



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



Subject: English

Assignment No. : 7

Allotment Date: 31 December 2024

S. No.	QUESTIONS	MARKS	NATURE
1	Identify the type of voice in the following sentences. 1. Shreya Ghoshal sings beautiful songs. 2. The boy was being scolded by his teacher. 3. The woodcutter cut down the trees. 4. The mystery was solved.	4 Marks	Informative and understanding
2	Complete the sentences using one of these verbs in a correct form. Cause Damage invite i) Many accidentsby dangerous driving. ii) The roof of the building.....in a storm a few days ago. iii) Youfor the wedding.Why didn't you go?	3 Marks	Understanding
3	What do you think the fan was trying to say through its electrical chatter?	4 Marks	HOT
4	Write the sentences in a different way as given in example. They didn't give me the money. I was not given the money by them. i) They asked me some difficult questions at the interview. ii) I have sold the bicycle. iii) The car hit the man.	3 Marks	Interdisciplinary
5	Find the meaning of the following proverbs. i) Blood is thicker than water. ii) you can't make bricks without straws. iii) Two blanks don't make a white.	3 Marks	Analytical Skill
6	What was Maya's opinion about Mr.Nath?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) Why was Nisad so sympathetic towards Mr.Nath?	3×2 = 6 Marks	Evaluation

	b) How did Nisad and Maya spend their holiday? c) what does the phrase "he ran as still as water" mean in the poem 'Mystery of a talking fan'?		
8	All the mystery has spoiled. how?	3 Marks	Communication Skills



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



Subject: Hindi

Assignment No. : 7

Allotment Date: 31 December 2024

क्रम संख्या	प्रश्न	अंक	प्रकृति
1-	ब्रज की भोर का वर्णन कीजिए।	5	INFORMATIVE
2-	मीरा को सावन मनभावन क्यों लगने लगा?	4	UNDERSTANDING
3-	निम्न मुहावरों के अर्थ लिखिए? 1. अक्ल पर पत्थर पड़ना 2. अपना रास्ता नापना 3. आटे-दाल का भाव मालूम होना 4. आपे से बाहर होना 5. एक तीर से दो शिकार करना	5	HOT
4-	निम्नलिखित लोकोक्तियों के अर्थ लिखिए। 1. आम के आम गुठलियों के दाम 2. आप भले तो जग भला 3. ऊँची दुकान, फीका पकवान 4. का बरसा जब कृषि सुखाने 5. अंधा क्या चाहे दो आँखें	5	INTERDISCIPLINARY
5-	यदि सुबह के समय आपको अपने छोटे भाई-बहन को जगाना पड़े, तो कैसे जगाएँगे लिखिए।	5	CRITICAL THINKING AND PROBLEM SOLVING

6	विराम चिह्न की परिभाषा लिखिए व निम्न विराम चिन्हों का प्रयोग करते हुए दो-दो वाक्य बनाकर लिखिए- पूर्ण विराम, अल्प विराम, प्रश्नवाचक चिह्न, कोष्ठक, विस्मयादिसूचक चिह्न आदि।	4x4=16	EVALUATION
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)



Subject: Mathematics

Assignment No. : 7

Allotment Date: 31 December 2024

S. No.	QUESTIONS	MARKS	NATURE
1	The exponent form of 729 is (a) 5^4 (b) 6^3 (c) 9^3 (d) 3^9	1	Informative Understanding
2	Write the exponent form in terms of prime numbers of 576. (a) $2^6 \times 3^2$ (b) $2^5 \times 3^3$ (c) 2×3^4 (d) 2^8	1	Informative Understanding
	The value of 11 cube is (a) 111 (b) 11^2 (c) 121 (d) 11^3	1	Understanding Understanding
4	Simplify and choose the value of $7^0 \times 3^0 \times 7$ (a) 7 (b) 21 (c) 1 (d) none of these	1	Informative Understanding
5	Which one is the expansion of 225 ? (a) $3 \times 3 \times 5 \times 5$ (b) $3 \times 5 \times 6$ (c) $2 \times 3 \times 5$ (d) $3 \times 5 \times 5$	1	Understanding
6	What is the value of 4^3 ? (a) 4^6 (b) 4^3 (c) 4^5 (d) 4^9	1	Analytical
7	How many lines of symmetry are there in a square ? (a) 4 (b) 0 (c) 3 (d) 2	1	Problem solving
8	Standard form of number 56700100 is (a) 5.67×10^7 (b) 5.67001×10^6 (c) 5.6701×10^7 (d) 5.67001×10^8	1	Critical Thinking
9	Which type of symmetry is hold in a clock ? (a) Line symmetry (b) rotational symmetry (c) no symmetry	1	Informative
10	Write two examples of rotational symmetry.	2	Problem solving
11	Write the expanded form of the following numbers. 1. 2457801 2. 8003701	2	Construction
12	Write two examples with vertical line of symmetry.	2	Analytical

