
- **Over farming and Overgrazing:** Using land too much for crops or letting too many animals eat the grass damages soil, making it less fertile for future crops.
- **Mining and Extraction:** Digging for minerals, coal and oil can destroy landscapes, pollute water and harm ecosystems.
- **Waste and Littering:** Throwing trash on the ground or in rivers pollutes water, harms animals and spreads disease.

Remember

Simple actions like planting trees, saving water, reducing waste, and using less energy can help protect the environment and keep it healthy for everyone.

I Population and Census

Population

Population means the total number of people living in a certain place, like a city, a province, or the whole country. It includes everyone, children, adults and elderly people. Knowing the population helps us understand how many people live in different areas and what services they might need, like schools, hospitals and parks.

Example: If Karachi has a large population, it needs more schools and hospitals compared to a small town in Balochistan.

Census

A census is the official counting of all the people in a country. During a census, the government collects information about people's age, gender, education, jobs and where they live. This helps the government plan for the future, like building new roads, providing electricity, or opening new hospitals and schools.



Example: If the census shows more children are living in a city, the government can build more schools there.

Importance of Census

- **Planning Services:** Helps plan schools, hospitals, parks and roads.
- **Government Representation:** Shows how many representatives each area should have in government.
- **Resource Distribution:** Helps in giving fair amounts of water, electricity and food to different regions.
- **Future Planning:** Helps predict population growth and make plans for housing, jobs and healthcare.



DID YOU KNOW

Every ten years, most countries do a census to know exactly how many people live there. This helps governments make important decisions for everyone's benefit.

How the Physical Environment Affects the Lifestyle of People

The place where people live affects how they work, travel and spend their daily lives. Mountains, rivers, deserts and plains all influence what people can do and how they live.

- **Mountains:** People in mountains grow crops on terraces or keep animals like goats and sheep because the slopes are steep. Houses are often small and strong to survive strong winds and snow.





- **Rivers:** People near rivers, like the Indus River, can grow crops such as wheat, rice, and vegetables. Rivers also provide water for drinking, fishing and transport.

- **Deserts:** Life in deserts like Thar is difficult because water is scarce. People raise camels, goats, or grow crops near oasis where water is available.





- **Plains:** Flat lands like the Indus Plain are great for farming and building towns. Most people live in these areas because it is easier to grow food and construct houses.

Occupations of People in Pakistan

People in Pakistan work in many different jobs depending on where they live and what resources are available. These are called occupations:

- **Agriculture:** Many people grow crops or raise animals. Farmers in Punjab, Sindh and Khyber Pakhtunkhwa grow wheat, rice, fruits and vegetables.





- **Mining:** People dig minerals like coal, salt and natural gas from mountains and deserts. Balochistan is known for its mineral resources.

- **Industry:** Factories make clothes, food, steel and other goods. Cities like Karachi and Faisalabad have many industries.



Think and Share!

Which job would you like to do when you grow up? And Why?

Natural Disasters and Their Impact

Natural disasters are events caused by nature that can harm people, animals and property. Common disasters in Pakistan include:

Floods: Heavy rain or overflowing rivers cause floods. They damage homes, wash away crops and make roads unusable.





Earthquakes: Sudden shaking of the ground can destroy houses and buildings. People can get hurt if buildings are weak.

Cyclones: Strong winds and heavy rain near the coast cause cyclones. They damage homes, boats and trees.





Avalanches: Snow falling down mountains can bury roads and villages, making it hard to travel or rescue people.

Food Security in Pakistan

Food security means having enough food for everyone at all times. People need a steady supply of grains, fruits, vegetables and meat to stay healthy.

- **Why it is important:** Without enough food, people can get sick or weak. Farmers and governments work together to grow and store food.
- **How to improve it:** Grow crops carefully, store food properly, reduce waste and make sure everyone can buy healthy food.



Remember

Do not waste food. Eat what you need and share extra with those who have less.

I Safety Measures During Natural Disasters

People can stay safe during disasters by planning ahead and following rules carefully:

Before a disaster:



- Keep an emergency kit ready with water, food, first aid, and a flashlight.
- Know the safe spots in your house, school, or village.
- Learn how to switch off electricity and gas in case of floods or earthquakes.
- Always avoid risky places near rivers or loose soil that can cause landslides.

