



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII



ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)

Subject: English

Assignment No. : 3

Allotment Date: 31 August 2024

S. No.	QUESTIONS	MARKS	NATURE
1	Identify the verb in following sentences. 1. Sam is cooking karry today. 2. I can make pasta for you. 3. You must concentrate in the class. 4. Riya can solve these questions easily	4 Marks	Informative and understanding
2	Select the correct verb to complete the sentence. 1. All birds (has/have) special colours and songs. 2. This year you (look/looks) much taller. 3. A duck's webbed feet (act/acts) as paddles.	3 Marks	Understanding
3	What was the challenge given to Gopal by the king? How he won it?	4 Marks	HOTS
4	Put the correct form of the verb and fill the blanks. 1. The boy.....basketball in the afternoon everyday.(Play) 2. The Director of the company....in the office. (Be) 3. The woman.....the room for the meeting. (Arrange)	3 Marks	Interdisciplinary
5	Find the meaning of the following words using dictionary. a) Challenge b) Mystic c) Smearing	3 Marks	Analytical Skill
6	Why is the poet desire to visit get postponed and delayed?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) Why did the king congratulate Gopal? b) How did Golu help the python ? c) What was the brother's story about the ghost?	3×2 = 6 Marks	Evaluation
8	What according to the python were the advantages of a long nose (trunk)?	3 Marks	Communication Skills



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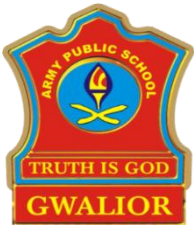
Subject: Hindi

Assignment No. : 3

Allotment Date: 31 August 2024

क्रम सं.	प्रश्न	अंक	प्रकृति
1	नाटक में आपको सबसे बुद्धिमान पात्र कौन लगा और क्यों?	5	INFORMATIVE
2	शाम का दृश्य अपने घर की छत या खिड़की से देखकर बताइए-?	4	UNDERSTANDING
3	प्रश्न - शाम के समय ये क्या करते हैं? पता लगाइए और लिखिए- 1 पक्षी _____ - _____ 2. खिलाडी _____ _____ 3. फलवाले _____ 4. माँ , बच्चे _____ _____ 5. पेड़ पौधे , किसान _____ _____	6	INTERDISCIPLINARY
	यासुकी-चान को अपने पेड़ पर चढ़ाने के लिए तोत्तो चान ने अथक प्रयास क्यों किया?	5	CRITICAL THINKING AND PROBLEM SOLVING

4.			
5	निम्न शब्दों के पर्यायवाची शब्द लिखों अंधकार अनाज आभूषण किरण कोमल	5	EVALUATION
6	समास की परिभाषा लिखिए तथा उपसर्ग व प्रत्यय लगाकर दो- दो शब्द बनाइए-	5	HOT



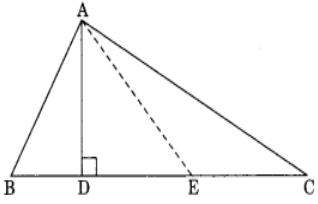
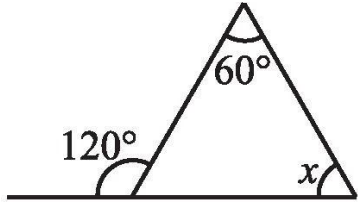
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WORKSHEET (SELF –ASSESSMENT)

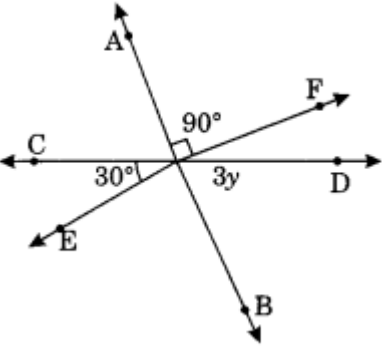
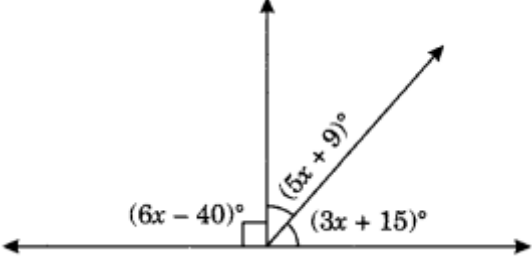
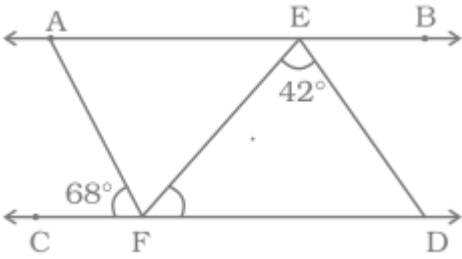


