



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



Subject: English
Allotment Date: 30 October 2025

Assignment No. :5

S. NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	Answer the following questions in 40-50 words. (i) How does the poet bring together imagination and reality to make the poem (Paper Boat) more interesting? (ii) Shaana mentions less snow in the glaciers and more flooding in the Sundarbans. Explain what these observations indicate. (iii) According to Sunder Singh, "It is safer in the forest than in the town". What example does Sunder Singh give to support his opinion? What does this tell us about him?	9 Marks	Comprehension
2.	Write an email to your cousin telling them about your recent school picnic.	6 Marks	Communication skills
S. NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	If you were to write a reply to the child who sent the paper boat, what would you write and why?	3 Marks	HOT
2.	Write an email to the editor of a newspaper expressing your concern about increasing plastic pollution in your city.	5 Marks	Critical Thinking
3.	Do you think every person (or direction) has their own importance? Why is it wrong to compare or compete unnecessarily?	3 Marks	HOT
4.	The boy in the story chooses to enter the dark and dangerous tunnel despite knowing the risks. What do you think motivates him to take such a risk? Do you think his decision was wise? Explain your answer with reasons.	4 Marks	Critical Thinking



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



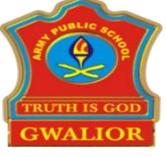
Subject: Hindi

Assignment No. :5

Allotment Date: 30 October 2025

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	i) बिना विचारे काम करने से क्या होता है? ii) 'चित्त में चैन' न मिलने का क्या कारण होता है? iii) बीती बातों को भूलकर क्या करना चाहिए?	3	Memory based
प्रश्न 2.	i) विशेषण किसे कहते हैं? इसके कितने भेद हैं? उदाहरण सहित लिखें।	3	Thinking skill
प्रश्न 3.	i) 'नीरज सो गया' में कौन-सी क्रिया है? ii) 'अमन क्रिकेट खेल रहा है' में कौन-सी क्रिया है? iii) जब वाक्य में कर्ता स्वयं कार्य न करके किसी दूसरे को कार्य करने के लिए प्रेरित करें तो वह कौन-सी क्रिया होती है?	3	Informative
प्रश्न 4. प्रश्न 5.	कल्पना कीजिए कि आप एक ऐसे व्यक्ति से मिले हैं जो हमेशा बीती बातों में खोया रहता है। आप उसे समझाने के लिए क्या-क्या कहेंगे? गिरिधर कविराय की कुंडलियों में जो बातें सैकड़ों साल पहले कही गई थी क्या वह आपके लिए भी उपयोगी हैं। कैसे?	3	Evaluation
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 6.	i) जो शब्द लिंग, वचन, कारक और काल के अनुसार अपना रूप नहीं बदलते, उन्हें क्या कहते हैं? ii) संरचना के आधार पर क्रिया के कितने भेद हैं?	3	Critical Thinking

प्रश्न 7.	क्या गुणवाचक विशेषण में संज्ञा या सर्वनाम शब्दों के केवल अच्छे गुणों का प्रयोग होता है? उदाहरण देकर बताइए। जैसे - अच्छा, सुंदर आदि।	3	Problem solving
प्रश्न 8.	'गिरिधर की कुंडलिया' पाठ के आधार पर आप जीवन में कौन-कौन से बदलाव लाना चाहेंगे?	3	Inter-disciplinary
प्रश्न 9.	किसी प्रकाशक से पुस्तक मंगवाने के लिए एक ई-मेल लिखिए।	3	Observation Based
प्रश्न 10.	दैनिक जीवन में प्रयोग करने वाले किन्हीं पांच विशेषण और पांच क्रिया शब्दों को अपनी पुस्तिका में लिखिए।	3	Knowledge



