



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: English**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

S. No.	QUESTIONS	MARKS	NATURE
1	What is “the master call”? Why is it the most important signal for an elephant to learn?	4 Marks	Informative and understanding
2	Change the following sentences into interrogative. a) We throw garbage in the dustbin. b) They will cast their vote. c) He took medicines.	3 Marks	Understanding
3	Do you think the children did the right thing by giving the music teacher’s chappals to the beggar? Give reason for your answer.	4 Marks	HOT
4	What kind of problems will you face if you keep elephant as a pet?	3 Marks	Interdisciplinary
5	Pick up the pronouns in the given sentences and tell whether they are used as a subject or an object in that sentence. a) Will you come with me? b) They are interesting riddles. Let’s solve them. c) The man standing next to you is a detective, I think	3 Marks	Analytical Skill
6	Would you like to be a rebel? If yes, why? If not, why not?	4 Marks	Critical Thinking and Problem Solving
7	Answer the following questions in about 20-30 words. a) What is the secret that Meena share with Mridu in the backyard? b) Why is it not good to be a rebel? c) Why did Kari push his friend into the stream?	3×2 = 6 Marks	Evaluation
8	If you want to give away something of your own to the needy, would it be better to ask your elders first? Give reason.	3 Marks	Communication Skills



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF -ASSESSMENT)**

**Subject: Hindi**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

क्रम सं.	प्रश्न	अंक	प्रकृति
1.	निम्नलिखित शब्दों का अर्थ लिखिए- बोरियत, निर्जीव, आफत, इशारा, गुरुर असीम, क्षीण, तत्काल, हरजा, चेष्टा	5	सूचनात्मक संचार कौशल (Informative Communication Skills)
2.	निम्नलिखित प्रश्नों के उत्तर दीजिए- (क) मराठी से अनूदित इस नाटक का शीर्षक पापा खो गए क्यों रखा गया होगा? अगर आपके मन में कोई दूसरा शीर्षक हो तो सुझाए और साथ में कारण भी बताइए। (ख) खिलौनेवाले के आने पर बच्चों की क्या प्रतिक्रिया होती थी? (ग) क्या आप बच्ची के पापा को खोजने का नाटक से अलग कोई और तरीका बता सकते हैं?	6	गंभीर सोच और समस्या समाधान (Critical Thinking and Problem Solving)
3.	(i) दिए गए <b>उपसर्गों</b> से एक-एक शब्द बनाइए- अति, अप, प्र, वि, कु (ii) दिए गए <b>प्रत्ययों</b> से एक-एक शब्द बनाइए- -दार, -ईन, -पन, -ईला, -कार	5	अंतःविषयी (Interdisciplinary)
4.	निम्नलिखित विषयों में से किसी <b>एक</b> विषय पर पत्र लिखिए- (i) सहेली या मित्र को जन्मदिन की	4	समझ (Understanding)

	<p>शुभकामना देते हुए पत्र।</p> <p>(ii) विद्यालय छोड़ने का प्रमाण-पत्र लेने के लिए प्रधानाचार्य को पत्र।</p>		
5.	<p>निम्नलिखित विषयों में से किसी एक विषय पर 80 से 100 शब्दों का एक अनुच्छेद लिखिए।</p> <p>(i) प्लास्टिक की दुनिया</p> <p>(ii) प्रातःकाल की सैर</p>	5	मूल्यांकन (Evaluation)
6.	<p>(क) शिक्षा पूरी होने पर द्रोण ने अर्जुन से गुरु-दक्षिणा में क्या माँगा?</p> <p>(ख) धृतराष्ट्र दुर्योधन का साथ क्यों देते थे?</p> <p>(ग) विदुर द्वारा भेजे गए व्यक्ति ने भवन के अंदर क्या किया।</p> <p>(घ) द्रुपद ने द्रौपदी के स्वयंवर में क्या घोषणा की?</p> <p>(ङ) द्रोणाचार्य का विवाह किसके साथ हुआ था?</p> <p>(च) दुर्योधन की ईर्ष्या क्यों बढ़ती जा रही थी?</p>	5	विश्लेषणात्मक (Analytical)



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: Mathematics**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

Q.No	Question	Mark s	Nature of Question
	<b>Multiple Choice Questions.</b>		
<b>1</b>	<p>The length of a side of the regular polygon shown below is <math>(x + 1)</math> units. What is its perimeter in the same units?</p> <div style="text-align: center;"> </div>	<b>1</b>	Analytical
<b>2</b>	<p>Renu is 4 years old and her sister Keya is 8 years old. Which of the following would be the correct way to find Keya's age when Renu is <math>y</math> years old?</p>	<b>1</b>	Understandi ng
<b>3</b>	<p>If the sum of two consecutive odd numbers is 10000, what is the smaller of the two?</p>	<b>1</b>	Understandi ng

