



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: English
Allotment Date: 30 August 2025

Assignment No:- 3

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
Q1.	What are non-finite verbs?	3	Informative
Q2.	What was the condition of India before the arrival of the British?	3	Analytical skill
Q3.	Who was Velu?	3	Understanding skill
Q4.	How did the arrival of children change the atmosphere of the garden?	3	Critical thinking skill
Q5.	The speaker in "The Last Bargain" refuses the offers of power, wealth, and beauty but accepts the child's offer of nothing. ● If you were the speaker, which offer would you choose and why?	3	Problem solving skill
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
Q6.	What are verbs that express the past, and how are they usually formed? Give two examples.	3	Informative
Q7.	The British introduced new laws, forced farmers to grow cash crops, and ruined Indian industries.	3	Analytical skill

	<ul style="list-style-type: none"> ●How did these actions affect India socially and economically? 		
Q8.	Name the three types of non-finite verbs.	3	Understanding skill
Q9.	Do you think running away from home was the right decision for Velu? What other choices could he have made in such a situation?	3	Critical thinking skill
Q10.	<p>Fill in the blanks with correct Verbs expressing the future:</p> <p>a. She _____ (finish) her homework before dinner.</p> <p>b. We _____ (go) to the zoo last Sunday.</p> <p>c. They _____ (play) football in the evening yesterday.</p>	3	Problem solving skill



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Hindi
Allotment Date: 30 August 2025

Assignment No:- 3

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न1.	सिंधुघाटी सभ्यता की एक प्रमुख विशेषता लिखिए। आजकल समाचार पत्र पढ़कर निराशा का वातावरण क्यों नजर आता है?	5	Understanding
प्रश्न2.	समास की परिभाषा व समास के भेदों के नाम लिखिए।	3	Memory skill
प्रश्न3.	उपसर्ग व प्रत्यय की परिभाषा लिखिए।		
प्रश्न4.	संज्ञा की परिभाषा लिखिए।	3	Thinking skill
प्रश्न5.	“श्रमिक” शब्द में प्रयुक्त प्रत्यय पहचानिए।		
प्रश्न6.	नीचे दिए गए वाक्यों में संज्ञा के भेद पहचानिए- रामायण एक प्रसिद्ध महाकाव्य है। कुत्ता वफादार जानवर होता है। नेहा एक होशियार बच्ची है। सोना एक कीमती धातु है।	4	Critical Thinking
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न8.	मोहनजोदड़ों की प्रसिद्ध का कारण लिखिए।	5	Informative
प्रश्न9.	सिंधु घाटी सभ्यता को “सुनियोजित नगरीय सभ्यता” क्यों कहा जाता है?		
प्रश्न10.	निम्नलिखित प्रश्नों के उत्तर लिखिए-	3	Understanding skills

	<p>i. संज्ञा के विकारी तत्व कितने प्रकार के होते हैं? नाम लिखिए।</p> <p>ii. लिंग परिवर्तन के दो उदाहरण लिखिए।</p> <p>iii. कारक किसे कहते हैं? किसी दो कारकों के नाम लिखें।</p>		
प्रश्न11.	“राष्ट्रभाषा” किस प्रकार का समास है? नाम लिखिए।	3	Problem solving skill
प्रश्न12.	उपसर्ग व प्रत्यय के प्रयोग से दो- दो नए शब्दों का निर्माण कीजिए।	4	



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Mathematics
Allotment Date: 30 August 2025

Assignment No:- 3

S.NO.	QUESTIONS(BASICS)	MARKS:-15	NATURE
Q1	Simplify the following expression: i) $5 \times (6+4) - 2 \times (9-3)$ ii) $9 + 3 \times (7-2) - 4 \times 2$	2	Conceptual Understanding
Q2	i) Find the difference: $5.6 - 2.3$, $18 - 8.8$, $10.4 - 4.5$, $17 - 16.198$, $34.505 - 18.1$, $6.236 - 0.487$. ii) Continue the sequence: 4.4, 4.8, 5.2, 5.6, 6.0.....write next five terms	2	Knowledge
Q3	i) Given the expressions, calculate their values for the given variables: a) $2x+3$, when $x= 4$ b) $5a-2$, when, $a= 6$. c) $m/4 + 7$ when $m= 20$. d) $y^2 - 10$, when $y = 5$	3	Cause and effect