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



Subject: Sanskrit
Allotment Date: 30 October 2025

Assignment No. :5

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1	<p>अधः प्रदत्तेषु रिक्तस्थानेषु तृतीया – विभक्त्यन्तानि रूपाणि लिखन्तु ।</p> <p>(क) अहं मम (खङ्ग) स्तम्भं भक्ष्यामि ।</p> <p>(ख) प्रह्लादः गजस्य (पददलन) अपि जीवति ।</p> <p>(ग) सर्वे जनाः (नारायण) अनुगृहीताः ।</p> <p>(घ) अहं (निजनख) तव वक्षःस्थलं विदीर्य मारयिष्यामि ।</p> <p>(ङ) बालिकाः (शिक्षिका) सह चर्चा कुर्वन्ति ।</p>	5	Critical Thinking and Problem Solving
2	<p>रेखाङ्कितानि पदानि आश्रित्य प्रश्ननिर्माणं कुर्वन्तु</p> <p>(क) विद्या राजसु पूज्यते ।</p> <p>(ख) साधोः विद्या ज्ञानाय भवति ।</p> <p>(ग) विद्या गुरुणां गुरुः ।</p> <p>(घ) सर्वस्य लोचनं शास्त्रम् ।</p> <p>(ङ) विद्याहीनाः न शोभन्ते ।</p>	5	Analytical Skill
3	<p>दिनत्रयस्य अवकाशार्थं लिखितं पत्रं मञ्जूषायां प्रदत्तशब्दैः पूरयत-</p> <p>मञ्जूषा- (अवकाशम्, अनुग्रहणात्, प्रार्थये, रोगेण, आदरणीयः)</p> <p>माननीयः प्राचार्यमहोदयः तिथिः 22-10-2025</p> <p>आर्मी पब्लिक - विद्यालयः</p> <p>ग्वालियर</p> <p>(i).....,</p> <p>सविनयं (ii)..... यत् गत – रात्रौ अहं (iii)</p> <p>आक्रान्तः आसम् । अहम् विद्यालयम् आगन्तुम् असमर्थः अस्मि । अतः दिन –</p> <p>त्रयस्य (iv) प्रदाय माम् (v) ।</p> <p>भवताम् आज्ञाकारी शिष्यः</p> <p>विवेकः</p> <p>कक्षा -सप्तम् 'द'</p>	5	Communication Skills
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD

			Q. and Skills
4	<p>उदाहरणानुसारं संयोज्य लिखन्तु ।</p> <p>क) रमा + ईशः = <u>रमेशः</u></p> <p>(ख) सुर + ईश्वरः =</p> <p>(ग) राम + इति =</p> <p>(घ) गज + इन्द्रः =</p> <p>(ङ) माता + इव =</p> <p>(च) मम + उपरि =</p>	5	Interdisciplinary
5	<p>अधः प्रदत्तानां प्रश्नानाम् एकेन पदेन उत्तरं लिखन्तु ।</p> <p>(क) विद्याहीनाः कीदृशाः किंशुकाः इव न शोभन्ते?</p> <p>(ख) धीमतां कालः कथं गच्छति?</p> <p>(ग) केषां कालः निद्रया कलहेन वा गच्छति?</p> <p>(घ) चन्द्रः केषां भूषणम् अस्ति?</p> <p>(ङ) सर्वधनप्रधानं किम्?</p>	5	Information
6	<p>अधोलिखितं पद्यांशं पठित्वा प्रश्नानाम् उत्तराणि लिखत ।</p> <p>विद्या विवादाय धनं मदाय</p> <p>शक्तिः परेषां परिपीडनाय ।</p> <p>खलस्य साधोर्विपरीतमेतत्</p> <p>ज्ञानाय दानाय च रक्षणाय ॥</p> <p>I. एकपदेन उत्तरत।</p> <p>(i) साधोः शक्तिः किमर्थं भवति?</p> <p>(ii) कस्य धनं दानाय भवति?</p> <p>(iii) कस्य शक्तिः परेषां परिपीडनाय भवति?</p> <p>(iv) कस्य विद्या ज्ञानाय भवति?</p> <p>(v) खलस्य धनं किमर्थं भवति?</p>	5	Understanding