<b>4</b>	See the number chart shown. If we choose any number from the first three rows of this chart and call it M, the number just below it will be	1	2	3	4	5	6	7	<b>1</b>	Hots
		8	9	10	11	12	13	14		
		15	16	17	18	19	20	21		
		22	23	24	25	26	27	28		
	a.	$M + 1$		b.	$M + 7$					
	c.	$M \times 7$		d.	$8M$					

<b>5</b>	See the weighing below with some identical cubes marked 'Z'. How many grams does weigh?					<b>1</b>	Understanding
		a.	15g	b.	25g		
	c.	50g	d.	30g			

<b>6</b>	Zarina finds that if she multiplies her age by itself and decreases it by 110, the result equals her age. How can she write this taking 'z' as her age?	<b>1</b>	Critical thinking and problem solving			
		a.	$2z/100 = z$	b.	$Z^2 - 110 = z$	
	c.	$Z^2 - 110 = 2$	d.	$2Z - 110 = z$		

**Fill in the blanks**

<b>7</b>	The mean of the first ten prime number is _____	<b>1</b>	Interdisciplinary
<b>8</b>	A die is thrown once. The probability of getting a prime number is _____	<b>1</b>	Interdisciplinary
<b>9</b>	Ashish studies for 4 hours, 5 hours and 3 hours respectively on three consecutive days. He does study daily on an average _____.	<b>1</b>	Critical thinking and problem solving

**Short answer type questions**

<b>10</b>	The sum of two consecutive multiples of 3 is 69. Find the numbers.	<b>2</b>	Analytical
<b>11</b>	There are 6 marbles in a box with numbers from 1 to 6 marked on each of them. i. What is the probability of drawing a marble with number 2? ii. What is the probability of drawing a marble with number 5?	<b>2</b>	Interdisciplinary
<b>12</b>	The ages in years of 10 teachers of a school are: 32, 41, 28, 54, 35, 26, 23, 33, 38, 40 i. What is the age of the oldest teacher and that of the youngest teacher? ii. What is the range of the ages of the teachers?	<b>2</b>	Critical thinking and problem solving
<b>13</b>	Raju's father's age is 5 years more than three times Raju's age. Raju's father is 44 years old. Set up an equation to find Raju's age.	<b>2</b>	Hots
<b>14</b>	The length of a rectangular hall is 4 meters less than 3 times the breadth of the hall. What is the length, if the breadth is b meters?	<b>2</b>	Critical thinking and problem solving
<b>15</b>	Find the median of first 15 odd numbers.	<b>2</b>	Interdisciplinary
<b>Long answer type questions</b>			
<b>14</b>	The runs scored in a cricket match by 11 players is as follows: 6, 15, 120, 50, 100, 80, 10, 15, 8, 10, 15 Find the mean, mode and median of this data. Are the three same?	<b>3</b>	Understanding
<b>15</b>	A sum of Rs. 500 is in the form of denominations of Rs. 5 and Rs. 10. If the total number of notes is 90, find the number of notes of each type.	<b>3</b>	Hots
<b>16</b>	After 12 years Uday will be 3 times as old as he was 4 years ago. Find his present age.	<b>3</b>	Informative



**ARMY PUBLIC SCHOOL GWALIOR**  
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**ACADEMIC SESSION 2023-24**  
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Subject: Science

Assignment No. : 2

Allotment Date: 20 July 2023

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	Fill in the blanks 1. _____ is the largest gland in human body. 2. The plants which depend on food produced by other plants are called _____ 3. Heat is a form of energy that travels from a _____ object to _____ object. 4. The range of laboratory thermometer is _____ 5. Turmeric and litmus are _____ acid-base indicators.	1x5=5	Information
Q2.	1. Why do we use calamine solution on ant bites? 2. How do woolen garments keep us warm?	2x2=4	Observation
Q3.	Multiple choice questions: 1. A good conductor of heat is a (a) Plastic ruler (b) Steel ruler (c) Glass ruler (d) Wooden ruler 2. The plant which traps and feed on insects is- (a) Cuscuta (b) Rose		