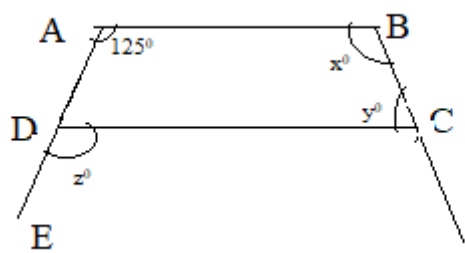
Subject: Mathematics

Assignment No. : 3

Allotment Date: 31 August 2024

S. No.	QUESTIONS	MARKS	NATURE
1	In $\triangle ABC$, vertex opposite to side AC is (a) A (b) C (c) B (d) None	1	Informative
2	In the given figure, name the median of triangle where E is the midpoint of BC.  (a) AE (b) AD (c) AB (d) AC	1	Informative
3	The value of x in the given figure is  (a) 180° (b) 55° (c) 90° (d) 60°	1	Understanding
4	In an equilateral triangle $\triangle ABC$, find the value of each angle of triangle. (a) 90° (b) 40° (c) 70° (d) 60°	1	Informative
5	If two parallel lines are cut by a transversal, each pair of the corresponding angles are _____ in measure	1	Understanding
6	In the given figure, find the value of y.	1	Analytical

			
7	If two adjacent angles are supplementary, then they form _____ .	1	Problem solving
8	The difference in the measures of two complementary angles is 12° . Find the measure of the angles	1	Critical Thinking
9	In which triangle the altitude and the median are the same ? (a) Right triangle (b) Scalane (c) Acute angled (d) Isosceles	1	Informative
10	What will be the measure of the supplement of 54° and 125°	2	Analytical
11	Find the value of x. 	2	Construction
12	Which of the following cannot be the sides of a triangle? (i) 4.5 cm, 3.5 cm, 6.4 cm (ii) 2.5 cm, 3.5 cm, 6.0 cm (iii) 2.5 cm, 4.2 cm, 8 cm	2	Analytical
13	One of the equal angles of an isosceles triangle is 50° . Find all the angles of this triangle.	3	Understanding
14	If the angles $(4x + 4)^\circ$ and $(6x - 4)^\circ$ are the supplementary angles, find the value of x.	3	Problem Solving
15	In below figure , $AB \parallel CD$, $AF \parallel ED$, $\angle AFC = 68^\circ$ and $\angle FED = 42^\circ$ Find $\angle EFD$ 	3	Problem Solving
16	In the given figure below. $AB \parallel CD$ and AD is produced to E so that $\angle BAE = 125^\circ$ if $\angle ABC = x^\circ$, $\angle BCD = y^\circ$ and $\angle CDE = z^\circ$ and $\angle ADC = x^\circ$ Find the values of x, y and z	5	Problem Solving





ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Science

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO.	QUESTIONS	MARKS	NATURE
Q1	<p>Answer the following questions.</p> <p>i. What is galvanisation?</p> <p>ii. Define crystallisation.</p>	1x2=2	Information
Q2	<p>i. What is a physical change? Give examples.</p> <p>ii. What are the two conditions essential for the rusting of iron?.</p>	2X2=4	Understanding
Q3	<p>I. Who protects Earth from the harmful radiation of the sun? And how?</p> <p>II. Why is digestion of food considered a chemical change?</p>	2x2=4	HOT
Q4	<p>I. Why do cut vegetables take up a brown colouration when exposed in the air?</p> <p>II. Explain two methods by which rusting of iron can be prevented.</p> <p>III. Write the reaction that takes place when vinegar and</p>	2x3=6	Interdisciplinary

	baking soda are mixed. What happens when the gas obtained is passed through lime water?		
Q5	I. Why rusting of iron is faster in the coastal region than in the desert region?	3x3=9	Analytical Skill
	II. Why is there a change in colour from Blue to green between the reaction of copper sulphate and iron needle?		Critical Thinking and Problem Solving
	III. Why do ships get damaged inspite of being painted?		Evaluation
Q 6.	List any 5 things that may occur when a chemical change occurs.	5x1=5	Communication Skills