During a disaster:



- **Floods:** Move to higher ground, do not touch poles or wires, and do not swim in floodwater.
- **Earthquakes:** If indoors, **Drop, Roll, and Cover** under a table or strong furniture. Stay away from windows and heavy objects. If outdoors, stay away from buildings, walls, and electric poles.

- **Cyclones or storms:** Stay indoors and away from glass windows; follow official warnings.

After a disaster:

- Help injured people if it is safe to do so.
- Avoid floodwater, broken buildings, and fallen electric wires.
- Follow government instructions and go to relief camps if needed.
- Wash hands and clean water before drinking to avoid sickness.



Historical Example: Flood in 2010

In 2010, Pakistan experienced severe floods. Many rivers overflowed, especially in Sindh and Punjab. Houses, crops and roads were damaged and thousands of people had to leave their homes. Relief workers brought food, water and medicine to help the affected families. This event showed why **disaster preparedness** and **food security** are so important.



Teacher Instruction

- Use maps to show flood-prone and earthquake-prone areas of Pakistan.
- Encourage students to draw their own "safety plan" for a disaster at home or school.
- Include real-life examples to make learning interactive.
- Discuss with students how people adapt their lifestyles to mountains, deserts, rivers and plains.

Exercise

1 Choose the correct option.

i. Which line divides the Earth into Northern and Southern Hemispheres?

a Tropic of Cancer
b Equator
c Prime Meridian
d Tropic of Capricorn

ii. Which map shows streets, highways and directions for travelling?

a Political Map
b Road Map
c Weather Map
d Topographical Map

iii. What is the main reason coastal cities like Karachi have milder summers than inland cities?

a Mountains
b Oceans and Seas
c Deserts
d Forests

iv. During an earthquake, what should you do if you are indoors?

a Drop, Roll and Cover
b Stand near windows
c Go outside immediately
d Touch electric poles

v. Which occupation involves digging minerals like coal, salt and natural gas?

a Agriculture
b Fishing
c Industry
d Mining

2 Fill in the blanks.

i. Latitude lines run _____ across the Earth.

ii. The _____ is the main line of longitude at 0°.

iii. Life in the _____ is difficult because water is very scarce.

iv. Time zones help people know the correct _____ depending on where they are.

v. Do not _____ food.

3 Write 'T' for True and 'F' for False statements.

i. The Tropic of Capricorn is in the Northern Hemisphere. _____

ii. Mountains provide rivers, water and minerals for people. _____

iii. Floodwaters are safe to swim in. _____

iv. A census helps the government plan schools, hospitals and roads. _____

v. Global warming only affects animals, not humans. _____

4 Draw and Label Your Map:

Draw a simple map of Pakistan and label the mountains, plains, deserts, plateaus, valleys and coastal areas. Include a title, border and legend.

5 Disaster Safety Poster:

Make a colorful poster showing safety rules for floods, earthquakes, and cyclones. Include at least three rules for each disaster.

6 Write answer to the following short questions.

i. What is the difference between a map and a globe?

_____

_____

ii. Name two factors that affect the climate of a place.

_____

_____

iii. How do rivers affect the lifestyle of people?

_____

_____

iv. Give one example of a natural disaster in Pakistan and its effect on people.

_____

_____

v. Why is food security important for Pakistan?

_____

_____

7 Write answer to the following long questions.

i. Explain how the physical environment affects the lifestyle of people in mountains, plains and deserts.

ii. Describe global warming, its causes and at least three of its effects on the environment and people.

iii. Discuss three safety measures that should be taken **before, during and after** a flood. Include your own tips.

iv. Explain the main types of occupations in Pakistan and give one example of where each is common.