Q4	Solve Using BODMAS:- a) $16+12\div 4\times 2$ b) $25 - [3+(6\div 2)]$ c) $48 \div 4 \times (3+1)$ d) $(7+ 3)^2 -16$ change?	3	HOT
Q5	i) A box contains 36 chocolates. If each student gets 4 chocolates, how many students can share them equally. ii) A train travels at 60 km/h. How far will it travel in 3 hours and 30 minutes?	5	Identification
S.NO	QUESTIONS(STANDARD)	MARKS: - 15	NATURE
Q 6.	Riya says that to solve the expression $12+6\div 3\times 2$ we should first add 12 and 6. Do you agree with her? Why or why not? Solve the expression correctly	2	Analytical Thinking
Q7.	A group of 6 students is sharing the cost of a pizza equally. If the total cost of the pizza is ₹240, how much does each student pay?	2	Cause and Effect

	Now, if the group increases by 4 more students, forming a total of 10 students, how much would each student pay?		
Q8.	Maya's age is $3x+4$ years. Her brother's age is $x+6$ years. If the sum of their ages is 34 years. Write an equation and solve for.	3	Observation-Based
Q9.	A fruit seller sells apples for $3x+5$ rupees per kilogram and bananas for $2x-3$ rupees per kilogram. If a customer buys 2 kg of apples and 3 kg of bananas, write the total cost expression. If $x=4$, find the total cost of the fruits.	3	Analytical and Conceptual
Q10.	i) A ticket to a concert costs $50x+10$ rupees, where x is the number of tickets. If $x=5$, find the total cost for 5 tickets. ii) A rectangle has a length of $4x-3$ meters and a width of $x+2$ meters. Write an expression for the area and evaluate it when $x=6$	5	Real-life Application



**ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)**



**Subject: Science
Allotment Date: 30 August 2025**

Assignment No:- 3

S.NO.	Basic questions	MARKS	NATURE								
Q1	<p>Fill in the blanks.</p> <p>a) Deforestation increases the level of _____ in the atmosphere.</p> <p>b) Red data book contains a record of _____ species.</p> <p>c) Species found in a particular area are known as _____</p>	1 × 3 = 3 marks	<i>Recall + Understanding</i>								
Q2	<p>What are the effects of deforestation on the following?</p> <p>a. wild animals</p> <p>b. environment</p> <p>c. villages</p>	1 × 3 = 3 marks	<i>Knowledge</i>								
Q3	<p>Match the following.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Column A</th> <th style="width: 50%;">Column B</th> </tr> </thead> <tbody> <tr> <td>Sperm</td> <td>Female organ</td> </tr> <tr> <td>Ovary</td> <td>Female gamete</td> </tr> <tr> <td>Ova</td> <td>Male gamete</td> </tr> </tbody> </table>	Column A	Column B	Sperm	Female organ	Ovary	Female gamete	Ova	Male gamete	1 × 3 = 3 marks	<i>Application</i>
Column A	Column B										
Sperm	Female organ										
Ovary	Female gamete										
Ova	Male gamete										
Q4	<p>True or False.</p> <p>a) Each sperm is single cell.</p> <p>b) Amoeba reproduces by budding.</p> <p>c) Oviparous animals give birth to young ones.</p>	1 × 3 = 3 marks	<i>Understanding</i>								
Q5	<p>Very short answer questions.</p> <p>a) Write the full name of IVF.</p> <p>b) What type of fertilization takes place in hen?</p> <p>c) Give another term for fertilized eggs.</p>	1 × 3 = 3 marks	<i>Information-based / Observation</i>								
	STANDARD QUESTIONS	5*3=15									

Q6	Why do aquatic animals like frogs lay a large number of eggs, while mammals like dogs give birth to fewer young ones?	1 × 3 = 3 marks	<i>Analytical Thinking</i>
Q7	A highly poisonous animal x which inhabits crop fields commonly known as friend of farmers. It eats up pests Y and saves the crop from damage. The animal is killed in large numbers to obtain its Z which sells in the market at a high price. what are X,Y and Z?	1 × 3 = 3 marks	<i>Critical Thinking</i>
Q8	<p>Consider the following animal species:</p> <p>Dodo, yak, deer, black buck, tiger, crow, dinosaur, peacock, snow leopard</p> <p>Which of these are</p> <p>a. endemic to mountain habitat</p> <p>b. endangered</p> <p>c. extinct species</p>	1 × 3 = 3 marks	<i>HOTS -Concept Application</i>
Q9	Deforestation has so many harmful effects in ecosystem, so what are efforts we can to prevent the deforestation and save our environment.	1 × 3 = 3 marks	<i>Problem-Solving</i>
Q10	The term metamorphosis is not used while describing human development. Why?	1 × 3 = 3 marks	<i>Creative Thinking + Practical Application</i>