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



Subject: Mathematics
Allotment Date: 30 October 2025

Assignment No. :5

S.NO.	QUESTIONS(BASICS)	MARKS: 15	NATURE
Q1	<p>Parallel lines l and m are intersected by the transversal t. If $\angle 6$ is 135°, what are the measures of the other angles?</p>	3X1=3Marks	Conceptual Understanding
Q2	<p>i) Observe the following objects and identify which pair of lines are parallel, intersecting, or neither: Railway tracks, Scissors' blades, Edges of a book, Letter "X", Zebra crossing lines</p> <p>ii) In a rectangle, opposite sides are parallel. Observe the shape and answer the following questions given below:-</p> <p>a) Which sides are parallel? b) Do any sides intersect? c) Are any lines perpendicular? Which ones?</p>	1.5X2=3Marks	Observation
Q3	<p>Give two real-life examples of each:</p> <p>Parallel lines: _____</p> <p>Intersecting lines: _____</p> <p>Explain why they are parallel or intersecting.</p>	3X1=3Marks	Understanding
Q4	<p>i) All perpendicular lines are intersecting, but are all intersecting lines perpendicular? Justify your answer with an example or diagram.</p> <p>ii) A student says, "If two lines are not parallel, they must be intersecting." Do you agree or disagree? Why?</p>	1.5X2=3Marks	HOT

<p>Q5</p>	<p>Identify what types of lines appear in the following letters</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Letter</th> <th style="text-align: left;">Type of Lines</th> </tr> </thead> <tbody> <tr> <td>H</td> <td>_____</td> </tr> <tr> <td>X</td> <td>_____</td> </tr> <tr> <td>T</td> <td>_____</td> </tr> <tr> <td>L</td> <td>_____</td> </tr> <tr> <td>Z</td> <td>_____</td> </tr> </tbody> </table>	Letter	Type of Lines	H	_____	X	_____	T	_____	L	_____	Z	_____	<p>3X1=3Marks</p>	<p>Identification</p>
Letter	Type of Lines														
H	_____														
X	_____														
T	_____														
L	_____														
Z	_____														
<p>S.NO</p>	<p>QUESTIONS(STANDARD)</p>	<p>MARKS:- 15</p>	<p>NATURE</p>												
<p>Q 6.</p>	<p>In Fig. 5.34, AB is parallel to CD and CD is parallel to EF. Also, EA is perpendicular to AB. If $\angle BEF = 55^\circ$, find the values of x and y.</p> <div style="text-align: center;"> <p><i>Fig. 5.34</i></p> </div>	<p>3X1=3Marks</p>	<p>Analytical Thinking</p>												
<p>Q7.</p>	<p>Using your sense of how parallel lines look, try to draw lines parallel to the line segments on this dot paper.</p>	<p>3 X1=3Marks</p>	<p>Cause and Effect</p>												
<p>Q8.</p>	<p>i) Why do engineers design bridges with parallel support beam instead of intersecting ones? ii) Draw two lines that intersect. Measure the angles formed at the point of intersection. Are opposite angles equal? Why?</p>	<p>1.5X2=3Marks</p>	<p>Observation-Based</p>												

Q9.	A line segment AB is parallel to CD and AD is parallel to BC. $\angle DAC$ is 65° and $\angle ADC$ is 60° . What are the measures of angles $\angle CAB$, $\angle ABC$, and $\angle BCD$?	3X1=3Marks	Analytical and Conceptual
Q10.	i) When you open a pair of scissors, the two blades form intersecting lines. Identify the point of intersection and the angles formed when the blades open to 60° . What type of angle is this? ii) At 3 o'clock, the hands of the clock form intersecting lines. What type of angle do they make? How would the angle change at 6 o'clock?	1.5X2=3Marks	Real-life Application



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



Subject: Science

Assignment No. :5

Allotment Date: 30 October 2025

S.NO.	QUESTIONS(BASICS)	MARKS: 15	NATURE
Q1	Explain how heat is transferred in the atmosphere and give an example of each type of heat transfer.	2X1= 2Marks	Conceptual Understanding
Q2	i) A car travels 60 meters in 5 seconds, then 80 meters in the next 10 seconds. Calculate the speed in both the cases. ii) What is time period with respect to pendulum ?	1.5X2= 3Marks	Knowledge
Q3	Assertion (A): The air above the Earth's surface is heated by the Sun during the day. Reason (R): Heat is transferred from the Earth's surface to the air by conduction. Choose the correct option. a)A is true, and R is true, and R correctly explains A b)A is true, and R is false. c)A is false, and R is true. d)A is false, and R is false.	2X1= 2Marks	Cause and effect
Q4	i) Why is a car said to be in uniform motion on a straight road if it covers equal distances in equal time intervals? ii) Why is the motion of a pendulum called periodic motion?	1.5X2= 3Marks	Understanding
Q5	i) Identify the natural phenomenon caused by the uneven heating of land and sea during the day.	1.5X2= 3Marks	Identification

