

ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: English

Assignment No.: 4

Allotment Date: 14 September 2025

S. NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	Answer the following questions in about 20-30 words. a) How did Anand's father become the target of the burglar alarm? b) What do the author's choices for the three days tell us about her values and priorities? c) How does the spider inspire us to overcome despair and not give up?	3×2 = 6 Marks	Evaluation
2.	Underline the verbs and write whether they are transitive or intransitive. a) The flower bloom in spring. b) We watched a movie yesterday. c) The children laughed at the joke. d) My friend sleeps early.	4 Marks	Understanding
3.	Your school is taking students of class 7 for an Educational Trip to the Zoo. Draft a notice giving necessary details.	5 Marks	Communication Skill
S. NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	If you were in Jahnvi's place and felt prevented from going to school, what inner strengths or supports would help you?	4 Marks	Critical Thinking
2.	Do you think words have more power than actions? Give reason with an example from the chapter "Say The Right Things".	4 Marks	HOT
3.	Change the following sentences into negative and interrogative sentences. a) My sister makes idols from clay. b) Salim takes good care of his health. c) She has received the award for singing. d) They will be arriving soon.	4 Marks	Analytical Skill

4.	Find the errors and correct it. a) There are little books on the table. b) There isn't many sugar left in the jar. c) Those dog is barking loudly.	3 Marks	Understanding
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: Hindi

Assignment No.: 4

Allotment Date: 14 September 2025

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	i) कारक किसे कहते हैं? ii) कारक के कितने भेद हैं? उदाहरण सहित लिखिए।	3	Memory based
प्रश्न 2.	i) उपसर्ग, प्रत्यय किसे कहते हैं? ii) प्रत्यय के भेद लिखिए। iii) समास किसे कहते हैं?	3	Thinking skill
प्रश्न 3.	i) पर्यायवाची शब्द किसे कहते हैं? ii) विलोम, पर्यायवाची, अनेकार्थ शब्द के तीन- तीन उदाहरण लिखिए।	3	Informative
प्रश्न 4.	यदि सारी नदियां, झील और तालाब सूख जाए तो क्या होगा? अपने शब्दों में विस्तार से लिखिए।		
प्रश्न 5.	जलचक्र की प्रक्रिया कैसे संपन्न होती है? आप इस विषय को किस प्रकार समझते हैं तर्क सहित उत्तर प्रस्तुत कीजिए।	3	Evaluation
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 6.	निम्नलिखित प्रश्न हल कीजिए- i) शब्द किसे कहते हैं? उत्पत्ति के आधार पर शब्द कितने प्रकार के होते हैं?	3	Critical Thinking

	ii) वर्णमाला किसे कहते हैं? व वर्ण कितने प्रकार के होते हैं? iii) 'प्रतिदिन' शब्द में कौनसा समास है?		
प्रश्न 7.	दिए गए विषय पर विज्ञापन लिखिए- 'बिसलरी वॉटर बोटल'	3	Problem solving
प्रश्न 8.	ऑटो वाले और यात्री के बीच हुई बातचीत को संवाद के माध्यम से लिखिए।	3	Inter-disciplinary
प्रश्न 9.	अपने विद्यालय में पानी की समुचित व्यवस्था कराने के लिए प्राचार्य जी को पत्र लिखिए।	3	Observation Based
प्रश्न 10.	एक सारणी बनाइए जिसमें आपके मल्हार पुस्तक के पाठ 1 से 5 तक के पाठ के नाम व उनके लेखक के नाम लिखिए।	3	Knowledge