13	Simplify $(5^3 \times \frac{6^4}{6^3}) \div 5^2$.	3	Understanding
14	Simplify $\frac{9^3 \div 3^4}{3}$	3	Problem Solving
15	Reads all the alphabets of English language and give the answers of following questions. (i) List the alphabets which are having a reflection about vertical symmetry. (ii) List the alphabets which are having a reflection about horizontal symmetry. (ii) List the alphabets having both vertical and horizontal rotational symmetry.	1+1+2=4	Case Study
16	Simplify: (i) $(-3)^2 \times (-5)^3$ (ii) $(-2)^5 \times (-10)^2$	5	Problem Solving



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




Subject: Science

Assignment No. : 7

Allotment Date: 31 December 2024

S. NO.	QUESTIONS	MARKS	NATURE
Q1	<p>Multiple choice questions:</p> <p>1. Which factor could change the size of the shadow of an opaque object?</p> <p>a) The color of the object. b) The material the object is made from. c) How far the object is from the light source. d) The size of the screen.</p> <p>2. When a parallel beam of light is incident on a plane mirror, it is reflected back as a ----- beam.</p> <p>a) Convergent b) Divergent c) Parallel d) scattered</p>	1x2=2	Information
Q2	<p>Fill in the blanks:</p> <p>1. Angle of incidence is the angle between the incident ray and the _____ .</p> <p>2. Light is a form of _____ which our eyes can detect.</p> <p>3. Images formed by _____ mirrors are magnified.</p> <p>4. Speed of light in vacuum is _____ .</p>	1x4=4	Observation
Q3	<p>Answer the following questions in one or two sentences:</p> <p>i. Differentiate between real image and virtual image. ii. Explain why the pupil dilates in the dark?</p>	2x2=4	Interdisciplinary

<p>Q4.</p> <p>Q5.</p>	<p>Answer the following questions in 20-30 words:</p> <p>If the angle formed between the incident ray and the reflected ray is 90°, what is the angle of reflection?</p> <p>We can see objects when the light reflected from the objects falls upon our eyes. Why can't walls act as mirror even the light reflected through walls and reach our eyes? Give reason.</p>	<p>3x2=6</p>	<p>Evaluation</p> <p>Analytical Skills</p>
<p>Q6</p> <p>Q7.</p>	<p>Answer the following questions in 30-40 words:</p> <p>Sunita puts on a pair of special glasses as shown below. The glasses have coloured filters in them.</p>  <p>(a) Sunita looks at a lamp through the green filter. The lamp gives out white light but appears to be green. Explain how this is possible.</p> <p>(b) Sunita looks at a red lamp.</p> <p>i) What colour will the lamp appear to Sunita, if she looks at it through the red filter? Explain your answer.</p> <p>ii) What colour will the lamp appear to Sunita, if she looks at it through the green filter? Explain your answer.</p> <p>Explain the phenomenon of light dispersion and its causes? Additionally, which colour among the seven in the visible spectrum can be seen over the greatest distance?</p>	<p>5X1=5</p> <p>5X1=5</p>	<p>Competency-Based</p> <p>Knowledge based</p>
<p>Q8.</p>	<p>Case-based question :</p> <p>Read the given passage carefully and answer the questions given below.</p> <p>Lenses are transparent and light can pass through them. Lenses are classified as convex lens and concave lens and we can distinguish between these two types of lenses by just touching them. Lenses are widely used in various appliances that we come across in our daily life.</p> <p>1. The lenses used in spectacles of a person are found to be thick in the middle but thinner at the edges. The lenses used are</p> <p>(a) convex (b) concave (c) plane (d) none of these</p> <p>2. The image formed by a lens is always erect, virtual and smaller in size than the object. The lens is</p> <p>(a) convex (b) concave (c) plane (d) none of these</p>	<p>1X4=4</p>	<p>Critical Thinking and Problem Solving</p>