	ii) Identify the reason why you feel warm when standing near a campfire, even if you're not touching the fire.		
Q6	<p>Assertion (A): The motion of the hands of a clock is an example of circular motion.</p> <p>Reason (R): The hands of a clock move along a circular path around the center of the clock.</p> <p>Choose the correct option.</p> <p>a)A is true, and R is true, and R correctly explains A</p> <p>b)A is true, and R is false.</p> <p>c)A is false, and R is true.</p> <p>d)A is false, and R is false</p>	2X1=2 Marks	Observation
S.NO	QUESTIONS(STANDARD)	MARKS:- 15	NATURE
Q 6.	A person is walking from point A to point B in a straight line. He covers the first 100 meters at a speed of 2 m/s, the next 200 meters at a speed of 4 m/s, and the last 100 meters at a speed of 6 m/s.? Calculate the total time taken for the journey.	3X1= 3Marks	Analytical Thinking
Q7.	<p>.i) Cause: Hot air is lighter than cold air. Effect: What does this cause in the environment?</p> <p>ii) Cause: Heat from the sun reaches Earth through radiation. Effect: How does this affect Earth?</p>	1.5X2= 3Marks	Cause and Effect
Q8.	<p>Observation: You are standing at a train station and notice that the train approaching the station is getting closer at a steady rate. The distance between the train and you decreases evenly with time.</p> <p>Question: What type of motion is the train exhibiting? And why?</p>	3X1= 3Marks	Observation-Based
Q9.	<p>.i) Explain how heat transfer by radiation is essential for life on Earth.</p> <p>ii) Why do coastal areas have a moderate climate compared to areas deep inside the land?</p>	1.5X2 3Marks	Analytical and Conceptual
Q10.	<p>Assertion (A): A car travels a certain distance in a straight line with a uniform speed.</p> <p>Reason (R): If the car moves with uniform speed, it is said to be in uniform motion, where the distance covered in equal intervals of time is always the same.</p> <p>Choose the correct option.</p> <p>a)A is true, and R is true, and R correctly explains A</p> <p>b)A is true, and R is false.</p> <p>c)A is false, and R is true.</p> <p>d)A is false, and R is false</p>	3X1= 3Marks	Real-life Application



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



Subject: Social Science

Assignment No. :5

Allotment Date: 30 October 2025

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/COMPETENCIES
1	Fill in the blanks: (a) When Constitution of India came into effect, it had Parts and schedules. (b) Directive Principles of State Policy was inspired by Constitution. (c) The Constitution of India is carefully preserved in a oxygen-filled glass case. (True/False)	1 x 3=3m	Informative
2	Answer the following questions in very short- 1. Name any two sources that shaped and influenced the Indian Constitution. 2. Give an example of Fundamental Right and one Fundamental Duty. 3. What do you understand by the term Sovereign?	2x3=6m	Recall/ Identification
3	Answer the following questions in short- 1. Elaborate some basic principle and laws enshrined in the Indian constitution. 2. List any three features of the Indian Constitution of India.	3x2=6m	Explanation/ Simple application

PART 2 ; STANDARD WORKSHEET 15MARKS

S. NO.	QUESTIONS (STANDARD)	MARKS (15M)	SKILLS/COMPETENCIES
1	There are two statements given Assertion (A) and Reason (R) given above. Mark your answer according to the code given below. 1) Assertion (A): India is a secular and democratic country. Reason (R): The Constitution allows equal treatment of all religions by the State. 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. 2) Assertion (A): The judiciary in India is dependent on the legislature. Reason (R): Judges are appointed by the executives.	1 x 2=2m	Analytical reasoning

