



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



Subject: English
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
Q1.	Why does school boy feel unhappy?	3	Informative
Q2.	Define the coordinating and subordinating conjunctions?	3	Analytical skill
Q3.	What is debate writing? What are the important points to keep in mind while writing a debate?	3	Understanding skill
Q4.	What values do you learn from the way Ranji and Suraj's fight turns into friendship?	3	Critical thinking skill
Q5.	What lesson do we learn from Jody's love and care for the fawn?	3	Problem solving skill
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
Q6.	Who was Stephen Hawking and why did the author want to meet him?	3	Informative
Q7.	Circle the correct verb in each of the sentences below: (a) He (cook/cooks) dinner for his family. (b) The flowers (smell/smells) sweet. (c) Each of the students (has/have) a notebook.	3	Analytical skill
Q8.	Change the voice: (a) A cricket match was played by him. (b) They are planning to organize a party. (c) Shut the door.	3	Understanding skill
Q9.	Who is the poet of the poem "The School Boy"? What values does the poem convey about education?	3	Critical thinking skill
Q10.	Fill in the blanks with suitable conjunctions: (a) I waited for you ___ you were getting ready.	3	Problem solving skill

	(b) She is honest ___ hardworking.		
	(c) He will not come ___ he is feeling unwell.		



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



Subject: Hindi
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	“पानी परात को हाथ छुओ नहीं, नैनन के जल सो पग धोए” इस पंक्ति का भावार्थ विस्तार से लिखिए।	5	Understanding
प्रश्न 2.	काल की परिभाषा एवं भेदों के नाम लिखिए।	3	Memory skill
प्रश्न 3.	क्रिया की परिभाषा एवं भेदों के नाम लिखिए।		
प्रश्न 4.	काल किसे कहते हैं व उसके भेदों के नाम लिखिए।	3	Thinking skill
प्रश्न 5.	विशेषण किसे कहते हैं? उसके दो उदाहरण भी लिखिए।		
प्रश्न 6.	अपने शहर की सड़के ठीक कराने हेतु जिलाधिकारी को पत्र लिखिए।	4	Critical Thinking
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 8.	ब्रिटिश काल के दो प्रमुख विभागों के बारे में बताइए।	5	Informative
प्रश्न 9.	गाँधी जी का स्वतंत्रता आंदोलन के विषय में क्या विचार था? व गाँधी जी का उद्देश्य क्या था लिखिए।		
प्रश्न 10.	निम्नलिखित प्रश्नों के उत्तर लिखिए- सुदामा की गरीबी को देखकर श्रीकृष्ण के मन की दशा अपने शब्दों में लिखिए। तमिलनाडु के पुडुकोट्टई गांव के ‘साईकिल आंदोलन’ की व्याख्या अपने शब्दों में कीजिए।	3	Understanding skills
प्रश्न 11.	पर्दा प्रथा की कुरीति किस समय समाज में देखने को मिली थी?	3	Problem solving skill
प्रश्न 12.	‘मेहनत का फल’ विषय पर लघुकथा लिखिए।	4	



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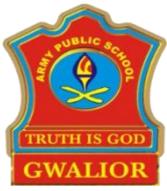


Subject: Mathematics
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S.NO.	QUESTIONS (BASIC)	MARKS:15	NATURE
1	(a) Add: $7xy + 5yz - 3zx$, $4yz + 9zx - 4y$, $-3xz + 5x - 2xy$ (b) Subtract: $5a^2b^2c^2$ from $-7a^2b^2c^2$	2	Conceptual Understanding
2	Find the expansion of $(3x + 7y)(3x - 7y)$ using suitable identity.	2	Knowledge
3	Find the surface area of a cuboid formed by joining two cubes of side a face to face.	3	Cause and effect
4	Simplify: $(2.5m + 1.5q)^2 + (2.5m - 1.5q)^2$	3	HOT
5	An aquarium is in the form of a cuboid whose external measures are $80\text{ cm} \times 30\text{ cm} \times 40\text{ cm}$. The base, side faces and back face are to be covered with a coloured paper. Find the area of the paper needed?	5	Identification