3. The image formed by the magnifying glass is

- (a) real
- (b) virtual
- (c) either real or virtual
- (d) none of these

4. Which lens is used to correct vision for myopia?

- (a) concave
- (b) convex
- (c) any one of the above
- (d) none



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

Subject: Social Science

Assignment No. : 7

Allotment Date: 31 December 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	What are the climatic conditions of the Ladakh desert?	3m	Informative
2	Name the trees that grow in Ladakh region.	2m	Understanding
3	Name the countries that touch the Sahara desert.	3m	Interdisciplinary
4	Multiple Choice Questions- 1. Sahara desert is located in which part of Africa continent? (a) Eastern (b) Northern (c) Western (d) Southern 2. Hemis in the Ladakh is a famous- (a) temple (b) church (c) monastery (d) mosque 3. Which desert is described as a cold desert? (a) Sahara (b) Gobi (c) Atacama (d) Ladakh 4. Which of the following rivers flow through Ladakh? (a) Nile (b) Amazon (c) Indus (d) Yangtze 5. Which of the following animals is found in the Sahara desert? (a) Polar bears (b) Penguins (c) Camels (d) Kangaroos	5m	Informative
5	Match the following- 1. Lamayuru (i) Libya 2. Bedouins (ii) Monastery 3. Oil (iii) Glacier 4. Gangri (iv) Sahara	4×1=4m	Analytical skill

6	<p>Answer the following questions in about 20-30 words.</p> <ol style="list-style-type: none"> 1. Define the term desert. 2. Which type of clothes the people of the Sahara desert wear? 	2×2=4m	Evaluation
7	<p>Write True or False-</p> <ol style="list-style-type: none"> 1. Leh is the capital of Ladakh. _____. 2. Tourism is not a major industry in Ladakh. _____ . 3. Egypt is famous for growing cotton. _____. 4. In Ladakh, the day temperature in summer are usually above 30°C _____. 	4×1=4m	Communication skills
8	<p>Read the extract carefully and answer the questions that follows:</p> <p>Vegetation in the Sahara desert includes cactus, date palms and acacia. Oasis are green islands with date palms surrounding them. Camels, hyenas, jackals, foxes, scorpions many varieties of snakes and lizards are the prominent animal species living there. The Sahara desert despite its harsh climate has been inhabited by various groups of people, who pursue different activities. The groups of people who live in the Sahara desert are-Bedouins and Tuaregs. These groups are nomadic tribes rearing livestock such as goats, sheep, camels and horses. These animals provide them with milk, leather for belts, slippers, water bottles, carpets, clothes and blankets. They wear heavy robes as protection against dust storms and hot winds.</p> <ol style="list-style-type: none"> 1. Name the vegetation that is common in the sahara desert. 2. What is an oasis? 3. Name the animals that are prominent in the Sahara desert. 4. Name the groups of people who live in the Sahara desert. 5. Which type of clothes the people of the Sahara desert wear? 	5×1=5m	Critical thinking and Problem solving



ARMY PUBLIC SCHOOL GWALIOR
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WORKSHEET (SELF –ASSESSMENT)