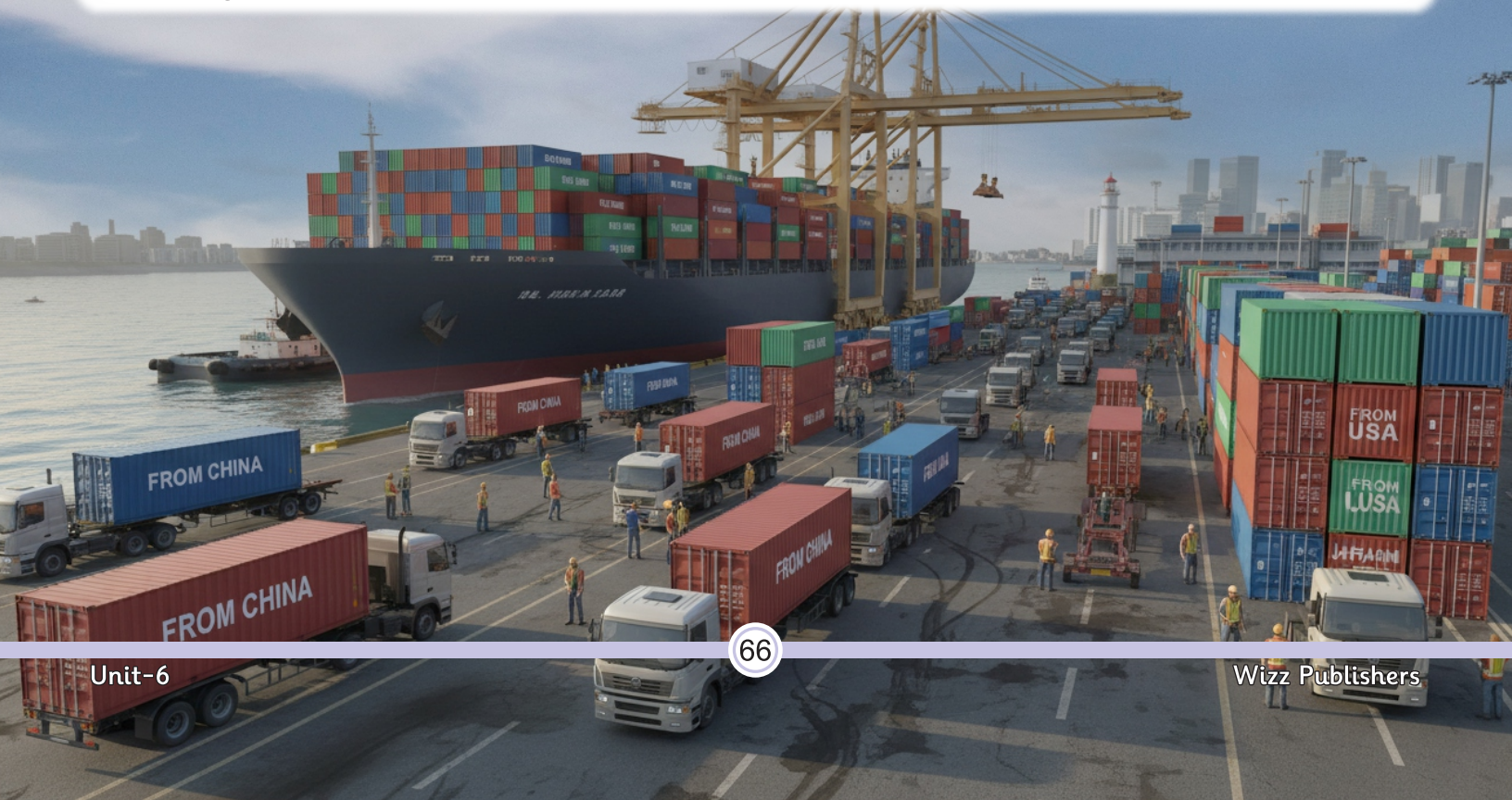
Unit 6

Economics

Students' Learning Outcomes

All students will be able to:

- Recall the terms goods and services.
- Differentiate between public and private goods and services.
- Define 'trade', 'business', and 'ecommerce'.
- Define 'export' and 'imports'.
- State the major imports and exports of Pakistan.
- Describe the importance of International Trade for the development of Pakistan.
- Identify major means of transportation in trade and business.
- Illustrate examples of entrepreneurial skills and competencies.
- Discuss the contribution of at least two Pakistani entrepreneurs (one male and one female).
- Create and present their own hypothetical business/enterprise.
- Define the term "Inflation" and evaluate how it affects the purchasing power of people.
- List different causes and types of inflation.
- Identify the importance of taxes and government loans to pay for goods and services (roads, hospitals, schools, electricity, etc).
- Narrate with examples the evolution of money, trade via the barter system before money was introduced.
- Identify the currencies of different countries.
- Explain the role of commercial banks in the lives of individuals and businesses.
- Identify the role of the State Bank of Pakistan.



Think and Share!

- Imagine you have 500 to spend, and you can either buy a new video game or your favourite school bag. What will you do and why?

Economics

Economics is the study of how people use resources to produce, buy and sell goods and services. It helps us understand how people earn money, what they buy and how businesses and governments make decisions.



DID YOU KNOW

Economics is everywhere! Even deciding what to eat for breakfast involves thinking about resources and costs.