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Subject: Sanskrit

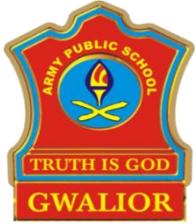
Allotment Date: 14 September 2025

Assignment No.: 4

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills												
1.	सर्वनाम- शब्दानाम् अर्थान् लिखत- वयम् _____ अहम् _____ आवाम् _____ युवाम् _____ यूयम् _____	5x1=5	Understanding												
2.	प्रश्न 1 . अधोलिखितानां प्रश्नानाम् उत्तराणि एकपदेन लिखन्तु । 1. कः प्रसिद्धः चिकित्सकः आसीत् ? 2. अन्यस्मिन् दिवसे कौ आगतौ ? 3. कः खिन्नः आसीत् ? 4. रुग्णस्य परिस्थितिः कथम् आसीत् ? 5. नागार्जुनः सहायक रूपेण कं चितवान् ?	5x1=5	Memory skill												
3	अधोलिखितानां पदानां स्त्रीलिंग रूपाणि लिखन्तु- <table border="0"><tr><td>पद</td><td>एकवचन</td><td>बहुवचन</td></tr><tr><td>गतवान्</td><td>_____</td><td>_____</td></tr><tr><td>लिखितवान्</td><td>_____</td><td>_____</td></tr><tr><td>खादितवान्</td><td>_____</td><td>_____</td></tr></table>	पद	एकवचन	बहुवचन	गतवान्	_____	_____	लिखितवान्	_____	_____	खादितवान्	_____	_____	3x1=3	Application
पद	एकवचन	बहुवचन													
गतवान्	_____	_____													
लिखितवान्	_____	_____													
खादितवान्	_____	_____													
4	उचितक्रियापदानि लिखन्तु- वन्दते _____	2x1=2	conceptual												

वन्देथे			
S.NO.	QUESTIONS	MARKS	NATURE STANDARD Q. and Skills
5	<p>वनं प्राचीनकालेषु मानवानां जीवनस्य आधारः आसीत्। तत्र प्राणिनः निवसन्ति स्म। वनानि न केवलं प्राणिनां रक्षणं कुर्वन्ति, अपि तु वायोः शुद्धिं जलस्य संवर्धनं च अपि कुर्वन्ति। अतः अस्माभिः सर्वैः वनसंरक्षणं कर्तव्यम्। यदि वनेषु वृक्षाः न स्युः, तर्हि जीवनं क्लेशपूर्णं भविष्यति।</p> <p>(क) एकपदेन उत्तरत—</p> <ol style="list-style-type: none"> 1. प्राचीनकालेषु मानवानां जीवनस्य आधारः कः आसीत्? 2. वायोः शुद्धिं कः करोति? 3. जलस्य संवर्धनं कः करोति? <p>ख) पूर्णवाक्येन उत्तरत—</p> <ol style="list-style-type: none"> 1. वनस्य उपकाराः लिखत- 	5	Analytical
6	<p>अधोलिखितानि वाक्यानि लृट् लकारे परिवर्तयत-</p> <ol style="list-style-type: none"> (i) अहं पठामि। (ii) वयं विद्यालयं गच्छामः। (iii) ते अपि लिखन्ति। (iv) सः लेखं लिखति। (v) तौ पाठं स्मरतः। 	5x1=5	Creative
7.	<p>निम्नलिखितानाम् शब्दानाम् प्रयुज्य संस्कृते वाक्यनि रचयत-</p> <ol style="list-style-type: none"> (क) द्राक्षाफलम् (ख) शृगालः (ग) मित्रम् (घ) छात्राः (ङ) त्वम् 	5x1=5	Creative thinking

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CLASS - VII
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Subject: Mathematics

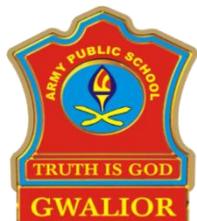
Assignment No.: 4

Allotment Date: 14 September 2025

S.NO.	QUESTIONS(BASICS)	MARKS: -15	NATURE
Q1	i) Roxie says that the product of two 2-digit numbers can only be a 3- or a 4-digit number. Is she correct? ii) Can multiplying a 3-digit number with another 3-digit number give a 4-digit number?	1.5X2=3Marks	Conceptual Understanding
Q2	In the Republic Day parade, there are boy scouts and girl guides marching together. The scouts march in 4 rows with 5 scouts in each row. The guides march in 3 rows with 5 guides in each row. How many scouts and guides are marching in this parade?	3X1=3Marks	Observation
Q3	i) Priya requires 2.7 m of cloth for her skirt, and Shylaja requires 3.5m for her kurti. What is the total quantity of cloth needed? ii) How many millimeters make 1 kilometer?	1.5X2=3Marks	Understanding
Q4	Charu has been through three rounds of a quiz. Her	3X1=3Marks	HOT