Subject: Sanskrit

Assignment No. : 7

Allotment Date: 31 December 2024

S. NO.	QUESTIONS	Marks	Skills/ Competencies														
1	शब्दानाम् अर्थान् लिखत- खगोलविज्ञानम्, वरिष्ठान्, धृति, विचार्य, भारतसर्वकारः, अनुपमम्।	1x6=6	Information														
2	यथायोग्यं संयोज्य लिखत- <table><tr><td>क</td><td>ख</td></tr><tr><td>कौटिल्येन</td><td>अभ्युदयाय प्रेरयन्ति।</td></tr><tr><td>चिकित्साशास्त्रे</td><td>ज्ञानविज्ञानपोषकम्।</td></tr><tr><td>शून्यस्य</td><td>अर्थशास्त्रं रचितम्।</td></tr><tr><td>आविष्कर्ता</td><td>चरकसुश्रुतयोः</td></tr><tr><td>संस्कृतम्</td><td>योगदानम्।</td></tr><tr><td>सूक्तयः</td><td>आर्यभटः।</td></tr></table>	क	ख	कौटिल्येन	अभ्युदयाय प्रेरयन्ति।	चिकित्साशास्त्रे	ज्ञानविज्ञानपोषकम्।	शून्यस्य	अर्थशास्त्रं रचितम्।	आविष्कर्ता	चरकसुश्रुतयोः	संस्कृतम्	योगदानम्।	सूक्तयः	आर्यभटः।	1x5=5	Memory Skill
क	ख																
कौटिल्येन	अभ्युदयाय प्रेरयन्ति।																
चिकित्साशास्त्रे	ज्ञानविज्ञानपोषकम्।																
शून्यस्य	अर्थशास्त्रं रचितम्।																
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संस्कृतम्	योगदानम्।																
सूक्तयः	आर्यभटः।																
3	रेखाङ्कितानि पदानि अधिकृत्य प्रश्ननिर्माणं कुरुत- (क) संस्कृते ज्ञानविज्ञानयोः निधिः सुरक्षितोऽस्ति। (ख) संस्कृतमेव सङ्गणकस्य कृते सर्वोत्तमा भाषा। (ग) शल्यक्रियायाः वर्णनं संस्कृतसाहित्ये अस्ति।	1x5=5	Understanding														

	<p>(घ) वरिष्ठान् प्रति अस्माभिः प्रियं व्यवहर्तव्यम्।</p> <p>(ङ) संस्कृत भाषा प्राचीनतमा ।</p>																										
4	<p>प्रश्नानाम् उत्तराणि एकवाक्येन लिखत-</p> <p>(क) सङ्णकस्य कृते सर्वोत्तमा भाषा का?</p> <p>(ख) संस्कृतस्य वाङ्मयं कैः समृद्धमस्ति?</p> <p>(ग) संस्कृत किं शिक्षयति?</p> <p>(घ) अस्माभिः संस्कृतं किमर्थं पठनीयम्?</p>	1x4=4	Thinking skill																								
5	<p>उदाहरणानुसारं पदानां विभक्तिं वचनञ्च लिखत-</p> <table border="0" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">पदानि</th> <th style="text-align: left;">विभक्तिः</th> <th style="text-align: left;">वचनम्</th> </tr> </thead> <tbody> <tr> <td>यथा-</td> <td></td> <td></td> </tr> <tr> <td>संस्कृतेः</td> <td>षष्ठी</td> <td>एकवचनम्</td> </tr> <tr> <td>गतिः</td> <td>.....</td> <td>.....</td> </tr> <tr> <td>नीतिम्</td> <td>.....</td> <td>.....</td> </tr> <tr> <td>सूक्तयः</td> <td>.....</td> <td>.....</td> </tr> <tr> <td>शान्त्या</td> <td>.....</td> <td>.....</td> </tr> <tr> <td>प्रीत्यै</td> <td>.....</td> <td>.....</td> </tr> </tbody> </table>	पदानि	विभक्तिः	वचनम्	यथा-			संस्कृतेः	षष्ठी	एकवचनम्	गतिः	नीतिम्	सूक्तयः	शान्त्या	प्रीत्यै	1x5=5	Memory skill
पदानि	विभक्तिः	वचनम्																									
यथा-																											
संस्कृतेः	षष्ठी	एकवचनम्																									
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सूक्तयः																									
शान्त्या																									
प्रीत्यै																									

6	प्रत्ययानाम् नामानि लिखत- क) भूत्वा - ख) नन्तुम्- ग) विहस्य - घ) आदाय - ङ) चलित्वा-	1x5=5	Analytical Skill
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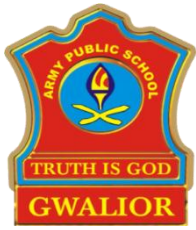
Subject: Computer

Assignment No. : 7

Allotment Date: 31 December 2024

1.	Choose and write the correct option (MCQ):- 1. The text with special instructions in HTML is called_____. a. syntax b. tag c. command 2. _____use to insert a blank space with in a line. a. ; b. ; c. ; 3. _____rule or line is used to separate different sections of the web page. a. Slanting b. Vertical c. Horizontal 4. The language used to make web pages is_____. a. QBASIC b. HTML c. Scratch	1/2x4=2	Information
2.	Write 'T' for True and 'F' for false statements. a. <HTML> is an opening tag of an HTML document. b. The text we enter in the comment appears when readers view the web page. c. Font Size 1 creates the smallest text while Font Size 7 creates the largest text. d. HTML5 is not case-sensitive language.	1/2x4=2	Understanding