	<p>codes:</p> <p>(a) Both (A) and (R) are true but (R) is the correct explanation of (A).</p> <p>(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).</p> <p>(c) (A) is true but (R) is false.</p> <p>(d) (A) is false but (R) is true.</p>		
2	<p>Answer the following questions in Very short-</p> <ol style="list-style-type: none"> 1. Can a legal document be a work of art? Defend this proposition using the Indian Constitution as your primary example. 2. Define Pluralism. 	2x2=4m	Concept linking
3	<p>Answer the following questions in short-</p> <ol style="list-style-type: none"> 1. Highlight the meaning of: <ul style="list-style-type: none"> (a) A No Bhadrah Kratavo Yantu Vishwatah (b) Vasudhaiva Kutumbakam (c) Sarve Bhavantu Sukhinah 2. Describe the roles and functions of the three organs of the government as mentioned in the Constitution. 	3x2=6m	Analytical Thinking
4	<p>CASE STUDY BASED QUESTIONS:</p> <p>1. Read the passage given below and answer the questions that follows:</p> <p>Our Constitution makers realised that a need for new laws and rules would emerge over time. For example, 'Part IV-A: Fundamental Duties' was added in 1976. However, we must remember that any changes (called 'amendments') to the Constitution are rigorously debated in the Parliament before they are accepted. Some require a debate in legislative assemblies as well. Many times, opinions are sought from the general public. Some changes can also be initiated by popular movements.</p> <p>Questions:</p> <ol style="list-style-type: none"> (i) Which institution amends the Constitution? (ii) What does this case tell us about the nature of the Indian Constitution? (iii) Can all the features be amended? 	3x1=3m	Critical thinking and problem solving



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



Subject: Computer

Assignment No. :5

Allotment Date: 30 October 2025

S.NO.	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1	<p>A. Multiple choice questions</p> <p>1. Which of the following tools moves a selection or an entire layer on the Canvas?</p> <ul style="list-style-type: none">a. Transformb. Smoth Movec. Moved. Cut-out <p>2. A keyframe looks like a _____ vertical dashed line.</p> <ul style="list-style-type: none">a. Light greenb. Light yellowc. Light brownd. Light Red <p>3. Which of the following tool is used to change the size of an image?</p> <ul style="list-style-type: none">a. Scale toolb. Cut-out toolc. Transform toold. Spline tool <p>4. _____ is used to repeat an animation over and over.</p> <ul style="list-style-type: none">a. Time loopb. Keyframec. Maskingd. None of these <p>5. Which of the following panel shows a thumbnail image of what the currently selected Canvas looks like?</p> <ul style="list-style-type: none">a. Navigatorb. Paramsc. Layerd. Tool Options	2.5	Information

<p>2</p>	<p>B. Fill in the blanks.</p> <p>a. The simple way to create an animation is through _____.</p> <p>b. A set of tools which help to create or modified graphics and text is known as _____.</p> <p>c. _____ contains tool and information about certain elements of your project.</p> <p>d. _____ tool is designed to select a piece of the composition by adding a mask.</p> <p>e. _____ is used to show the timeline of the ongoing project.</p>	<p>2.5</p>	<p>Understanding</p>
<p>3</p>	<p>C. Write T for true and F for false.</p> <p>a. The shortcut key to select a transform tool is Alt + T.</p> <p>b. Synfig studio is used to create vector graphics - based animation programs.</p> <p>c. In synfig, the handles are also known as ducks.</p> <p>d. Synfig studio is not a free and open -source vector - based 2D animation software.</p> <p>e. Eyedrop tool is used to copy colour from an object and set it as the default foreground colour.</p>	<p>2.5</p>	<p>Understanding</p>
<p>4</p>	<p>D. Answer the following questions.</p> <p>a. What is animation?</p> <p>b. What is keyframe?</p> <p>c. What is the purpose of Time loop?</p> <p>d. What is the function of Fill Tool?</p> <p>e. What is the purpose of Text Tool?</p>	<p>2.5</p>	<p>Evaluation</p>