	<p>(c) Pitcher plant</p> <p>(d) Sunflower</p> <p>3. A substance that turns red litmus blue is a/an _____.</p> <p>(a) Acid</p> <p>(b) Base</p> <p>(c) Neutral</p> <p>(d) None of the above</p> <p>4. Water from the undigested food is absorbed mainly in the-</p> <p>(a) Stomach</p> <p>(b) Food pipe</p> <p>(c) Small intestine</p> <p>(d) Large intestine</p> <p>5. Salt is formed when _____.</p> <p>(a) Acid reacts with water</p> <p>(b) Base reacts with water</p> <p>(c) Base reacts with acid</p> <p>(d) All of the above</p>	1×5=5	Knowledge based
Q4.	<p>1. Define neutralization reaction with an example.</p> <p>2. Why is the box of solar cooker painted black from inside?</p>	2×2=4	Analysis



Q5.	<p>1.How can you prove that the process of photosynthesis requires sunlight?</p> <p>2.Explain the formation of sea breeze and land breeze?</p> <p>3.Why a turmeric stain on a white shirt is turned to red when it is washed with soap?</p>	2x3=6	Evaluation
Q6.	<p>1.How does the fur of the polar bear help it to live in the Arctic region?</p> <p>2.Riya is suffering from indigestion due to acidity. Is it advisable to give her orange juice in this situation and why?</p>	3x2=6	Higher order thinking



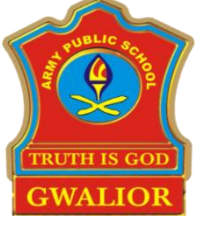
**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF –ASSESSMENT)**

Subject: Social Science

Assignment No. : 2

Allotment Date: 20 July 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	<p><b>Q1. Objective type questions</b>  <b>Fill in the blanks and rewrite the sentences.</b></p> <p>i) It is the responsibility of the ..... to provide proper healthcare facilities to all.</p> <p>ii) ..... is one of the healthiest country in North America.</p> <p>iii) The resources needed to run public health services are.....</p> <p>iv) Temple at Thanjavur was for goddess .....</p> <p>v) Group of ur formed larger units called .....</p> <p>vi) Most of the Brahmadeya land was in ..... valley.</p> <p>vii) Lava is the molten magma from ..... of the earth's surface.</p> <p>viii) Like a ....., the earth is made up of ..... layers.</p>	8	Information and Understanding
2	Briefly describe the story of Hakim sheikh.	3	HOTS
3	Does Kanta has enough reason to doubt the equality level of citizens?	3	Analytical Skill
4	In what ways has the meaning of the term 'Hindustan' charged over the centuries?	3	Communication Skills
5	How do historians divide the past into periods? Do they face any problems in doing so?	5	Critical Thinking and Problem Solving
6	In India it is often said that we are unable to provide health services for all because the government does not have enough money and facilities	5	Interdisciplinary
7	<p><b>On an outline political map of India mark and locate the following places:-</b>  <b>Rashtrakutas dynasty</b>  <b>Cholas dynasty</b>  <b>Gurjara-Pratiharas dynasty</b></p>	3	Evaluation



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**WORKSHEET (SELF -ASSESSMENT)**

**Subject: Sanskrit**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

S. NO.	QUESTIONS	MARKS	NATURE
1.	शब्दानाम् अर्थान् लिखत-  सुभाषितम् =  पञ्चाशत् =  धार्यताम् =  अध्यापत् =  अवदानम् =	1*5= 5	Information
2.	एकपदेन उत्तरत-  (क) लोके वशीकृतिः का? ..... (ख) कूर्मस्य किम् नाम आसीत्? ..... (ग) कृष्णमूर्तेः कति कर्मकराः सन्ति? ..... (घ) श्रीकण्ठः कृष्णमूर्तेः गृहं कदा अगच्छत्? ..... (ङ) रमा कुतः संस्कृतशिक्षां प्राप्तवती? .....	1*5=5	Analytical skill
4.	उचितं मेलनं कुरुत-  वर्णः उच्चारणस्थानम् (क) व् कण्ठतालुः (ख) ए कण्ठौष्ठः (ग) ओ दन्तौष्ठः (घ) म् दन्तः (ङ) ध् नासिका	1*5=5	Memory skill