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Social Science
Allotment Date: 30 August 2025

Assignment No:- 3

Questions (Basic)	Marks	Skill
Q.1 Write the names of three tribal revolts with their leader in 20 th century.	3	Informative
Q.2 Suggest three ways to conserve water.	3	
Q.3 What do you mean by the term executive?	3	
Q.4 Write a short note on natural vegetation and wildlife.	3	
Q.5 Who is the current MP (Member of Parliament) from the Gwalior Lok Sabha constituency? How many Lok Sabha seats does Madhya Pradesh have?	3	
Questions (Standard)		
Q.6 Create a comparison table between Permanent settlement and Mahalwari system based on the following criteria: (i) Who paid the tax? (ii) Who collected the tax? (iii) Was the tax fixed or variable?	3	Understanding
Q.7 A village in Rajasthan is suffering from soil erosion and desertification due to overgrazing and deforestation. (i) Identify the types of soil degradation happening there. (ii) Suggest two soil conservation techniques suitable for this region.	3	Analytical skill
Q.8 Imagine you are a Member of Parliament (MP) representing a rural constituency. People demanding better access to clean drinking water. (i) What steps can you take as an MP to raise this issue in Parliament?	3	Critical thinking

<p>(ii) Which house of Parliament is more powerful in terms of law making?</p>	3	HOTS
<p>Q.9 Imagine two cities: City A uses modern techniques like drip irrigation and rain water harvesting. City B relies heavily on ground water and wastes water through leaky pipelines. (i) Which city is practising sustainable water management? (ii) What long term effects will City B face if it doesn't change its habits?</p> <p>Q.10 Answer the following questions: (i) Which political party is currently in power in the central government? (ii) Which main political party is recent in opposition in the central government? (iii) In which year were the general elections last held?</p>	3	Problem solving



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
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WORKSHEET (SELF-ASSESSMENT)



Subject: Sanskrit
Allotment Date: 30 August 2025

Assignment No:- 3

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	<p>अधोलिखितानां प्रश्नानाम् उत्तराणि एकपदेन लिखत-</p> <p>(क) दिष्ट्या का समागता?</p> <p>(ख) चञ्चलः व्याघ्रं कुत्र दृष्टवान्?</p> <p>(ग) राकेशः शालिनीं कुत्र गन्तुं कथयति?</p> <p>(घ) बदरी-गुल्मानां पृष्ठे का निलीना आसीत्?</p> <p>(ङ) यत्र नार्यः न पूज्यन्ते तत्र किम् भवति?</p>	(5)	Memory skill
2.	<p>अधोलिखितपदानां संस्कृतरूपं (तत्सम रूपं) लिखत-</p> <p>(क) कोख</p> <p>(ख) साथ</p> <p>(ग) गोद</p> <p>(घ) भाई</p> <p>(ङ) कुआँ</p>	(5)	Understanding
3.	<p>मातरम् प्रति लिखितं पत्रं मञ्जूषा सहायतया पूरयत -</p> <p>(अभिनयम् ,सर्वेभ्यः, मुख्यातिथिः , अध्ययनम्, वार्षिकोत्सवः)</p> <p style="text-align: center;">ग्वालियर नगरात्</p> <p style="text-align: center;">10/8/2022</p> <p>पूजनीयाःमातृचरणाः !</p>	(5)	Communication Skills