S.NO.	QUESTIONS (STANDARD)	MARKS:15	NATURE
6	Find the area of a rectangle, if its length is $(x + 9y)$ and the breadth of the rectangle is $(x + 3y)$	2	Analytical Thinking
7	Verify that $(3x + 5y)^2 - 30xy = 9x^2 + 25y^2$	2	Cause and Effect
8	Find the area of a rhombus whose one side measures 5 cm and one diagonal as 8 cm	3	Observation Based
9	The height of a triangle is $x^4 + y^4$ and its base is $14xy$. Find the area of the triangle.	3	Analytical and Conceptual
10	The cost of a chocolate is Rs $(x + y)$ and Rohit bought $(x + y)$ chocolates. Find the total amount paid by him in terms of x . If $x = 10$, find the amount paid by him.	5	Real life Application



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



Subject: Science
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S.NO.	QUESTIONS (BASIC)	MARKS 15	NATURE and Skills
Q1.	What are the common problems that are caused by noise to humans?	3	Informative
Q2.	Why sound travel faster in solids than in gases?	3	Analytical skill
Q3.	Very short answer questions. a) Define amplitude. b) What is ultrasonic sound? c) What is SONAR?	3	Understanding skill
Q4.	Why does the sound of thunder reach us after we see the lighting, even though both happen at the same time?	3	Critical thinking skill
Q5.	Why do soundproof rooms have soft materials on their walls?	3	Problem solving skill
S.NO.	QUESTIONS (STANDARD)	MARKS 15	NATURE and Skills
Q6.	If you place your hand on your throat while speaking, you feel vibrations. What does it tell you about how sound is produced?	3	Informative
Q7.	(a) True or False. a) Sound can travel in vacuum. b) Friction is a non-contact force. c) Pitch depends on frequency.	3	Analytical skill
Q8.	What are the units of measurements of the following? a. Frequency b. Loudness c. Time period	3	Understanding skill
Q9.	Why it is difficult to talk to someone during heavy winds even If you are close to them?	3	Critical thinking skill

Q10.	Fill in the blanks. a) Sound travels in the form of _____. b) The force which opposes the motion of object is called _____ c) The number of vibrations per second is called _____	3	Problem solving skill



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



Subject: Social Science
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/ COMPETENCIES
1	Multiple choice questions 1. Who introduced the English education system in India? (a) Lord Curzon (b) Lord Macaulay (c) Mahatma Gandhi (d) Lord Amherst 2. Which one of the following is a joint sector industry? a) BHEL (Bharat Heavy Electricals Ltd.) b) Tata Steel c) Reliance Industries d) Hindustan Aeronautics Limited (HAL)	1 x 2=2m	Informative
2	Answer the following questions in very short- 1. Name the two important Oriental Institutions. 2. What do you understand by the term Industry?	2x2=4m	Recall/ Identification
3	Answer the following questions in short- 1. Explain any three main provisions of Wood's Despatch of 1854.	3x1=3m	Explanation/ Simple application
4	Answer the following questions in long- 1. In the British period, what new opportunities opened up for people who came from castes that were regarded as "low"?	5x1=5m	Detailed Analysis
4	On the outline map of India mark the following 1. Assam- Major tea producing state 2. Industrial region of Kolkata	0.5x2=1m	Mapping

PART 2: STANDARD WORKSHEET (15 MARKS)

S. NO.	QUESTIONS (STANDARD)	MARKS (15M)	SKILLS/ COMPETENCIES
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<p>1</p>	<p>There are two statements given Assertion (A) and Reason (R) given above. Mark your answer according to the code given below.</p> <p>Q. 1. Assertion (A): The textile industry is often considered a backbone of the Indian economy. Reason (R): It is the only industry in India that does not rely on any raw material from agriculture.</p> <p>Codes: (a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true and (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>Q. 2. Assertion (A): Mahatma Gandhi strongly condemned Western education. Reason (R): He believed that it enslaved the minds of Indians, made them disrespect their own culture, and was intellectually and morally damaging.</p> <p>Codes: (a) Both (A) and (R) are true and (R) is the correct explanation of (A). (b) Both (A) and (R) are true and (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>1 x 2=2m</p>	<p>Analytical reasoning</p>
<p>2</p>	<p>Answer the following questions in Very short-</p> <p>1. State the purpose of the establishment of the Hindu college in Benaras.</p>	<p>2x1=2m</p>	<p>Concept linking</p>
<p>3</p>	<p>Answer the following questions in short-</p> <p>1. Why cotton textile industry rapidly expanded in Mumbai?</p>	<p>3x1=3m</p>	<p>Analytical Thinking</p>
<p>4</p>	<p>Answer the following questions in long-</p> <p>1. Analyze the differences between the Oriental education and the Western (Anglicist) education.</p>	<p>5x1=5m</p>	<p>Critical Analysis</p>
<p>5</p>	<p>CASE STUDY BASED QUESTIONS:</p> <p>1. Read the passage given below and answer the questions that follows:</p> <p>Pandita Ramabai was a remarkable scholar and social reformer. In her famous book, <i>The High Caste Hindu Woman</i>, she wrote about the miserable lives of upper-caste Hindu women, especially widows. She founded the Sharada Sadan in Bombay, which provided shelter and education to widows. However, she faced criticism from conservative Hindus who accused her of converting widows to Christianity, as she was a Christian convert</p>	<p>3x1=3m</p>	<p>Critical thinking and problem solving</p>