5.	रेखाङ्कितपदानां संधि-विच्छेदं कुरुत-  (क) <u>रवीन्द्रः</u> गच्छति। ..... (ख) <u>रात्रौ चन्द्रोदयः</u> भवति। ..... (ग) <u>परमौजस्वी</u> अयम् बालः। ..... (घ) <u>प्रत्येकम्</u> जनः तत्र गच्छति। ..... (ङ) <u>गुर्वादेशः</u> अयम्। .....	1*5=5	Thinking skill
6.	रेखाङ्कितपदानां संधि कृत्वा लिखत-  (क) <u>ने+अनम्</u> ..... (ख) <u>अति+इव</u> ..... (ग) <u>सदा+एव</u> ..... (घ) <u>अति+अधिकम्</u> ..... (ङ) <u>पौ+अकः</u> .....	1*5=5	Critical thinking



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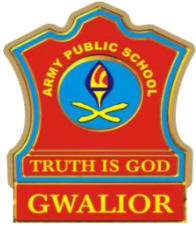
**Subject: Computer**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	..... gets activated every Friday which occurs on the 13 <sup>th</sup> of a month.  a. Trojan Horse b. File Infector c. Jerusalem Virus.	1	Understanding
B)	..... Virus adds virus code to the regular programming code within the program files.  a. File Infector b. Boot Sector c. Worm	1	Understanding
C)	..... is a program that displays unwanted advertisement in a banner on the web page.  a. Worm b. Trojan Horse c. Adware	1	Understanding
D)	..... program detects the changes caused by a virus in the computer.  a. Virus detector b. Antivirus c. E-mail	1	Understanding
2.	<b>State whether these statements are true or false.</b>		
A)	Virus can damage or destroy the operating system.	1	Analytical Thinking
B)	Boot sector virus is a harmless virus program.	1	Understanding

<b>C)</b>	The sleeper virus is known to steal your personal and financial information.	<b>1</b>	<b>Understanding</b>
<b>3.</b>	<b>Fill in the blanks.</b>		
<b>A)</b>	Viruses are programmed intentionally by a programmer known as a _____.	<b>1</b>	<b>Understanding</b>
<b>B)</b>	A virus enters a computer through an attachment with an _____.	<b>1</b>	<b>Understanding</b>
<b>C)</b>	_____ virus comes as a friendly program.	<b>1</b>	<b>Understanding</b>

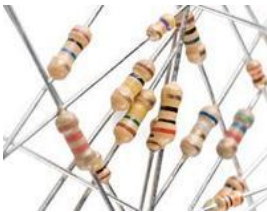


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**WORKSHEET (SELF -ASSESSMENT)**

**Subject: ATL**

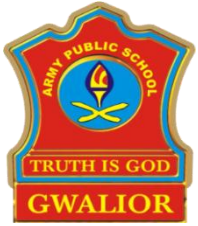
**Assignment No. : 2**

**Allotment Date: 20 July 2023**

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	Where did the name "breadboard" come from?  d. It is made of bread e. It is in the shape of a piece of bread f. They used to wire circuits on the board.	1	Understanding
B)	What is Arduino?  d. Programming language e. Image editing software f. Open-source electronics platform	1	Understanding
C)	What language is a typical Arduino code based on?  d. Assembly Code e. Python f. C/C++	1	Understanding
D)	What will happen if you forget to include one of these in the circuit?    d. The current will go too fast e. The LED will burn out f. Both	1	Understanding
2.	State whether these statements are true or false.		

<b>A)</b>	Breadboards allow for prototyping an electrical circuit without the need to solder the components?	<b>1</b>	<b>Analytical Thinking</b>
<b>B)</b>	An open circuit is a type of circuit?	<b>1</b>	<b>Understanding</b>
<b>C)</b>	Glass is a conductor of electricity?	<b>1</b>	<b>Understanding</b>
<b>3.</b>	<b>Fill in the blanks.</b>		
<b>A)</b>	Digital multi meter is a device that measures _____.	<b>1</b>	<b>Understanding</b>
<b>B)</b>	Full form of LED is _____.	<b>1</b>	<b>Understanding</b>
<b>C)</b>	Resistors are used to resist the flow of _____.	<b>1</b>	<b>Understanding</b>





**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
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**WORKSHEET (SELF -ASSESSMENT)**

**Subject: Karate**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

S. NO	QUESTIONS	Marks 10
1	How many points you get in IPPON? a) One b) Two c) Three d) Four	1
2	IPPON is awarded for? a) Jodan kicks b) Jodan tsuki c) Chudan kicks d) None of the above	1
3	Attaching on which area awards you three points? a) Abdomen b) Face c) Back d) All of the above	1
4	Which stance is used in step punch? a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi	1
5	In kata what is consider as athletic performance? a) Techniques b) Transitional movements c) Strength and Speed d) Focus (KIME)	1
6	How many steps in ki hon ich kata? a) 10 b) 20 c) 30 d) 40	1