	<p>नमोनमः। अत्र कुशलं तत्रास्तु । मम विद्यालये ----- आसीत् । तत्र अहं एकं ----- कृतवान् । मुख्यमंत्री महोदयः ----- रूपेण आगतवान् । मम ----- सम्यक् चलति। गृहे ----- नमोनमः ।</p> <p>भवदीयः</p> <p>राकेशः</p>		
S.NO.	QUESTIONS	MARKS	NATURE
		15	STANDARD Q. and Skills
4.	<p>मञ्जूषातः पदानि चित्वा कथां पूरयत-</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>साट्टहासम् , कृतवान्, मोचयितुम् ,दृष्ट्वा , अकस्मात् , तर्हि , वृद्धः, क्षुद्रः, कर्तनम् ,स्वकीयैः</p> </div> <p>एकस्मिन् वने एकः व्याघ्रः आसीत्। सः एकदा व्याधेन विस्तारिते जाले बद्धः अभवत्। सः बहुप्रयासं किन्तु जालात् मुक्तः नाभवत्। तत्र एकः मूषकः समागच्छत्। बद्धं व्याघ्रं सः तम् अवदत्-अहो! भवान् जाले बद्धः। अहं त्वां इच्छामि। तच्छ्रुत्वा व्याघ्रःअवदत्-अरे! त्वं जीवः मम साहाय्यं करिष्यसि। यदि त्वं मां मोचयिष्यसिअहं त्वां न हनिष्यामि। मूषकः लघुदन्तैः तज्जालस्य कृत्वा तं व्याघ्रं बहिः कृतवान्।</p>	(5)	Thinking skill
5.	<p>रेखांकित पदमाधृत्य प्रश्ननिर्माणं कुरुत -</p> <p>(क) व्याधः व्याघ्रं जालात् बहिः निरसारयत्।</p> <p>(ख) चञ्चलः वृक्षम् उपगम्य अपृच्छत्।</p> <p>(ग) व्याघ्रः लोमशिकायै निखिलां कथां न्यवेदयत्।</p>	(5)	Analytical Skill

	(घ) प्रसन्नतायाः विषयोऽयम्। (ङ) अम्बिका क्रोडे उपविशति।		
6	<p>अधोलिखिते सन्धिविच्छेदे रिक्त स्थानानि पूरयत-</p> <p>सहसैव = सहसा +</p> <p>परामर्शानुसारम् = + अनुसारम्</p> <p>वधार्हा = + अर्हा</p> <p>अधुनैव = अधुना +</p> <p>प्रवृत्तोऽपि = प्रवृत्तः +</p>	(5)	Analytical skill Application skill



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Computer

Assignment No:- 3

Allotment Date: 30 August 2025

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	<p>1. A multipartite virus is a hybrid of Boot Sector and _____ virus.</p> <p>a. Sweeper b. Program_file c. Macro d. Malware</p> <p>2. The Program File Virus infects the _____ Files.</p> <p>a. Executable b. Graphic c. Audio d. Video</p> <p>3. _____ is a type of malicious software that enters a system and monitors the user.</p> <p>a. Sweeper b. Spyware c. Macro d. Malware</p> <p>4. _____ released the first PC virus.</p> <p>a. Duke Brothers b. Wright Brothers c. Farooq Alvi Brothers d. Elon Musk</p> <p>5. 3. The first PC virus was released in _____.</p> <p>a. 1897 b. 1986 c. 1987 d. 1895</p>	2.5	Information

2	<p>B. Fill in the blanks.</p> <ol style="list-style-type: none"> 1. Computer virus results in the loss of -----and destruction of data. 2. A multipartite virus is a hybrid of Boot Sector and -----virus. 3.----- is a type of malicious software that enters a system and monitors the user. 4. The----- virus are created using applications such as Word, Excel, etc. 5.----- is designed to identify, prevent, and remove virus from a computer. 	2.5	understanding
3	<p>C. Write T for true and F for false.</p> <ol style="list-style-type: none"> 1. Antivirus is a hardware device to protect computer from viruses. 2. Virus programs do not cause harm to data or other programs. 3. Trojan Horses are self replicating. 4. Spyware is a type of virus that pretends to be an antivirus. 5. Boot Sector Virus infects the boot sector of a hard drive. 	2.5	understanding
4	<p>D. Answer the following questions.</p> <ol style="list-style-type: none"> a. Define Macro virus? b. Write any three steps required to protect your computer from a virus attack? c. What is an antivirus software? d. Define Boot Sector virus. e. What is a computer virus? 	2.5	Evaluation



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
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WORKSHEET (SELF-ASSESSMENT)



Subject: Music
Allotment Date: 30 August 2025

Assignment No:- 3

S. NO.	QUESTIONS	MARKS	NATURE
1	Fill the correct word: The journey began with a single ____, marching to strive with piece and ____ . a) Step, Zest b) Zest, Step	1	Informative
2	Complete the line : _____, carrying a smile and hope in our hearts. a) A dream in our eyes and love for all b) We stand together to face the future	1	Informative
3	Complete the line : Our Desire to lead the Nation ahead, _____ . a) Makes us believe in every step we take. b) Strengthening our vision in every way.	1	Informative
4	Complete the line : The beat in our heart sings Army Public School, _____ a) The spring in our feet leads us to our school. b) The beat in our heart leads us to our school.	1	Informative
5	The orderly playing of beat is called a) Rhythm b) Beat	1	Informative