3.	<p>Fill in the blanks-</p> <p>a. The _____ declaration at the beginning of web page specifies HTML5 document.</p> <p>b. _____ tag is used to add a line break if needed by the browser.</p> <p>c. To add background color to the web page _____ attribute is used in body tag.</p> <p>d. _____ is a text editor in which HTML document is written.</p>	1/2x4=2	Understanding
4.	<p>Answer the following questions:-</p> <p>a. What is HTML?</p> <p>b. What do you understand by text editors?</p> <p>c. What is horizontal rule? Write steps to insert it.</p> <p>d. What are semantic tags?</p>	1x4=4	Evaluation



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



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

Assignment No. : 7

S. No.	QUESTIONS	MARKS	NATURE
1	What is the color of sunflower?	2	Informative
2	What is the concept of Warli Art?	2	Informative
3	What is the shape of Sunflower?	2	Understanding
4	Which state is Warli drawing in?	2	Informative
5	What is tie and dye in art?	2	Understanding



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

Subject: Dance

Assignment No. : 7

Allotment Date: 31 December 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>Which of the following is a string instrument?</p> <p>a) Flute b) Violin c) Trumpet d) Drums</p> <p>Answer: b) Violin2.</p> <p>निम्नलिखित में से कौन सा एक तार वाला वाद्य यंत्र है?</p> <p>a) बांसुरी b) वायलिन c) तुरही d) ड्रम</p>	1	Informative
2	<p>. Which of the following instruments is played by blowing air into it?</p> <p>a) Guitar b) Violin c) Trombone d) Flute</p> <p>Answer: d) Flute</p> <p>निम्नलिखित में से कौन सा वाद्य यंत्र हवा में फूंक मारकर बजाया जाता है?</p> <p>a) गिटार b) वायलिन c) ट्रम्बोन d) बांसुरी</p>	1	Informative
3	<p>Tabla ka samarthan kis prakar ki dhvani utpann karta hai?</p> <p>a) Vaayvi b) Ghan</p>	1	Informative

	<p>c) Sushir</p> <p>d) Avanadh</p> <p>Uttar: d) Avanadh</p> <p>तबले का समर्थन किस प्रकार की ध्वनि उत्पन्न करता है?</p> <p>a) वायवी बी) घन ग) सुशीर घ) अवनध उत्तर: d)अवनाध</p>		
4	<p>Flute kaunse prakar ka vadya hai?</p> <p>a) Tantri</p> <p>b) Avanadh</p> <p>c) Sushir</p> <p>d) Ghan</p> <p>Uttar: c) Sushir</p> <p>बाँसुरी कौनसे प्रकार का वाद्य है?</p> <p>क) तंत्री b)अवनाध ग) सुशीर घ) घन उत्तर: ग) सुशीर</p>	1	Informative
5	<p>Which of the following is not a percussion instrument?</p> <p>a) Dholak</p> <p>b) Tabla</p> <p>c) Sitar</p> <p>d) Mridang</p> <p>Uttar: c) Sitar</p> <p>निम्नलिखित में से कौन सा तालवाद्य नहीं है?</p> <p>a) ढोलक b) तबला c) सितार d) मृदंग उत्तर :cसितार (</p>	1	Informative
6.	<p>Vadya Yantra refers to which of the following?</p> <p>a) A sacred mantra</p> <p>b) A musical instrument</p> <p>c) A dance form</p> <p>d) A type of meditation</p>	1	Informative

	<p>Answer: b) A musical instrument</p> <p>वाद्य यंत्र निम्नलिखित में से किससे संबंधित है?</p> <p>a) एक पवित्र मंत्र b) एक संगीत वाद्ययंत्र c) एक नृत्य शैली d) एक प्रकार का ध्यान</p> <p>उत्तर :bवाद्ययंत्र संगीत एक (</p>		
7.	<p>ड्रम किस प्राथमिक सामग्री से बना होता है?</p> <p>a) लकड़ी b) धातु c) चमड़ा या सिंथेटिक सामग्री d) कांच</p> <p>उत्तर: c) चमड़ा या सिंथेटिक सामग्री</p>	1	Informative
8.	<p>Which of the following is NOT a type of Vadya Yantra?</p> <p>a) Tuning Fork b) Sitar c) Dholak d) Tanpura</p> <p>Answer: a) Tuning Fork</p> <p>निम्नलिखित में से कौन सा वाद्य यंत्र का प्रकार नहीं है?</p> <p>a) ट्युनिंग फोर्क b) सितार c) ढोलक d) तानपुरा</p> <p>उत्तर: a) ट्युनिंग फोर्क</p>	1	Informative