	<p>scores in the three rounds are $7p - 3q$, $8p - 4q$, and $6p - 2q$. Here, p represents the score for a correct answer and q represents the penalty for an incorrect answer.</p>		
Q5	<p>Hira has a rare coin collection. She has 28 coins in one bag and 35 coins in another. She gifts her friend 10 coins from the second bag. Write an expression for the number of coins left with Hira.</p>	3X1=3Marks	Identification
S.NO	QUESTIONS(STANDARD)	MARKS:- 15	NATURE
Q 6.	<p>Munirathna has a 20 m long pipe. However, he wants a longer watering pipe for his garden. He joins another pipe of some length to this one. Give the expression for the combined length of the pipe. Use the letter-number 'k' to denote the length in meters of the other pipe.</p>	3X1=3Marks	Analytical Thinking
Q7.	<p>Write the arithmetic expression for:</p> <p>i)Sum of a number and 8, multiplied by 3.</p> <p>ii)12 less than twice a number.</p> <p>iii)Half of the sum of x and y.</p>	3 X1=3Marks	Cause and Effect
Q8.	<p>A factory produces 1,24,560 mobile phones in a month. How many phones will it produce in a year? Write the answer in both Indian and International place value systems.</p>	3X1=3Marks	Observation-Based
Q9.	<p>The length of a rectangle is $(2x+3)$ and breadth is $(x-1)$.</p> <p>i)Write an expression for its perimeter.</p> <p>ii)Write an expression for its area.</p>	1.5X2=3Marks	Analytical and Conceptual

Q10.	a) Priya requires 2.7 m of cloth for her skirt, and Shylaja requires 3.5m for her kurti. What is the total quantity of cloth needed? b) How much longer is Shylaja's cloth compared to Priya's?	1.5X2=3M arks	Real-life Application
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: Science

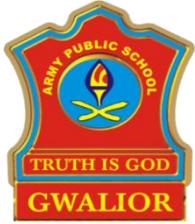
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S.NO.	QUESTIONS(BASICS)	MARKS: -15	NATURE
Q1	i) Explain why the burning of a candle involves both physical and chemical changes. ii) Are the changes of water to ice and water to steam, physical or chemical? Explain	1.5X 2= 3Marks	Conceptual Understanding
Q2	You are provided with three iron nails, each dipped in oil, water and vinegar. Which iron nail will not rust, and why?	1X 2= 2Marks	Knowledge
Q3	What is adolescence? Describe the changes that occur in both boys and girls during this period.	1 X 2= 2Marks	Cause and effect
Q4	Grape juice was mixed with red rose extract; the mixture got a tint of red colour. What will happen if baking soda is added to this mixture? Justify your answer	1 X 3= 3Marks	Understanding

Q5	<p>Unscramble the underlined word in the following sentences.</p> <p>i) The discharge of blood in adolescent girls which generally occurs every 28–30 days is <u>nstmnoiaretu</u>.</p> <p>ii) <u>Secondary</u> sexual characteristics are natural signs that the body is preparing for adulthood and mark the onset of <u>urtypeb</u>.</p> <p>iii) We should say NO to <u>lahoclo</u> and <u>srugd</u> as they are <u>addictive</u></p>	1X3 = 3Marks	Identification
Q6	Draw a circuit diagram for a simple torch using symbols for electric components.	1X2=2 Marks	Observation
S.NO	QUESTIONS(STANDARD)	MARKS:- 15	NATURE
Q 6.	How would your daily routine change if humans never developed clocks or watches? How might people have adapted to the passage of time using only natural indicators, such as the position of the sun or shadows?	1 X 3= 3Marks	Analytical Thinking
Q7.	You are trying to light a bulb using a battery and two wires. However, the bulb doesn't light up. What could be the possible reasons? Identify and explain at least three potential problems.	1X 3= 3Marks	Cause and Effect