Goods and Services

Goods

Goods are things we can touch and use, like food, clothes, toys and books. They can be bought or sold.

Services

Services are work done by people to help others. We cannot touch services, but we benefit from them, like teaching, haircuts, medical care or bus rides.

Remember

Goods are things you can touch; services are activities that help people.



I Public and Private Goods and Services

Public Goods and Services

These are for everyone and the government usually provides them. Examples include roads, street lights, public parks and hospitals.

Private Goods and Services

These are bought or used by individual people or businesses. Examples include food from a shop, private tuition or a taxi ride.

I Trade, Business and E-Commerce (Elaborated)

Trade



Trade is the act of exchanging goods or services between people, businesses, or countries. It can be small, like a person selling vegetables in the local market, or large, like countries exchanging oil and rice. Trade allows people to get things they need but cannot produce themselves. For example, a farmer in Punjab may grow wheat and sell it to a shop in Karachi, while the shop owner provides fruits or other items that the farmer does not have. Trade can happen locally, nationally, or internationally.

Remember

Trade is not only about money; it is also about exchanging things we need.

Business

Business is a more organised and continuous form of trade. People start businesses to earn profit and provide goods or services to customers regularly. Businesses can be small, like a bakery in a neighbourhood, or large, like a factory making clothes for the whole country. Business involves planning,

Teacher Instruction

Ask students to list one public and one private good or service they use every day.

managing resources, hiring workers and marketing products. For example, a clothing store buys fabric, makes clothes and sells them to customers. Unlike simple trade, a business focuses on making money consistently and expanding over time.



Remember

A business is an organized way of trading to earn profit, and it may involve many people and activities.

E-Commerce



E-Commerce is a modern way of doing trade or business online using the internet. People can buy or sell goods and services without going to a physical shop. E-Commerce allows businesses to reach customers anywhere in the world. For example, a student can order books, toys, or clothes online from stores like Daraz or Amazon and the items are delivered to their home. Businesses benefit because they can sell more products and buyers benefit because they can shop quickly and compare prices easily.

Remember

E-Commerce makes trade easier, faster and possible across cities and countries using technology.

I Exports and Imports

Export



Exports are goods or services that a country sells to other countries. Countries export what they produce in large quantities or have special skills in making. Exports help a country earn money from abroad and grow its economy. For example, Pakistan exports rice, cotton and textiles to countries like the USA and China.

Import

Imports are goods or services that a country buys from other countries. Countries import things that they cannot produce or need in large quantities. Imports help people get products not available locally, like electronics or certain fruits. For example, Pakistan imports machinery, oil and mobile phones.



Remember

Countries that export more than they import usually earn more money, while countries that import more spend more on other countries' products.

I Major Imports and Exports of Pakistan

Exports: Pakistan mainly exports:

- Textiles and garments – like clothes and fabrics.
- Rice – Basmati and other varieties.
- Sports goods – like footballs and cricket bats.
- Leather products – shoes, jackets, and bags.



Imports: Pakistan mainly imports:

- Petroleum products – for energy.
- Machinery – for factories and industries.
- Electronics – like mobile phones and computers.
- Chemicals – used in industries and farming.

Remember

Exports bring money into Pakistan; imports help us get things we cannot make ourselves.

Teacher Instruction

Ask students to name Pakistani products they use daily that may be imported or exported.

Importance of International Trade for Pakistan



International trade is very important for Pakistan's growth. By selling goods abroad, Pakistan earns money, creates jobs and develops industries. At the same time, imports allow people to access products and technologies not made locally. For example, exporting textiles creates jobs for weavers and factory workers, while importing machines helps industries produce better products. International trade also improves relationships with other countries.

Means of Transportation in Trade and Business

Goods and services need transport to reach customers. The main transportation methods are:

- **Road Transport:** Trucks and vans carry goods across cities and towns. Example: Vegetables transported from farms in Punjab to Karachi markets.
- **Rail Transport:** Trains carry heavy goods over long distances at low cost. Example: Coal or wheat transported by train from Punjab to Sindh.
- **Air Transport:** Planes carry high-value or urgent items quickly. Example: Fresh flowers or fruits exported to Europe.
- **Sea Transport:** Ships carry large quantities of goods internationally. Example: Textiles exported from Karachi to USA.



Remember

Faster and safer transportation helps trade grow and businesses succeed.