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Social Science

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	What were the central provinces under the control of the Mughals?	2m	Informative
2	How did some MLAs become ministers?	5m	Understanding
3	What are Exogenic and Endogenic forces?	3m	Interdisciplinary
4	Multiple Choice Questions- 1. Which is caused by the sudden movements of the earth? (a) Earthquake (b) Folding (c) Glaciers (d) Desert 2. Who was the founder of the Mughal Empire in India? (a) Babur (b) Akbar (c) Humayun (d) Shahjahan 3. Which gas protects us from the harmful sun rays? (a) Carbondioxide (b) Nitrogen (c) Ozone (d) Hydrogen	3m	Informative
5	Match the following- 1. Mansab (i) MLA 2. Richter scale (ii) Rank 3. Legislative Assembly (iii) Earthquake	3x1=3m	Analytical Skill
6	Answer the following questions in about 20-30 words. 1.What is Erosion 2.What is the Legislative Assembly of the state?	2x2=4m	Communication skills
7	Answer the following questions- 1.Write the name of any two monuments which is related to Mughal Empire? 2.Write any two-two examples of Endogenic force and Exogenic force. 3. What are the three levels of government in India?	3x2=6m	Evaluation
8	Draw a labelled diagram of the 'Volcano'	4m	Critical Thinking and Problem Solving



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII

ACADEMIC SESSION 2024-25
WORKSHEET (SELF -ASSESSMENT)



Subject: Sanskrit

Assignment No. : 3

Allotment Date: 31 August 2024

Note: Do the answers in the given space only.

S.NO	QUESTIONS	MARKS	NATURE
1	शब्दानाम् अर्थान् लिखत- सेवेत परित्यज्य ऋजुता मृदुता कौटिल्यम्	1x5=5	Information
2	भिन्नम् समूहपदम् चिनुत- रमा , राधा , पुष्पम् _____ मित्रम् , पत्रम् , बालकः _____ नदी , वारि , मति _____ भानुः , गुरुः , पितृ _____ गजः , नरः , कन्दुकम् _____	1x5=5	Analytical Skill
3	परस्परं मेलयत- 1. त्वं - तुम दो 2. अहम् - तुम 3. युवाम् - में 4. आवाम् - तुम सब 5. यूयं- हम दो	1x5=5	Understanding

<p>4</p>	<p>अकारान्त और आकारान्त शब्दों के पाँच -पाँच उदाहरण लिखें -</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>	<p>1/2x10=5</p>	<p>Thinking skill</p>
<p>5</p>	<p>उदाहरणानुसारं पदरचनां कुरुत-</p> <p>यथाअवसत् = वसति स्म -</p> <p>..... = पश्यति स्म (क)</p> <p>..... = तपति स्म (ख)</p> <p>..... = वदति स्म (ग)</p> <p>..... = गच्छति स्म (घ)</p> <p>..... = हसति स्म (ङ)</p>	<p>1x5=5</p>	<p>Critical Thinking</p>
<p>6</p>	<p>मञ्जूषातः अव्ययपदानि चित्वा वाक्यानि पूर्यत- तथा, न, कदाचन , सदा , च</p> <p>(1) भक्तः ईश्वरं स्मरति।</p> <p>(2) असत्यं वक्तव्यम्।</p> <p>(3) प्रियंसत्यम् वदेत्।</p> <p>(4) लता मेधाविद्यालयं गच्छतः।</p> <p>(5) महात्मागान्धी अहिंसा न अत्यजत्।</p>	<p>5</p>	<p>Thinking skill</p>



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Art and Work Education
Allotment Date: 31 August 2024

Assignment No. : 3

S. No.	QUESTIONS	MARKS	NATURE
1	What is the perspective view?	2	Informative
2	What is the key point of perspective?	2	Informative
3	What is the concept of Madhubani painting?	2	Understanding
4	Warli Art belongs from which state?	2	Informative
5	What is the history of Warli Art?	2	Understanding



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ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)

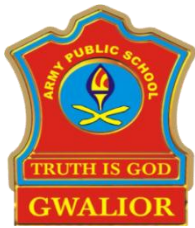
Subject: Music (Vocal and Instrumental)