6.	Maintaining a regular speed (tempo) while playing instrument is called ? a) Laya b) Taal	1	Informative
7.	How many matras are there in Teen Taala ? a) 16 b) 3	1	Informative
8.	How many matras are there in Taala Keherwa ? a) 8 b) 16	1	Informative
9,	How many notes are there in an octave? a) 8 b) 7	1	Informative
10.	How many Matras are there in Taala Dadra ? a) 6 b) 8	1	Informative



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
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WORKSHEET (SELF-ASSESSMENT)



Subject: Dance
Allotment Date: 30 August 2025

Assignment No:- 3

S. NO.	QUESTIONS	MARKS	NATURE
1	How many counting are there in teen Taal? A) Sixteen B) Fifteen C) Twelve D) Seventeen	1	Informative
2	What does the word 'Guru' literally mean in Sanskrit? A) Teacher B) One who removes darkness. C) Enlightened one D) Divine speaker	1	Informative
3	In the Indian tradition, how is the Guru placed in relation to God? A) Below God B) Equal to God C) More than God. D) Not related	1	Informative

4	<p>How many division are there in teen taal?</p> <p>A) Four B) Ten C) Five D) Seven</p>	1	Informative
5	<p>Which famous quote highlights the importance of Guru in Indian culture?</p> <p>A) "Guru Brahma, Guru Vishnu, Guru Devo Maheshwara...". B) "Aham Brahmasmi" C) "Tat Tvam Asi" D) "Vasudhaiva Kutumbakam"</p>	1	Informative
6.	<p>What is the traditional offering given to the Guru as a token of respect?</p> <p>A) Aarti B) Prasadam C) Guru Dakshina. D) Tilak</p>	1	Informative
7.	<p>How many times dugun is done in teen taal?</p> <p>A) Five B) Two C) Three D) Seven</p>	1	Informative
8.	<p>Which Indian scripture highlights the importance of a Guru?</p> <p>A) Mahabharata B) Ramayana</p>	1	Informative

	<p>C) Upanishads</p> <p>D) All of the above.</p>		
9,	<p>Who said, “The Guru is everything. There is no truth higher than the Guru”?</p> <p>A) Adi Shankaracharya.</p> <p>B) Swami Vivekananda</p> <p>C) Lord Krishna</p> <p>D) Ramakrishna Paramahansa</p>	1	Informative
10.	<p>What is the empty symbol in teen taal?</p> <p>A) Two</p> <p>B) Zero</p> <p>C) Five</p> <p>D) Seven</p>	1	Informative



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
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WORKSHEET (SELF-ASSESSMENT)



Subject: Art and Work Education
Allotment Date: 30 August 2025

Assignment No:- 3

S.NO	QUESTIONS	MARKS	SKILLS
1.	How many types of shading in drawing are there? a) Two b) Four c) Five d) One	1	Creativity
2.	Shading is often used to create the illusion of _____. a) Width b) Hight c) Depth d) Length	1	Creativity
3.	What can make an object three-dimensional? a) Sketching b) Drawing c) Shading d) Painting	1	Creativity
4.	In hatching technique a series of _____ lines are used. a) Curved lines b) Parallel straight lines c) Zigzag lines d) Dotted lines	1	Creativity
5.	Cross hatching is a type of which technique? a) Drawing b) Shading c) Painting	1	Creativity

	d) Sculpture		
6.	<p>Artists draw parallel lines in Cross hatching technique.</p> <p>a) True b) False</p>	1	Creativity
7.	<p>The scribbling is a drawing technique.</p> <p>a) True b) False</p>	1	Creativity
8.	<p>Stippling is the creation of a _____ simulating varying degrees of solidity or shading by using small dots.</p> <p>a) Sketch b) Pattern c) Texture d) Painting</p>	1	Creativity
9.	<p>Artists use layers of shading to achieve light, medium and _____ tones.</p> <p>a) Spiral b) Dark c) Zigzag d) Texture</p>	1	Creativity

10.

Which among these is the picture of Scribbling?