	<p>herself.</p> <p>1. What was the primary focus of Pandita Ramabai's book, <i>The High Caste Hindu Woman</i>?</p> <ul style="list-style-type: none">a) The history of Christianity in Indiab) The economic policies of the British Rajc) The plight of upper-caste women, particularly widowsd) The achievements of Indian nationalists <p>2. The Sharada Sadan, founded by Pandita Ramabai, was established with the main objective of:</p> <ul style="list-style-type: none">a) Providing military training to womenb) Offering shelter and education to widowsc) Promoting traditional Hindu ritualsd) Serving as a centre for political meetings <p>3. Why did conservative Hindus criticize Pandita Ramabai's work at the Sharada Sadan?</p> <ul style="list-style-type: none">a) They believed she was charging the widows too much money.b) They were opposed to the idea of widows receiving any form of education.c) They accused her of using the shelter to convert widows to Christianity.d) They felt she was ignoring the needs of upper-caste men.		
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VIII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF -ASSESSMENT)



Subject: Sanskrit
Allotment Date: 30 November 2025

Assignment No.: 6
Marks: 20

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills												
1	निम्नलिखित समस्तपदानां विग्रहं कुरुत- (क) कृष्णार्जुनौ (ख) लम्बोदरः (ग) महर्षि (घ) प्रत्येकम् (ङ) यथाशक्ति	5	Critical Thinking												
2	शब्दानाम् अर्थाः लिखत - शतकम् , अशेषे , वास्तुकारः , समवायः , क्षेत्रपरिमाणैः	5	Understanding												
3	विशेष्य-विशेषणानाम् उचितं मेलनम् कुरुत- <table border="0"><tr><td>विशेषण -पदानि</td><td>विशेष्य-पदानि</td></tr><tr><td>अयम्</td><td>संस्कृतिः</td></tr><tr><td>संस्कृतिविशिष्टायाम्</td><td>इतिहासे</td></tr><tr><td>महत्त्वाधायिनी</td><td>प्रदेशः</td></tr><tr><td>प्राचीने</td><td>समवायः</td></tr><tr><td>एकः</td><td>भारतभूमौ</td></tr></table>	विशेषण -पदानि	विशेष्य-पदानि	अयम्	संस्कृतिः	संस्कृतिविशिष्टायाम्	इतिहासे	महत्त्वाधायिनी	प्रदेशः	प्राचीने	समवायः	एकः	भारतभूमौ	5	Interdisciplinary
विशेषण -पदानि	विशेष्य-पदानि														
अयम्	संस्कृतिः														
संस्कृतिविशिष्टायाम्	इतिहासे														
महत्त्वाधायिनी	प्रदेशः														
प्राचीने	समवायः														
एकः	भारतभूमौ														
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills												
4	प्रश्नानाम् उत्तराणि एकपदेन लिखत- (क) कस्य राज्यस्य भागेषु गजधरः शब्दः प्रयुज्यते? (ख) प्राचीनेतिहासे काः स्वाधीनाः आसन् ? (ग) के शिल्पिरूपेण न समादृताः भवन्ति? (घ) कार्यसमाप्तौ वेतनानि अतिरिच्य गजधरेभ्यः किं प्रदीयते स्म?	5	Information												

