



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



Subject: Social Science
Allotment Date: 30 November 2025

Assignment No.: 6

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/COMPETENCIES
1	Multiple choice questions 1. What is the primary cause of climate change? (a) Volcanic eruptions (b) Solar flares (c) Human activities like burning fossil fuels (d) Natural ocean currents 2. What was Gandhara famous for? (a) Science books (b) Trade with China (c) A school of art influenced by Greek style (d) Chola Temples	1 x 2=2m	Informative
2	Answer the following questions in very short- 1. What do you understand from the term Microclimate? 2. Name the complex water diversion system made during the period of The Cholas.	2x2=4m	Recall/ Identification
3	Answer the following questions in short- 1. Define in your own words about Sangam Literature.	3x1=3m	Explanation/ Simple application
4	Answer the following questions in long- 1. How did foreign invaders assimilate into Indian society and contribute to cultural confluence?	5x1=5m	Detailed Analysis
4	On the outline map of India mark the following 1. Area under the control of The Chedis. 2. Area under the control of The Pandyas	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>Q. 1. Assertion (A):Sangam literature is written in Sanskrit. Reason (R): It was created in the regions of South India.</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): The Himalayas block the cold Central Asian winds from reaching the Indian subcontinent. Reason (R): This results in a warmer climate in most of the Indian subcontinent.</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>	1 x 2=2m	Analytical reasoning
2	<p>Answer the following questions in Very short-</p> <p>1. The Pandya kings used fish as their royal symbol. The Cholas used a tiger. What do you think these symbols say about the values or strength of each kingdom?</p>	2x1=2m	Concept linking
3	<p>Answer the following questions in short-</p> <p>1. Draw the monsoon cycle in summers and winters on a map of India.</p>	3x1=3m	Analytical Thinking
4	<p>Answer the following questions in long-</p> <p>1. "The physiography of India plays a crucial role in determining its climatic conditions." Justify this statement with suitable examples.</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



(a) Identify the natural disaster shown in the picture.

(b) State whether the following statement is true or false:

This disaster is caused by low atmospheric pressure and brings strong winds and heavy rainfall.

(c) Complete the analogy:

Cyclone: Ocean :: Landslide: _____.



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
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Subject: Sanskrit
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	पाठस्य आधारेण अधोलिखितानां प्रश्नानाम् उत्तराणि एकपदेन लिखन्तु- (क) आद्यं धर्मसाधनं किम् ? (ख) कीदृशं वचः मा ब्रूहि ? (ग) श्रेष्ठम् आभूषणं किम् अस्ति ? (घ) सर्वेषां मनुष्याणां माता का अस्ति ? (ङ) रत्नानाम् अन्वेषणं के कुर्वन्ति ?	(5)	Memory skill
2.	निम्न शब्दानाम् अर्थान् लिखत - वयः , ब्रूहि, शीलम् , रज्ज्वा, भूतानि	(5)	Understanding
3.	अधोलिखितं संवादं मञ्जूषायाः पदसहायतया पूरयत- (मञ्जूषा- वयम्, त्वम्, अहम्, आगच्छ, आवाम्) मोनिका- सोनिके! _____ कुत्र गच्छसि ? सोनिका- _____ तु कुत्र अपि न गच्छामि। मोनिका- तर्हि आगच्छ। _____ मिलित्वा बहिः भ्रमावः। (तर्हि सुलभा अपि आगच्छति) सोनिका- _____ सुलभे! सुन्दरं वातावरणम् अस्ति। _____ मिलित्वा भ्रमामः ।	(5)	Communication Skills
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
4.	अधः प्रदत्तानि वाक्यानि पठित्वा हिंदीभाषायाः आङ्ग्लभाषाया वा अनुवादं कुर्वन्तु । (क) राधा नगरात् आगच्छति।	(5)	Thinking skill Application skill