9,	<p>The piano is classified as which type of instrument?</p> <p>a) String instrument b) Percussion instrument c) Wind instrument d) Keyboard instrument</p> <p>Answer: d) Keyboard instrument</p> <p>पियानो को किस प्रकार के वाद्ययंत्र के रूप में वर्गीकृत किया गया है?</p> <p>a) तार वाला वाद्ययंत्र b) ताल वाद्य c) पवन वाद्य d) कीबोर्ड वाद्ययंत्र</p> <p>उत्तर: d) कीबोर्ड वाद्ययंत्र</p>	1	Informative
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)

Subject: Music Vocal

Assignment No. : 7

Allotment Date: 31 December 2024

S. NO.	QUESTIONS	MARKS	NATURE
1	How many strings are there in the instrument guitar? a) 6 b) 5	1	Informative
2	The instrument which has keys? a) Guitar b) Harmonium	1	Informative
3	How many notes are there in an octave? a) 8 b) 7	1	Informative
4	The instruments which have frets? a) Guitar b) Keyboard	1	Informative
5	Black key in the keyboard is called? a) Sharp Note b) Normal Note	1	Informative
6.	Maintaining a regular speed (tempo) while playing instrument is called? a) Laya b) Taal	1	Informative

7.	The orderly playing of beat is called a) Rhythm b) Beat	1	Informative
8.	How many parts are there in instrument Congo? a) 3 b) 4	1	Informative
9,	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
10.	Tabla is which type of Instrument? a) Indian b) Western	1	Informative



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

Subject: Health and Physical Education
Allotment Date: 31 December 2024

Assignment No. : 7

S.N	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	Shorts answer question 1. Who said to be the father of Volleyball? a) William G. Morgan b) James Naismith c) Kobe Brayant d) Mark Wood	1	INFORMATION
2	2. The Width of volleyball court is? a) 6 meter b) 9 meter c) 8 meter d) 7 meter	1	INFORMATION
3	3. Volleyball is the national sport of ? a) Sri Lanka b) South Africa c) Australia d) Bangladesh	1	INFORMATION

4	4. When was volleyball invented ? a)1896 b) 1895 c) 1897 d) 1889	1	INFORMATION
5	FILL IN THE BLANKS 1. _____ won the world cup of volleyball 2022?.(Italy,USA)	1	INFORMATION
6	2. Governing body of volleyball is _____ ? (FIFA,FIVB)	1	INTERDISCIPLINARY
7	3. When did volleyball become a Olympic sport _____ (1964,1968)	1	INTERDISCIPLINARY
8	TRUE AND FALSE 8.Men's USA volleyball team won the Olympic gold medal 2024?(True/False)	1	INTERDISCIPLINARY
9	9. Mintonette is also known as volleyball? (True/False)	1	UNDERSTANDING

10	10. There are 7 players in each team during a volleyball match? (True/False)	1	UNDERSTANDING
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2024-25
WORKSHEET (SELF –ASSESSMENT)

Subject: Karate

Assignment No. : 7

Allotment Date: 31 December 2024

S.N	QUESTIONS	Point
		1X10=10
1.	What is the meaning of gari ? A. kick B. Tripple Punch C. Double Punch D. Block	
2.	What is the meaning of Yuko gari? A. Back kick B. Upper Punch C. Side kick D. Punch	
3.	Jodan gari is called..... A. Face kick B. Block C. Middle kick D. None of these	
4.	Gyaku tsuki is called? A. Reverse hand punch B. Chudan gari C. Upper punch D. Kentekigari	
	FILL IN THE BLANKS	
5.	Japanese name of side kick is (ukey,uko gari)	
6.	In atwo points are awarded for a side kick.(kumite,kata)	
7.	Waza-ari is the japeese name ofpoint.(two,three)	

TRUE AND FALSE		
8.	Yuko gari is called side kick.	
9.	Gari is called for punch	
10.	Yuko gari are awarded three sc.ore	