Q8.	Media, including social media, can have a powerful impact on adolescents. How do media portrayals of body image, success, and lifestyle influence adolescents' self-perception?	3 X 1= 3Marks	Observation- Based
Q9.	Acids and bases are used in various household products. Identify one common household item that contains an acid and one that contains a base. Explain how these substances work.	1 X 3= 3Marks	Analytical and Conceptual
Q10.	One of the methods of protecting iron from getting rusted is to put a thin coating of zinc metal over it. Since sulfur does not react with water, can it be used for this purpose? Justify your answer.	3X 1= 3Marks	Real-life Application



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII**



**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Social Science

Assignment No.: 4

Allotment Date: 14 September 2025

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/COMPETENCIES
1	Multiple choice questions 1. Which ancient city was the capital of the Gandhara Mahajanapada? (a) Ujjain (b) Rajagriha (c) Vaishali (d) Taxila 2. What is the main source of power in a democracy? (a) Police (b) Army (c) People (d) King	1 x 2=2m	Informative
2	Answer the following questions in very short- 1. Name the different kinds of commodities that were used for exchange under the barter system. 2. Identify two possible hurdles that a democracy faces in achieving its values and ideals.	2x3=6m	Recall/ Identification
3	Answer the following questions in short- 1. List three reasons why it is important for the judiciary to be independent. 2. Alexander is considered an important king in the history of the world. Give reasons.	3x2=6m	Explanation/ Simple application
4	On the outline map of India mark the important rock edicts of Ashoka of: 1. Periyar National Park 2. Ujjain	0.5x2=1m	Mapping

PART 2 ; STANDARD WORSHEET 15MARKS

S. NO.	QUESTIONS (STANDARD)	MARKS (15M)	SKILLS/COMPETENCIES
1	<p>There are two statements given Assertion (A) and Reason (R) given above. Mark your answer according to the code given below.</p> <p>1) Assertion (A): A dictatorship gives absolute powers to one person or a small group. Reason (R): Dictatorship is characterized by a lack of constitutional or legal limits on a power. Codes: (a) Both (A) and (R) are true but (R) is the correct explanation of (A). (b) Both (A) and (R) are true but (R) is not the correct explanation of (A). (c) (A) is true but (R) is false. (d) (A) is false but (R) is true.</p> <p>2) Assertion (A): Ancient Indian coins featured gods and kings. Reason (R): Rulers used coins for political propaganda. codes: (a) Both (A) and (R) are true but (R) is the correct explanation of (A). (b) Both (A) and (R) are true but (R) is not the correct explanation of (A). (c) (A) is true but (R) is false. (d) (A) is false but (R) is true.</p>	1 x 2=2m	Analytical reasoning
2	<p>Answer the following questions in Very short-</p> <p>1. What is the meaning of 'adityat jayate Vrishti', the motto of IMD?</p>	2x1=2m	Concept linking
3	<p>Answer the following questions in short-</p> <p>1. The Indian Constitution divides the power of the government into three branches. Name these three branches and state two main functions of each.</p>	3x1=3m	Analytical Thinking
4	<p>Answer the following questions in long-</p> <p>1. A city records a maximum temperature of 35°C and a minimum temperature of 20°C on a particular day. Calculate the range of temperature and explain its significance in understanding daily weather variations observation.</p>	5x1=5m	Critical Analysis
5	<p>CASE STUDY BASED QUESTIONS:</p> <p>1. Look at the picture given and answer the questions that follows:</p>	3x1=3m	Critical thinking and problem solving



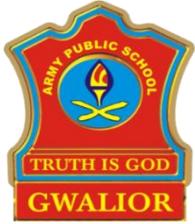
I. Name the instrument shown in the picture?

II. What is the primary function of the instrument shown in the picture?

- i. Measure temperature
- ii. Measure Wind speed
- iii. Measure humidity
- iv. Measure air pressure

III. Complete the analogy:

Air Pressure: Millibar(mb) :: Wind Speed: _____ .