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	Bharat humko _____ se pyara hai a. jaan b. praan	1	Knowledge
2	What do you mean by patriotism ? a. Devotion towards country b. Devotion towards religion	1	Informative
3	Ae duniya ke logon unchi awaz karo _____ a. Gaaon khushi ke geet b. Ibadat karo	1	Knowledge
4	Janam bhumi pe _____ a. Jaan lutate hai b. Haske jaate hai	1	Creativity
5	Prabhu ji inpe tum apni _____ karo a. Kirpa b. pyaar	1	Learning
6.	Who wrote National Anthem? a. Rabindranath Tagore b. Jawaharlal Nehru	1	Knowledge
7.	Complete the line Jana gana mana ? a. Adhinaayak jaya hey b. Gaya hey	1	Learning
8.	Complete the line Vindhya Himachal ? a. Yamuna Godavari b. Yamuna Ganga	1	Learning
9,	Complete the line Door agyan ke ho? a. Andhere b. Roshni	1	Creativity
10.	Har Se bachte rahe hum ? a. Burai	1	Creativity

	b. Bhalai		
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Health and Physical Education

Assignment No. : 3

Allotment Date: 31 August 2024

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1- full form of ODI?</p> <ul style="list-style-type: none">A. one dayB. orange day internationalC. one day internationalD. one day India <p>Q-2 who is known as God of cricket?</p> <ul style="list-style-type: none">A. M.S DhoniB. Sachin TendulkarC. Sourav GanguliD. Rohit Sharma <p>Q-3- Which is the largest cricket stadium in the world?</p> <ul style="list-style-type: none">A. Eden gardenB. The Melbourne Cricket GroundC. Roop singh stadiumD. The M. Chinnaswamy Stadium	4	

	<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>		
<p>2</p>	<p><u>Fill in the blanks</u></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 _____ .</p> <p>(India, Australia)</p> <p>Q-7 The movie 83, is biopic of Indian cricket player_____.</p> <p>(Kapil dev or M S Dhoni)</p>	<p>3</p>	
<p>3</p>	<p><u>True False</u></p> <p>Q-8- cricket was originated in England.</p> <p>A. True</p> <p>B. False</p> <p>Q-9 Sachin Tendulkar scored 200 runs in Pune.</p> <p>A. True</p> <p>B. False</p> <p>Q-10- Did Yuvraj hits 6 sixes in an over.</p>	<p>3</p>	

	A. True B. False		
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Computer

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO.	QUESTIONS	MARKS-10	NATURE
1	<p>Choose and write the correct option (MCQ):-</p> <p>a) ___Is effective in adding depth in our graphic objects. a) Layer b) Animation c) Frame</p> <p>b) ____Creates the illusion of movement. a) Transition b) Animation c) Symbol</p> <p>c) A frame rate of _____is the default setting for new Animate document. a) 12 fps b) 30 fps c) 24 fps</p> <p>d) A key frame is indicated on the Timeline with a__ circle. a) Red b) Black c) Green</p> <p>e) In Animate, Shape tween can only be applied to ____. a) Shapes b) Images c) Text</p>	1/2x5=2 ½	Information
2	<p>Fill in the blanks-</p> <p>a) A bitmap graphic is composed of many tiny parts called _____.</p> <p>b) A _____ layer can be used for reference point and alignment.</p> <p>c) Frame-by-frame animation is also known as _____ animation.</p> <p>d) We can use the _____ tween to animate between two key frames.</p> <p>e) To morph one shape to another, _____ tween is used.</p>	1/2x5=2 ½	Understanding
3.	<p>Write 'T' for True and 'F' for False statements.</p>	1/2x3=1 ½	Understanding

	<p>a) We can create many instances of the same symbol.</p> <p>b) In frame-by-frame animation, Animate calculates in between frames automatically</p> <p>c) Shape tween can only be applied to shapes.</p>		
4.	<p>Answer the following questions:-</p> <p>a) What is layer? Write its type.</p> <p>b) What is tween? Write its type.</p> <p>c) What do you understand by symbols and instances?</p> <p>d) Differentiate between Motion tween and Shape tween?</p> <p>e) Differentiate between Key frame and Blank Key frame?</p>	1/2x5=3 ½	Evaluation



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Karate

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO	QUESTIONS	Marks 10
1	What is the meaning of Kumite? a) Fight b) Leg Fight c) Pre – decided techniques of offense and defense d) None of these	1
2	Which Japanese word is used at the time of wish in Kata? a) Os b) Ous c) Osu d) Oos	1
3	What is the Japanese name of middle block? a) Jodan age uke b) Chudan sota uke c) Gaidan barai uke d) None of these	1
4	Which stance is used for attention position? a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi	1
5	Which position is used at kicking time?	1