	<p>(ख) विनयः वृक्षात् पुष्पाणि चिनोति ।</p> <p>(ग) सन्दीप कार्यालयात् गृहं गतवान् ।</p> <p>(घ) भगिनी दूरात् वाहनं पश्यति ।</p> <p>(ङ) मित्रं शालायाः गृहम् आगतवान्।</p>		
5.	<p>उदाहरणानुसारम् अधः प्रदत्तानां शब्दानां वचनपरिवर्तनं कुर्वन्तु ।</p> <p>मनुष्यात् मनुष्याभ्याम् मनुष्येभ्यः _____ वृक्षाभ्याम् _____ वाटिकायाः वाटिकाभ्याम् वाटिकाभ्यः मालायाः _____ _____ नद्याः _____ नदीभ्यः</p>		Analytical Skill Application skill
6	<p>पाठं पठित्वा रिक्तस्थानेषु समुचितं पदं लिखन्तु ।</p> <p>(क) अम्ब! मम काचिद् _____ अस्ति।</p> <p>(ख) प्रथमं _____ आकाशस्य उत्पत्तिः अभवत् ।</p> <p>(ग) साक्षात् _____ उत्पत्तिं वदतु।</p> <p>(घ) _____ कीटाः, प्राणिनः, मनुष्याः उत्पन्नाः खलु अम्ब ?</p> <p>(ङ) अहम् आधुनिकं _____ च पठितवती ।</p>	(5)	Analytical skill



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



Subject: Mathematics
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS(BASICS)	MARKS:-15	NATURE
Q1	Arrange the stick figure cutouts given at the end of the book or draw a height arrangement such that the sequence reads: a) 0, 2, 2, 3, 1, 5, 6 b) 0, 1, 1, 2, 1, 3, 1	1.5X2=3Marks	Conceptual Understanding
Q2	Using your understanding of the pictorial representation of odd and even numbers, find out the parity of the following sums: a) Sum of 1 odd numbers and 3 even numbers. b) Sum of 6 odd numbers.	1.5X2= 3Marks	Observation
Q3	Find the parity of the number of small squares in these grids: a) 125×654 b) 40×78	1.5X2=3 Marks	Understanding
Q4	How many different magic squares can be made using the numbers 1 – 9?	3X1=3Marks	HOT
Q5	What other operations can be performed on a magic square to yield another magic square?	3X1=3Marks	Identification
S.NO	QUESTIONS(STANDARD)	MARKS:-15	NATURE
Q 6.	Discuss ways of creating a magic square using any set of 9 consecutive numbers (like 2 – 10, 3 – 11, 9 – 17, etc.).	3X1=3Marks	Analytical Thinking
Q7.	Make a 3×3 magic square with 0 as the magic sum. All numbers can not be zero. Use negative numbers, as needed.	3 X1=3Marks	Cause and Effect
Q8.	Fill in the following blanks with 'odd' or 'even': a) Sum of an odd number of even numbers is _____. b) Sum of an even number of even numbers is _____.	1.5X2= 3Marks	Observation-Based
Q9.	Angaan wants to climb an 8-step staircase. His playful rule is that he can take either 1 step or 2 steps at a time. For example, one of his paths is 1, 2, 2, 1, 2. In how many different ways can he reach the top?	3X1=3Marks	Analytical and Conceptual

Q10.	Identify the statements that are true. a) The expression $4m - 1$ always gives odd numbers. b) All even numbers can be expressed as $6j - 4$.	1.5X2=3Marks	Real-life Application
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF –ASSESSMENT)