<b>7</b>	On which side AKA stands?  a) Left b) Right c) Middle d) None	<b>1</b>
<b>8</b>	Which colour refers to AO?  a) Blue b) Red c) Yellow d) black	<b>1</b>
<b>9</b>	Which punch is used in kata Ki hon ich?  a) Jodan tsuki b) Chudan tsuki c) Gaidan tsuki d) Nidan tsuki	<b>1</b>
<b>10</b>	What is a size of inner kumite competition area?  a) 4mtr b) 6mtr c) 8mtr d) 10mtr	<b>1</b>



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
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**WORKSHEET (SELF –ASSESSMENT)**

**Subject: Health and Physical Education**  
**Allotment Date: 20 July 2023**

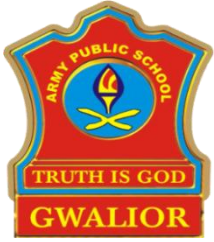
**Assignment No. : 2**

S.NO	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1.	<p><b>Tick The Correct Answer</b></p> <p>Q-1- full form of ODI?</p> <p>A. one day</p> <p>B. orange day international</p> <p>C. one day international</p> <p>D. one day India</p> <p>Q-2 who is known as God of cricket?</p> <p>A. M.S Dhoni</p> <p>B. Sachin Tendulkar</p> <p>C. Sourav Ganguli</p> <p>D. Rohit Sharma</p> <p>Q-3- Which is the largest cricket stadium in the world?</p> <p>A. Eden garden</p>	4	Understanding

	<p>B. The Melbourne Cricket Ground</p> <p>C. Roop singh stadium</p> <p>D. The M. Chinnaswamy Stadium</p> <p>Q-4-How long is the wicket on a cricket pitch?</p> <p>A. 1.22m</p> <p>B. 1.44m</p> <p>C. Both a and b</p> <p>D. 1.20m</p>		
<b>2</b>	<p><b><u>Fill in the blanks</u></b></p> <p>Q-5- _____ took a hat trick against England in Twenty20 World Cup 2021?</p> <p>Q-6 T20 world cup will be held in _____ . (India, Australia)</p> <p><u>Q-7</u> The movie 83, is biopic of Indian cricket player _____ (Kapil dev or M S Dhoni)</p>	<b>3</b>	<b>Informative</b>
<b>3</b>	<p><b><u>True False</u></b></p> <p>Q-8- cricket was originated in England.</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p> <p>Q-9 Sachin Tendulkar scored 200 runs in Pune.</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p> <p>Q-10- Did Yuvraj hits 6 sixes in an over.</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p>	<b>3</b>	<b>Informative</b>



7.	<b>What is the 3rd swar in alankar?</b> a) Sa b) Ga	1	Informative
8.	<b>What is the group of swaras called?</b> a) Alankar b) Nirankaar	1	Informative
9,	<b>How many alankar you should learn in basic?</b> a) 25 b) 7	1	Informative
10.	<b>Alankar is word of which language?</b> a) Arabic b) Sanskrit	1	Informative



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Yoga**

**Assignment No. : 2**

**Allotment Date: 20 July 2023**

QUESTIONS	MARKS	SKILLS
<p><b>Fill in the blanks</b></p> <p>1] Prayers fosters a _____ divine with the consciousness.[oneness/wholeness].</p> <p>2]..... is the meaning of 'ASTEYA'. [Wholeness/Non-stealing].</p> <p>3] _____ is the total no. of step in Surya namaskar[ 12/ 15]</p>	3X1=3	INFORMATIVE
<p><b>True and False:</b></p> <p>1. Yoga Sutras are given by Patanjali.</p> <p>2. Yamas are restraints and Niyamas are observances.</p> <p>3. Varkash asana is used for improving concentration.</p>	3X1=3	CRITICAL THINKING
<p><b>Multiple Choice Questions:</b></p> <p>1] Which among these is the meaning of Yama?</p> <p>A] Restraint</p> <p>B] Contentment</p> <p>C] Unity</p> <p>D] Non-of-these</p> <p>2] Which among these is the correct translation of Niyam?</p> <p>A] Non-Violence</p>	4X1=4	ANALYTICAL THINKING

B] Observances

C] Truthfulness

D] All of these

3] What does Yoga means?

A] Wholeness

B] Physical Health

C] Emotional Health

D] All of these

4] What is the total no. of elements of yoga?

A] 10

B] 5

C] 8

D] 2