	<ul style="list-style-type: none"> a) Hidari heikodachi b) Migi heikodachi c) Hidari and migi heikodachi d) None of these 	
6	<p>How many basic punches?</p> <ul style="list-style-type: none"> a) 10 b) 20 c) 3 d) 4 	1
7	<p>In heikodachi dachi legs should be</p> <ul style="list-style-type: none"> a) Parallel to your shoulder b) Inside the shoulder c) Outside the shoulder d) None of these 	1
8	<p>How many basic blocks?</p> <ul style="list-style-type: none"> a) 1 b) 2 c) 3 d) 4 	1
9	<p>Which punch is used for face attack?</p> <ul style="list-style-type: none"> a) Jodan tsuki b) Chudan tsuki c) Gaidan tsuki d) Nidan tsuki 	1
10	<p>What is the starting position of kicking ?</p> <ul style="list-style-type: none"> a) Heikondachi b) heikadachi c) Zenkotsudachi d) None of these 	1



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)




Subject: Dance

Assignment No. : 3

Allotment Date: 31 August 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	Which musical instrument is commonly used during a "Ganesh Vandana" performance in Kathak? A) Tabla B) Harmonium C) sitar D) Flute	1	Informative
2	What is "Ganesh Vandana" in Kathak nritya? A) Dhyaan ka ek roop B) Bhagavaan Ganesh ka aahvaan C) Ek pratispardhee nrty shailee D) Ek prakaar ka phutvark	1	Informative
3	Which god is praised in Ganesh Vandana ? A) Brahma B) Vishnu C) Mahesh D) Ganesh	1	Informative
4	In which classical dance Ganesh Vandana is not performed A) Kathak B) Bharatanatyam C) Odissi D) Kathakali	1	Informative
5	Which type of dance is Ganesh Vandana ? A) Tandav B) Lasya C) Nritya	1	Informative

	D) Sringar		
6.	<p>Which emotion is expressed in Ganesh Vandana?</p> <p>A) Veer Ras</p> <p>B) Shringar Ras</p> <p>C) Shant Ras</p> <p>D) Bhakti Ras</p>	1	Informative
7.	<p>In Kathak dance _____ is worshipped first</p> <p>A) Ganapati</p> <p>B) Devi</p> <p>C) Gandharv</p> <p>D) Natya</p>	1	Informative
8.	<p>In which rhythm is Ganesh Vandana performed?</p> <p>A) TeenTaal</p> <p>B) Dhamar</p> <p>C) sawari</p> <p>D) Rudra Taal</p>	1	Informative
9,	<p>What is the main purpose of Ganesh Vandana in Kathak dance?</p> <p>A) Ganesh ki stuti</p> <p>B) Ganesh ki aarti</p> <p>C) Ganesh ki Vandana</p> <p>D) Ganesh ka Abhishek</p>	1	Informative
1	<p>Which is the picture of Ganesh?</p>  <p>The first image shows Lord Shiva and Goddess Parvati. The second image shows Lord Ganesha with four arms and an elephant head. The third image shows Lord Shesha, a multi-headed serpent.</p>	1	Informative



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Yoga

Assignment No. : 3

Allotment Date: 31 August 2024

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</p> <p>1. Pranayama involves the control of _____.</p> <p>2. Trataka, a practice of Dharana, involves gazing at a _____.</p> <p>3. _____ is a state of deep meditation where the individual experiences a sense of oneness with the universe.</p>	3X1=3	INFORMATIVE
<p><u>True and False:</u></p> <p>1. Santosha means non-violence.</p> <p>2. Adhi Mukha Svanasana is also known as the Cobra Pose.</p> <p>3. Guided meditation is an example of Samadhi.</p>	3X1=3	CRITICAL THINKING

<p>MCQs :</p> <p>1. What does the word "yoga" mean?</p> <ul style="list-style-type: none">a) Exerciseb) Meditationc) Uniond) Balance <p>2. How many limbs are there in Ashtanga Yoga?</p> <ul style="list-style-type: none">a) 4b) 6c) 8d) 10 <p>3. Which of the following is a Yama?</p> <ul style="list-style-type: none">a) Sauchab) Santoshac) Tapasd) Satya <p>4. What is the primary focus of Pranayama?</p> <ul style="list-style-type: none">a) Posturesb) Breathing exercisesc) Meditationd) Ethical guidelines	<p>4X1=4</p>	<p>ANALYTICAL</p> <p>THINKING</p>
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