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: Computer

Assignment No.: 4

Allotment Date: 14 September 2025

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	<p>Multiple Choice Questions.</p> <p>(i) A _____ key will automatically generate a chart on to selected data.</p> <p>a. F9 b. F10 c. F11 d. F12</p> <p>(ii) Which of the following filters is used to create patterns and textures?</p> <p>a. Artistic b. Render c. Generic d. Blur</p> <p>(iii) _____ robots can be programmed and reprogrammed easily.</p> <p>a. Complex level b. Simple level c. Middle level d. None of these</p> <p>(iv) To convert a decimal number into binary number, divide the number by _____.</p> <p>a. 2 b. 8 c. 10 d. 5</p>	2	Information

<p>2</p>	<p>Fill in the blanks.</p> <p>(i) specifies the colour, symbol, or pattern used to mark a data series.</p> <p>(ii) _____ filters search the borders between different colours.</p> <p>(iii) Robots are controlled by the _____ control devices.</p> <p>(iv) The right most digit of a number is called the _____.</p>	<p>2</p>	<p>Understanding</p>
<p>3</p>	<p>Write T for true and F for false.</p> <p>(i) Chart data and text are linked to the worksheet from which the chart is created.</p> <p>(ii) Render filter is used to create patterns and texture.</p> <p>(iii) You cannot perform arithmetical operations on binary numbers.</p> <p>(iv) Drone is an example of a middle-level robot.</p>	<p>2</p>	<p>Understanding</p>
<p>4</p>	<p>Write short note on:</p> <p>(i) Layers</p> <p>(ii) Robotics</p> <p>(iii) Mobile Robot</p> <p>(iv) Octal number system</p>	<p>4</p>	<p>Evaluation</p>
<p>5.</p>	<p>Answer the following questions in brief.</p> <p>1. How can you group worksheets in Excel?</p> <p>2. What are filters? How can you apply filter in your image?</p> <p>3. Classify the three types of robots.</p> <p>4. Define number system. Name the different types of number systems used in a computer</p> <p>5. Convert the following Decimal numbers into their equivalent Binary and Octal :</p> <p>a. $(45)_{10} = ()_2 = ()_8$</p> <p>b. $(121)_{10} = ()_2 = ()_8$</p>	<p>10</p>	<p>Critical thinking</p>



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII**



**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Art and Work Education

Assignment No.: 4

Allotment Date: 14 September 2025

S. No.	QUESTIONS	MARKS	NATURE
1	What is the meaning of 3D Fruits?	2	Informative
2	What is the basic elements of Farmhouse Drawing?	2	Informative
3	How to creat 3D grapes?	2	Understanding
4	Give a sample of Farmhouse Drawing.	2	Informative
5	What are the basic techniques of Study time Shading?	2	Understanding



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII**



**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Music (Vocal)

Assignment No.: 4

Allotment Date: 14 September 2025

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 feat 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.	Maintaing 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
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Subject: Yoga

Assignment No.: 4

Allotment Date: 14 September 2025

S. No	QUESTIONS	MARKS 1X10=10	SKILLS
1	MULTIPLE CHOICE QUESTIONS (Q1-Q4) 1. What is Tadasana also called? a) Tree Pose b) Mountain Pose c) Lotus Pose d) Triangle Pose	4x1=4 1	Analytical Thinking
	2. Which asana helps in improving focus and is best for meditation? a) Padmasana b) Katichakrasana c) Trikonasana d) Hastottasana	1	Analytical Thinking
	3. In Trikonasana, which body part do we TRY to touch with one hand? a) Head b) Foot c) Knee d) Shoulder	1	Analytical Thinking
	4. The main benefit of Hastottasana is: a) Strengthening legs b) Stretching the spine c) Increasing sleep d) Making hands strong	1	Analytical Thinking
2	TRUE OR FALSE (Q5-Q7) Tadasana helps to improve balance and posture. (True / False)	3x1=3 1	Critical Thinking
	Hastottasana is done with hands folded across the chest. (True / False)	1	Critical Thinking
	In Padmasana, both feet are placed on opposite thighs. (True / False)	1	Critical Thinking

3	FILL IN THE BLANKS (Q8-Q10) 1. Tadasana is also known as the _____ Pose.	3x1=3 1	Informative
	2. In Hastottasana, we stretch our _____ upwards.	1	Informative
	3. Katichakrasana involves rotating the _____.	1	Informative