Entrepreneurial Skills and Competencies



Entrepreneurial skills are abilities that help people start and run their own business successfully. Important skills include:

- **Creativity and Innovation:** Thinking of new ideas or improving products.
- **Planning and Organisation:** Managing money, staff and resources carefully.
- **Decision-Making:** Choosing the best options for business success.
- **Communication:** Explaining ideas clearly to customers and employees.
- **Problem-Solving:** This means finding ways to fix problems that come up in a business. For example, if a student sells homemade eatables and one day they run out of ingredients, they need to quickly find another store to buy more so they can continue selling. Or if a customer complains that a chocolate is broken, the student can politely give a new one and make sure it doesn't happen again.

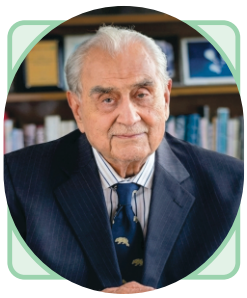
Remember

Entrepreneurs turn ideas into businesses that help themselves and the community.

Contribution of Pakistani Entrepreneurs

Syed Babar Ali

He started Packages Limited, a company that makes packaging for food and other products. He also helped create LUMS (Lahore University of Management Sciences) to educate young people. His work created many jobs and inspired others to start businesses in Pakistan.



Syed Babar Ali

Jehan Ara

Jehan Ara started P@SHA to help technology companies and women entrepreneurs grow their businesses. She encourages young people to use computers and digital tools to create new ideas. After stepping down from her leadership role, she started Katalyst Labs to continue helping startups and innovation.



Jehan Ara

Activity Time!

Creating Your Own Hypothetical Business

Create a simple plan for a business:

- Name of business
- Goods or services provided
- How customers will buy
- How to earn profit
- Safety and hygiene rules (if selling food or products)

I Inflation

Inflation is the rise in prices of goods and services over time. When inflation occurs, the same amount of money buys fewer things than before.

Impact on People:

Inflation reduces the purchasing power of people. For example, if a loaf of bread costs Rs. 100 today and inflation rises by 10%, the same bread will cost Rs. 110 next year. People need more money to buy the same items, which can make life expensive, especially for those on fixed incomes.

Causes of Inflation:

- **Demand-Pull Inflation:** When demand for goods and services is higher than supply, prices go up.
- **Cost-Push Inflation:** When the cost of making goods rises (like higher rates of fuel or electricity), prices increase.
- **Monetary Inflation:** When there is too much money in the economy, people have more money to spend, which raises prices.

Types of Inflation:

- **Moderate Inflation:** Slow, steady rise in prices, usually manageable.
- **Galloping Inflation:** Prices rise very fast, making it hard to plan daily life.
- **Hyperinflation:** Extremely rapid inflation, often seen during economic crises.



Taxes and Government Loans

Taxes are money collected by the government from people and businesses. Government loans are borrowed funds to pay for development. These resources help the government provide **roads, schools, hospitals, electricity and other public services.** Example: The government builds new roads to connect cities, funded through taxes and loans.



Remember

Paying taxes is important because it helps the government take care of the country's needs.

Evolution of Money

Barter System – The Beginning:

A long time ago, people did not have money. They exchanged goods directly, which is called the **barter system**. For example, a farmer might trade wheat with a tailor for clothes, or a fisherman might exchange fish for vegetables. But this system had problems. Both people had to want what the other had, which was not always easy.

Introduction of Coins – The First Money:

To make trade easier, people started using **coins**. Coins were made from metals like gold, silver and copper. Everyone agreed that these coins had value, so they could be used to buy goods instead of exchanging things directly. Coins were small, easy to carry and had a fixed value.

Example: Ancient civilizations in Pakistan and India used silver coins called **punch-marked coins** during the 6th century BCE.

Paper Money – Making Trade Simpler:

Later, **paper money** was introduced. Paper money is easier to carry in large amounts than coins. Governments print notes of different values, which are accepted everywhere in the country. People can buy many things using paper money instead of carrying heavy coins.

Example: Today, Pakistan uses **Pakistani Rupees (PKR)** in notes of different values like Rs. 10, 20, 50, 100, 500, 1000, 5000.

DID YOU KNOW
Each country has their own currency.

Modern Digital Money:

Now, with computers and the internet, money is also digital. People can pay using cards, mobile apps, or online banking without using coins or notes.



Remember

Money started as coins to solve the problems of barter, then became paper notes, and now we can even use it digitally.