	(ड) सप्तभगिनी-प्रदेशे कः उद्योगः सर्वप्रमुखः?		
5	रेखांकित पदमाधृत्य प्रश्न निर्माणं कुरुत – (क) सुरक्षाप्रबन्धनस्य दायित्वं गजधराः निभालयन्ति स्म। (ख) तेषां स्वामिनः असमर्थाः सन्ति। (ग) कार्यसमाप्तौ वेतनानि अतिरिच्य सम्मानमपि प्राप्नुवन्ति । (घ) गजधरः सुन्दरः शब्दः अस्ति। (ङ) तडागाः संसारसागराः कथ्यन्ते।	5	Problem Solving
6	अधोलिखितपदेभ्यः अव्ययपदानि चित्वा लिखत – हयः, पत्रं, मम, कुत्र, एव, अत्र, प्रसरति, अधुना	5	Analytical Skill



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



Subject: Computer
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	<p>A. Multiple choice questions.</p> <p>1. The _____ function produces a list of a sequence starting with an initial value up to a final value.</p> <p>a. range() b. in() c. for() d. while()</p> <p>2. Loops are also known as _____ statements.</p> <p>a. sequence b. iterative c. repetitive d. both (b) and (c)</p> <p>3. The _____ loop is used when you are sure about how many times a loop body will be executed.</p> <p>a. while b. for c. for () d. while ()</p> <p>4. Data science is a future of _____.</p> <p>a. Research b. Machine Learning c. Artificial intelligence d. Internet of things</p> <p>5. "What a nice say it is "is what kind of data?"</p> <p>a. Quantitative b. Qualitative c. Discrete d. Both (a) and (b)</p>	2.5	Information

<p>2</p>	<p>B. Fill in the blanks.</p> <p>(i) _____ is the process in which the goal is to make better choices.</p> <p>(ii) Meters, centimetres, millimetres and etc. are examples of _____ data.</p> <p>(iii) A for or while loop can have an optional _____ block as well.</p> <p>(iv) The else block makes sure that the loop is _____ normally.</p> <p>(v) The range () function produces a list of a _____.</p>	<p>2.5</p>	<p>Understanding</p>
<p>3</p>	<p>C. Write T for true and F for false.</p> <p>(i) There are two types of iterative statements: if and else.</p> <p>(ii) An iterative statement is based on three values.</p> <p>(iii) Discrete data can take any value in a range.</p> <p>(iv) Qualitative data is descriptive in nature.</p> <p>(v) Information stored in a document is not considered data.</p>	<p>2.5</p>	<p>Understanding</p>
<p>4</p>	<p>D. Answer the following questions.</p> <p>(i) What is Data Science?</p> <p>(ii) Explain any two real – life applications of data.</p> <p>(iii) What is big data?</p> <p>(iv) What do you mean by iterative statements?</p> <p>(v) Explain the use of range () function.</p>	<p>2.5</p>	<p>Evaluation</p>



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



Subject: Art Education
Allotment Date: 30 November 2025

Assignment No.: 6

S. No.	QUESTIONS	MARKS	NATURE
1	What is Scratch Art?	2	Informative
2	What are Tribal Masks used for?	2	Informative
3	What are the techniques for making Mountains View?	2	Understanding
4	How to make Scratch Art paper?	2	Informative
5	What is Water Color?	2	Understanding



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



Subject: Music (Dance)
Allotment Date: 30 November 2025

Assignment No.: 6

S. NO.	QUESTIONS	MARKS	NATURE
1	Which of the following is a string instrument? a) Flute b) Violin. c) Trumpet d) Drums	1	Informative
2	Which of the following instruments is played by blowing air into it? a) Guitar b) Violin c) Trombone d) Flute.	1	Informative
3	Tabla ka samarthan kis prakar ki dhvani utpann karta hai? a) Vaayvi b) Ghan c) Sushir d) Avanadh.	1	Informative
4	Flute kaunse prakar ka vadya hai? a) Tantri b) Avanadh c) Sushir. d) Ghan	1	Informative
5	Which of the following is not a percussion instrument? a) Dholak b) Tabla c) Sitar. d) Mridang	1	Informative
6.	Vadya Yantra refers to which of the following? a) A sacred mantra	1	Informative

	b) A musical instrument. c) A dance form d) A type of meditation		
7.	What is the primary material from which the drum is made? a) Wood b) Metal c) Leather or synthetic material. d) Glass	1	Informative
8.	Which of the following is NOT a type of Vadya Yantra? a) Tuning Fork. b) Sitar c) Dholak d) Tanpura	1	Informative
9,	The piano is classified as which type of instrument? a) String instrument b) Percussion instrument c) Wind instrument d) Keyboard instrument.	1	Informative
10	Veena kis sangeet vadya ki prakar mein aata hai a) Avanadh b) Ghan c) Sushir d) Tantri.	1	Informative