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: Dance

Assignment No.: 4

Allotment Date: 14 September 2025

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>Vādyā Yantra refers to which of the following in Indian music?</p> <p>A) Singing techniques B) Musical instruments. C) Dance forms D) Raga classification</p>	1	Informative
2	<p>Which of the following is a Tata Vādyā (string instrument)?</p> <p>A) Tabla B) Sitar. C) Flute D) Mridangam</p>	1	Informative
3	<p>Which of these is considered an Avanaddha Vādyā (membranophone/percussion instrument)?</p> <p>A) Veena B) Dholak. C) Shehnai D) Harmonium</p>	1	Informative
4	<p>The Nagara is traditionally classified under which type of Vādyā?</p> <p>A) Sushira Vādyā B) Tata Vādyā C) Avanaddha Vādyā. D) Ghana Vādyā</p>	1	Informative
5	<p>Sushira Vādyā instruments produce sound through:</p> <p>A) String vibrations B) Beating with hands C) Air blown into them. D) Shaking them</p>	1	Informative
6.	<p>Which of the following is an example of Ghana Vādyā (idiophone/solid instrument)?</p> <p>A) Mridangam B) Flute</p>	1	Informative

	C) Manjeera. D) Sarangi		
7.	In the Nāṭya Shastra, how many types of Vādyā are classified? A) Two B) Three C) Four. D) Five	1	Informative
8.	Shehnai is an example of which category of musical instrument? A) Ghana B) Sushira. C) Avanaddha D) Tata	1	Informative
9	Which instrument is used primarily in Carnatic classical music as a string instrument? A) Sitar B) Sarod C) Veena. D) Santoor	1	Informative
10.	Mridangam belongs to which classification of Indian instruments? A) Tata Vādyā B) Sushira Vādyā C) Ghana Vādyā D) Avanaddha Vādyā.	1	Informative



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII**



**ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Health and Physical Education

Assignment No.: 4

Allotment Date: 14 September 2025

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES INFORMATION
1.	<p>Tick The Correct Answer</p> <p>Q-1- Which of the following is the maximum no. of players allowed on the fielding side in cricket?</p> <p>A. 10 B. 11 C. 12 D. 13</p> <p>Q-2 Which bowler was the first to take all ten wickets in a single test innings?</p> <p>A. Jim Laker B. Anil kumble C. Richard hadlee D. Shane warne</p> <p>Q-3- how many minutes are played in a standard professional football match (excluding injury time)?</p> <p>A. 70 min B. 80 min C. 90 min D. 100 min</p> <p>Q-4-In a professional basketball, how many points is a successful shot from behind the three point arc worth?</p> <p>A. 1 B. 2</p>	4	

	<p>C. 3</p> <p>D. 4</p>		
2	<p><u>Fill in the blanks</u></p> <p>Q-5- A Delivery that bounces more than twice before reaching the batsman is declared a _____ (wide ball, no ball)</p> <p>Q-6 The position of the player primarily responsible for preventing the opposition from scoring is called the _____ . (striker,goalkeeper)</p> <p><u>Q-7</u> The violation that occurs when a player moves without dribbling the ball is called _____. (back court, travelling)</p>	3	INTERDISCIPLINARY
3	<p><u>True False</u></p> <p>Q-8-In football a player can score indirectly from a corner kick without any other player touching the ball?</p> <p>A. True</p> <p>B. False</p> <p>Q-9 In basketball, a free throw is worth two points?</p> <p>e) True</p> <p>f) False</p> <p>Q-10- A Batsmen can be out on a No-ball?</p> <p>A. True</p> <p>B. False</p>	3	UNDERSTANDING



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
REVISION WORKSHEET (SELF –ASSESSMENT)



Subject: Karate

Assignment No.: 4

Allotment Date: 14 September 2025

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? a) Hidari heikodachi b) Migi heikodachi c) Hidari and migi heikodachi d) None of these	1
6	How many basic punches? a) 10 b) 20 c) 3 d) 4	1
7	In heikodachi dachi legs should be a) Parallel to your shoulder b) Inside the shoulder c) Outside the shoulder	1

	d) None of these	
8	How many basic blocks? a) 1 b) 2 c) 3 d) 4	1
9	Which punch is used for face attack? a) Jodan tsuki b) Chudan tsuki c) Gaidan tsuki d) Nidan tsuki	1
10	What is the starting position of kicking ? a) Heikondachi b) heikadachi c) Zenkotsudachi d) None of these	1