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



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

Assignment No. :5

S.NO	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	Prehistoric painting was basically _____. (a) Animal-based (b) Human-based (c) Nature-based (d) Art-based	1	Creative skills
2	Which of these is not a category of Prehistoric Paintings? (a) Man (b) Animal (c) Tree (d) Geometric symbols	1	Creative skills
3	_____ Caves are the major sites of excellent prehistoric paintings in India. (a) Ajanta (b) Bhimbetka (c) Armamalai (d) Bagh	1	Creative skills
4	In which forms Pahari paintings are mostly done? (a) Portrait (b) Miniature (c) Still life (d) Sculpture	1	Creative skills
5	What is the most common theme of Rajasthani miniature paintings? (a) love between Krishna and Radha. (b) love between Romeo and Juliet.	1	Creative skills

	<p>(c) love between Ram and Sita.</p> <p>(d) love between Heer and Ranjha.</p>		
6	<p>The colour from rajasthani paintings were usually extracted from minerals, plant body parts, valuable stones and shavings of gold and silver.</p> <p>(a) True</p> <p>(b) False</p>	1	Creative skills
7	<p>What are the mugal paintings based upon?</p> <p>(a) Observation of nature</p> <p>(b) Observation of human figures</p> <p>(c) Observation of perspective</p> <p>(d) Observation of colour scheme</p>	1	Creative skills
8	<p>Whose portraiture was the emperor Jahangir very fond of?</p> <p>(a) Human</p> <p>(b) Tree</p> <p>(c) Birds and animals</p> <p>(d) Land</p>	1	Creative skills
9	<p>How is the white paint created in Warli Art?</p> <p>(a) paste of rice flour and water</p> <p>(b) mixing flour and salt</p> <p>(c) using acrylic color</p> <p>(d) using chalk and water</p>	1	Creative skills
10	<p>Which one of these is the picture of Warli Art:</p> <p>(a) </p> <p>(b) </p>	1	Creative skills

(c)



(d)





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



Subject: Dance

Assignment No. :5

Allotment Date: 30 October 2025

S. NO.	QUESTIONS	MARKS	NATURE
1	1. What is a 'Kavit' in Kathak? A. A rhythmic footwork pattern B. A poetic composition describing mythological stories. C. A musical instrument D. A costume used in Kathak	1	Informative
2	2 Which taal is most commonly used for performing Kavit in Kathak? A. Teentaal. B. Jhaptaal C. Dhamar D. Ektal	1	Informative
3	3. The primary purpose of a Kavit in Kathak is to: A. Show technical footwork only B. Depict rhythm without expression C. Blend poetry with dance movements to convey a story. D. Showcase only abhinaya	1	Informative
4	4 Kavit compositions in Kathak often glorify which deity? A. Shiva B. Ganesha C. Krishna. D. Durga	1	Informative
5	5. Which of the following is NOT a feature of a typical Kathak Kavit? A. It is recited and danced B. It contains rhythmic syllables C. It includes abstract footwork only. D. It narrates a poetic story	1	Informative
6.	6 Which language is commonly used in traditional Kathak Kavit compositions? A. Sanskrit B. Hindi / Brajbhasha. C. Tamil D. English	1	Informative

7.	7.The term 'Kavit' is derived from which word? A. Kavya B. Kavita C. Kavi. D. Kav	1	Informative
8.	8. In Kathak, the performer usually recites the Kavit before dancing it. This is known as: A. Abhinaya B. Padhant. C. Paran D. Thumri	1	Informative
9	Which of the following is a creation of Krishna A. Nir bharat Jamuna tat par B. Ta thi thi tat aa thi thi tat dc C .Ek do teen char D. dha ge na ti Na ka di na	1	Informative
10.	what are the lyrics of tandav? A. shantakaram bhoja gasshaynam B. gurur Brahma gurur Vishnu gurur devo maheshwara C. dimik dimik dim damru baje tandav hai Shankar nahe D. dha dhi na dha thi na	1	Informative



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



Subject: Music (Vocal)

Assignment No. :5

Allotment Date: 30 October 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 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	1	Informative

	b)16		
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 VII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)