DID YOU KNOW
The first paper money was used in China more than 1,000 years ago!

Currencies of Different Countries

Different countries use different money to buy and sell things. Examples:


Pakistani Rupee (PKR)


Indian Rupee (INR)


UK Pound



US Dollar (USD)


Saudi Arabia Riyal (SR)

Banks

Banks are places where people keep their money safely. They also help people borrow money when needed and provide services for businesses. Banks make it easier for people to save, spend, and use money in safe ways.

Interest Rate

Interest rate is the cost of borrowing money or the return earned on savings, expressed as a percentage of the principal amount.

Role of the Commercial Banks

Commercial banks are institutions that help people save money, take loans, and manage payments.

Importance for Individuals:

- People can open savings accounts and current accounts.
- Banks provide loans to buy homes, vehicles, or start small businesses.

Importance for Businesses:

- Banks give loans to start or expand businesses.
- Help companies manage money, pay suppliers and receive payments.

Example: A student opens a bank account to save money for school fees, or a shopkeeper takes a loan to buy more goods.



Role of the State Bank of Pakistan

The **State Bank of Pakistan** (SBP) is the country's central bank. It is responsible for controlling the money supply, keeping prices stable, and making sure other banks work properly. It also issues the Pakistani currency (coins and notes) used by everyone in the country.

Remember

State Bank of Pakistan SBP was establish on 1st July 1948.

Functions of the State Bank:

- **Issuing Currency:** It prints notes and coins that people use every day.
- **Regulating Banks:** Ensures commercial banks follow rules and provide safe services.
- **Controlling Inflation and Interest Rates:** Helps keep prices stable and manages borrowing costs.
- **Supporting Government Policies:** Works with the government to maintain economic stability.



Example: If prices of goods are rising too fast, the State Bank may increase interest rates so people spend less, helping control inflation.

Remember

Saving money, paying taxes honestly, and using banks wisely helps both individuals and the country grow.

Teacher Instruction

- Ask students to discuss how inflation affects their daily life.
- Show real banknotes or printouts and coins of Pakistan and other countries.
- Explain the difference between commercial banks and the State Bank in simple terms.

Exercise

1 Choose the correct option.

i. Which of the following is a **service**?

a Bread
b Haircut
c Shirt
d Rice

ii. Trade means:

a Exchanging goods or services
b Eating food
c Sleeping
d Watching TV

iii. Pakistan mainly exports:

a Machinery
b Textiles
c Mobile phones
d Oil

iv. Inflation means.

a Rising of prices
b Reduction of prices
c Income
d All of these

v. Inflation makes:

a Money buy more goods
b Prices go down
c Prices rise and money buys less
d Goods free

2 Fill in the blanks.

i. Money started as _____ to make trade easier than barter.
ii. Banks provide _____ to people and businesses to buy homes or expand business.
iii. Goods are things we can _____ and use.
vi. Pakistan imports machinery, electronics and _____.
v. The State Bank of Pakistan controls the _____ supply in the country.

3 Write 'T' for True and 'F' for False statements.

i. Public goods are for everyone and usually provided by the government. _____
ii. E-commerce requires going to a physical shop to buy goods. _____
iii. Commercial banks help people save money and take loans. _____
iv. Exports mean buying goods from other countries. _____
v. Digital money allows payments using cards and mobile apps. _____

4 Draw a timeline of money. Label each stage and give one example.

5 Write answer to the following short questions.

i. Define goods and services with one example each.

ii. What is the difference between export and import?

iii. Name two entrepreneurial skills and explain one in your own words.

iv. Give one example each of a public and a private good or service.

v. How does inflation affect people's daily life?

6 Write answer to the following long questions.

i. Explain the difference between trade, business and e-commerce with examples.
ii. Narrate the evolution of money from the barter system to digital money. Give examples for each stage.
iii. Discuss why international trade is important for Pakistan. Include at least two imports and two exports in your answer.
iv. Describe the role of commercial banks and the State Bank of Pakistan in the lives of individuals and businesses.



Create a Mini Export-Import List

- Pick 3 goods Pakistan exports and 3 goods it imports.
- Draw or write one sentence for each explaining why it is exported or imported.

Role-play a Market Day

- Imagine you are a shopkeeper, a customer, or a delivery person.
- Write down on A4 sheet that how you would trade goods or services, set prices and interact with others.
- Include a short note on how money is used instead of bartering.



Teacher Instruction

Encourage students to share their experience with other fellows.