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



Subject: Music (Vocal)
Allotment Date: 30 November 2025

Assignment No.: 6

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



Subject: Yoga
Allotment Date: 30 November 2025

Assignment No.: 6

Sr. No.	QUESTIONS	MARKS 1X10=10	SKILLS
1	MULTIPLE CHOICE QUESTIONS:- 1. Which asana is known as the Crocodile Pose? a) Matsyasana b) Naukasana c) Makarasana d) Shavasana	4x1=4 1	Analytical Thinking
	2. What is the main benefit of Matsyasana? a) Strengthens legs b) Improves digestion c) Expands chest and improves breathing d) Relaxes the spine	1	Analytical Thinking
	3. In Naukasana, the body forms a: a) U-shape b) V-shape c) C-shape d) O-shape	1	Analytical Thinking
	4. Which asana is recommended for relaxation and stress relief? a) Naukasana b) Matsyasana c) Makarasana d) Chakrasana	1	Analytical Thinking
2	TRUE/FALSE:- 5. Matsyasana is beneficial for people with respiratory problems. _____	3x1=3 1	Critical Thinking
	6. Naukasana strengthens the abdominal muscles. _____	1	Critical Thinking

	7. Makarasana should be avoided by people with severe back injuries. _____	1	Critical Thinking
3	FILL IN THE BLANKS: 8. Makarasana is also known as the _____ pose.	3x1=3 1	Informative
	9. In Matsyasana, the head is gently dropped back so that the _____ touches the floor.	1	Informative
	10. Naukasana is performed by lifting the legs, arms, head, and chest to form a _____ shape.	1	Informative



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



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

Assignment No.: 6

S.NO	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1- How many players are there in Basketball?</p> <p>A. 5 B. 6 C. 7 D. 8</p> <p>Q-2 What is the duration of one quarter in a professional Basketball game?</p> <p>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?</p> <p>A. Overhead pass B. Chest pass C. Kick pass D. Bounce pass</p> <p>Q-4- Who is the father of Basketball?</p> <p>A. Michael Jordan B. James Naismith C. Kobe Bryant D. LeBron James</p>	4	Information

<p>2</p>	<p><u>Fill in the blanks</u></p> <p>Q-5- Basketball invented in the year_____</p> <p>(1892 ,1891)</p> <p>Q-6 A player is awarded _____ free throws for a shooting foul inside the arc.</p> <p>(2, 3)</p> <p><u>Q-7</u> The rectangular area under the basket is known as the _____.</p> <p>(key, lock)</p>	<p>3</p>	<p>Interdisciplinary</p>
<p>3</p>	<p><u>True False</u></p> <p>Q-8- Basketball match always start with jump ball?</p> <p>A. True</p> <p>B. False</p> <p>Q-9 Dribbling with the both hands at the same time is allowed?</p> <p>A. True</p> <p>B. False</p> <p>Q-10- The shot clock in the NBA is 30 Second?</p> <p>A. True</p> <p>B. False</p>	<p>3</p>	<p>Understanding</p>



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



Subject: Karate (Martial Art)
Allotment Date: 30 November 2025

Assignment No.: 6

S. No.	QUESTIONS	Point
1.	What is the meaning of kumite? A. Fight B. Fukushin C. Kansa D. Niquashi	1X10=10
2.	What is the meaning of wazari? A. 2 point B. 3 point C. 3 point D. 4 point	
3.	How many scoring criteria of kumite? A.3 B.5 C. 6 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	
(i) scoring criteria of kumite. (5,6,)	
(ii)	Partner training is useful for (kumite, kata)	
(iii)	Waza-ari is the Japanese name of point. (two, three)	
	TRUE AND FALSE	
(i)	Gyaku tsuki is useful for face kick.	
(ii)	Gari is called for kick	
(iii)	Zanshin is the scoring criteria of kumite	