Subject: Yoga

Assignment No. :5

Allotment Date: 30 October 2025

SR.No	QUESTIONS	MARKS 1X10=10	SKILLS
1	MULTIPLE CHOICE QUESTIONS 1. What is the meaning of <i>Yogamudrasana</i> ? a) Bow pose b) Seal of Yoga or Psychic Union Pose c) Cobra pose d) Bridge pose	4x1=4 1	Analytical Thinking
	2. In <i>Paschimottanasana</i> , which direction does the body stretch? a) Forward b) Backward c) Sideways d) Upward	1	Analytical Thinking
	3. In <i>Dhanurasana</i> , which part of the body is held by the hands? a) Knees b) Ankles c) Thighs d) Toes	1	Analytical Thinking
	4. Which asana improves digestion and relieves constipation? a) Dhanurasana b) Paschimottanasana c) Yogamudrasana d) Vajrasana	1	Analytical Thinking
2	TRUE AND FALSE : 1. Dhanurasana resembles the posture of a bow. <input type="checkbox"/> True <input type="checkbox"/> False	3x1=3 1	Critical Thinking
	2. In Yogamudrasana, inhalation is done while bending forward. <input type="checkbox"/> True <input type="checkbox"/> False	1	Critical Thinking
	3. Paschimottanasana is a backward bending asana. <input type="checkbox"/> True <input type="checkbox"/> False	1	Critical Thinking
3	FILL IN THE BLANKS 1. The word <i>Mudra</i> means _____.	3x1=3 1	Informative

	2. In Yogamudrasana, one should bend forward from the _____.	1	Informative
	3. <i>Paschimottanasana</i> mainly stretches the _____ side of the body.	1	Informative



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



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

Assignment No. :5

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES INFORMATION
1.	<p>Tick The Correct Answer</p> <p>Q-1- How many players are there in Basketball? A. 5 B. 6 C. 7 D. 8</p> <p>Q-2 What is the duration of one quarter in a professional Basketball game? A. 12 Min B. 13 Min C. 14 Min D. 15 Min</p> <p>Q-3 Which of the following is not a type of pass in basketball? A. Overhead pass B. Chest pass C. Kick pass D. Bounce pass</p> <p>Q-4- Who is the father of Basketball ? A. Michael Jordan B. James Naismith C. Kobe Bryant D. LeBron James</p>	4	
2	<p><u>Fill in the blanks</u></p> <p>Q-5- Basketball invented in the year _____ (1892, 1891)</p>	3	INTERDISCIPLINARY

	<p>Q-6 A player is awarded _____ free throws for a shooting foul inside the arc. (2, 3)</p> <p><u>Q-7</u> The rectangular area under the basket is known as the _____. (key,lock)</p>		
<p>3</p>	<p><u>True False</u></p> <p>Q-8- Basketball match always start with jump ball ?</p> <p>A. True B. False</p> <p>Q-9 Dribbling with the both hands at the same time is allowed?</p> <p>A. True B. False</p> <p>Q-10- The shot clock in the NBA is 30 Second?</p> <p>A. True B. False</p>	<p>3</p>	<p>UNDERSTANDING</p>



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



Subject: Karate
Allotment Date: 30 October 2025

Assignment No. :5

S. N	QUESTIONS	Point
1.	How many parts of karate ? A. 2 B. 3 C. 4 D. 6	1X10=10
2.	What is the meaning of bunkai? A.. Analysis B.. Tsuki C. Meaning D. Gaidan Tsuki	
3.	What is KATA? A. Pre decided techniques of offence & defence B. Sudden attacks C. Offence D. Defence	
4. bunkai in karate for belt grading exams? A. 1 B. 2 C. 4 D. 5	
FILL IN THE BLANKS		
5.	Kata is a pre decided techniques of offence &(defence, control)	
6	Bunkai is usually performed with(partner,individually)	
7.	Japanese name of triple punch is(sanbon tsuki,nidan tsuki)	
TRUE AND FALSE		
8.	Dojo is the name of karate training place.	
9.	Bunkai is the Japanese name of flying maegari.	

10.	Sensei is the japanese name of chief instructor.	
-----	--	--