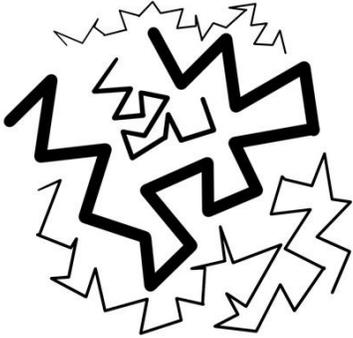
1

Creativity

A



B



C





ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Health and Physical Education
Allotment Date: 30 August 2025

Assignment No:- 3

S.N	QUESTIONS	NATURE	MARKS
1	A) How many Rules in Handball? i) 17 ii) 15 iii) 16 iv) 18	Understanding)	4×1=4
	B) What is the size of Handball Goal Post ? i) 3 X 2 m ii) 2 X 4m iii) 2 X 5 m iv) 2 X 60m	Informatory	

	<p>C) Penalties are thrown from what distance?</p> <p>i) 11 m</p> <p>ii) 9 m</p> <p>iii) 7 m</p> <p>iv) 4 m</p>	Analytical	
	<p>D) Who is Babacar Fall?</p> <p>i) American Handball Player</p> <p>ii) Former president of European Handball Federation</p> <p>iii) Italian Handball Coach</p> <p>iv) Architect of African Handball</p>	Information	
2.	<p>B) Fill In The Blanks :-</p> <p>i) Team handball combines all of the following sports except.....(Football, Basketball, waterpolo)</p>	Informatory	3×1=3
	<p>ii) The playing area is _____ m.</p>	Informatory	
	<p>iii) After Three-minute suspensions, player get a _____ card</p>	Understanding	
3.	<p>True/False</p> <p>i. There are 17 rules in Handball ?</p> <p>True</p> <p>False</p>	Understanding	3×1=3

	ii. Handball is a Team game? True False	Understanding	
	iii. You may dribble 3time during the game of handball? True False		



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Karate

Assignment No:- 3

Allotment Date: 30 August 2025

S.N	QUESTIONS	Point
	MULTIPLE CHOICE QUESTION	1X10=10
1.	What is the meaning of bunkai? A. Pre decided techniques of offence and defence B. Defence C. Offence D. Dachi	
2.	Combination offence and defence is called.....? A. Bunkai B. Ippon C. Kata D. Kumite	
3.	What is the Japanese name of groin kick in karate ? A. Kentekigari B. Kensetsu gari C. Mae gari D. None of these	
4.	What is Japanese name knee kick ? A. Chudanmaegari B. Chudanyukogari C. Kensetsu gari D. Kentekigari	
5	FILL IN THE BLANKS is the Japanese name of block(Uke,Tsuki)	

6.	Bunkai is the combination of offence and(dwfence and dachi)	
7.	Japanese name of Side kick is(yukogari, kin gari)	
8.	TRUE AND FALSE	
9.	Bunkai is the combination of offence	
10	The way of fight with empty hands is the meaning of karate. DOJO is the Japanese name of karate training place.	



ARMY PUBLIC SCHOOL GWALIOR
CLASS VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Yoga
Allotment Date: 30 August 2025

Assignment No:- 3

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</p> <p>1. Mountain Pose, also known as _____, is a foundational posture for many standing asanas.</p> <p>2. Nadi Shodhana is also called _____ breathing, which balances energy channels</p> <p>3. Bhramari Pranayama is also known as _____ breath due to the humming sound resembling a bee.</p>	3X1=3	INFORMATIVE
<p><u>True and False:</u></p> <p>1. Pranayama focuses solely on physical postures. (True/False).</p> <p>2. Kapalbhati emphasizes forceful inhalations. (True/False).</p> <p>3. In Tree Pose, you should place the sole of the foot against the opposite knee. (True/False)</p>	3X1=3	CRITICAL THINKING

<p>Multiple Choice Questions:</p> <p>1] What is the primary purpose of Ujjayi Pranayama?</p> <ul style="list-style-type: none"> a. To cool the body b. To produce a soothing sound c. To increase heart rate d. To stretch the spine <p>2] Which pranayama technique involves forceful exhalations and passive inhalations?</p> <ul style="list-style-type: none"> a. Bhramari Pranayama b. Nadi Shodhana c. Kapalbhata d. Anulom Vilom <p>3] What is the main benefit of practicing Child's Pose?</p> <ul style="list-style-type: none"> a. Strengthening the core b. Improving balance c. Relaxation and restoration d. Enhancing flexibility <p>4] What is the significance of alternating nostril breathing in Nadi Shodhana?</p> <ul style="list-style-type: none"> a. Balancing energy channels b. Strengthening the legs c. Increasing lung capacity d. Improving digestion 	<p>4X1=4</p>	<p>ANALYTICAL</p> <p>THINKING</p>
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