Subject: English
Allotment Date: 30 November 2025

Assignment No.: 6

S. NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	Change the following sentences into Passive Voice. (i) The students completed the assignment on time. (ii) She will finish the project tomorrow. (iii) They were building a new library in the town. (iv) They had completed the project before the deadline.	4 Marks	Analytical Thinking
2.	What does the line 'no matter where it's going' reveal about the speaker's attitude towards travel?	2 Marks	Understanding
3.	What do the cinders in the sky represent?	2 Marks	Symbolic Interpretation
4.	Fill in the blanks with ought to or need to. (i) You _____ apologize for being late; it was rude. (ii) Students _____ submit their assignments before the deadline. (iii) She _____ take more care of her health.	3 Marks	Language Accuracy
5.	Identify the type of underlined adverb in the following sentence: (i) She ran <u>quickly</u> to catch the bus. (ii) They will arrive <u>tomorrow</u> for the meeting. (iii) She works <u>very</u> hard to succeed. (iv) <u>How</u> clever you are!	4 Marks	Understanding
S. NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	How can the poem "Travel," with its strong message about the desire to explore the world and grow through new experiences, inspire students to think more openly about their own goals, choices, and opportunities for personal development?	4 Marks	HOT
2.	Do you think the speaker in the poem 'Travel' is unhappy with her present life? Support your answer with evidence.	3 Marks	Communication Skills
3.	Write a biographical sketch of Albert Einstein using the clues below. Write in your own words (100–150 words). Hints / Clues: 1. Early Life: Born in 1879 in Germany; loved mathematics and physics as a child. 2. Education: Studied in Switzerland; graduated in physics and	4 Marks	Writing Skills

	<p>mathematics.</p> <p>3. Achievements: Developed the Theory of Relativity; won the Nobel Prize in Physics in 1921.</p> <p>4. Contributions: Made groundbreaking contributions to modern physics; inspired generations of scientists.</p> <p>5. Interesting Fact: Famous for the equation $E = mc^2$; known for his curiosity and imaginative thinking.</p>		
4.	<p>Join each of the following pairs of sentences by using conjunctions.</p> <p>(i) You can take an umbrella. You can take a raincoat.</p> <p>(ii) He studied hard. He did not pass the exam.</p>	2 Marks	Critical Thinking
5.	<p>Read the following sentences. Identify the subject-verb agreement error and rewrite the sentence correctly:</p> <p>(i) The team of doctors work hard to save lives.</p> <p>(ii) Either my brother or my sisters is going to the market.</p>	2 Marks	Critical Thinking



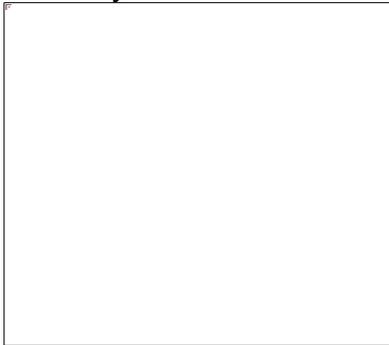
ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF –ASSESSMENT)



Subject: Science
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS(BASICS)	MARKS:-15	NATURE
Q1	What is respiration? How is it different from breathing?	2X1= 2Marks	Conceptual Understanding
Q2	i) How do alveoli play their role in the exchange of gases in the lungs? ii) How do tadpoles and earthworms exchange gases?	1.5X2= 3Marks	Knowledge
Q3	Assertion (A): The walls of the small intestine are lined with villi. Reason (R): Villi increase the surface area for the absorption of nutrients into the bloodstream. 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) Assertion (A): Animals need to digest food to get energy. Reason (R): Digestion breaks down food into smaller pieces so that the nutrients can be absorbed and used by the body. 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. ii) Explain how saliva converts starch present in food into sugar.	1.5X2= 3Marks	Cause and effect
Q5	 Identify the labeled parts of the given diagram.	3X1= 3Marks	Identification
Q6	Explain the function of the small intestine in the digestion of food.	2X1=2 Marks	Observation
S.NO	QUESTIONS(STANDARD)	MARKS:-15	NATURE

Q 6.	<p>Sahil placed some pieces of chapati in test tube A. Neha placed chewed chapati in test tube B, and Santushti took boiled and mashed potato in test tube C. All of them added a few drops of iodine solution to their test tubes—A, B, and C, respectively.</p> <p>What would be their observations? Give reasons.</p>	3X1= 3Marks	Analytical Thinking
Q7.	<p>Which of the following statements is correct and why?</p> <p>Anu: We inhale air.</p> <p>Shanu: We inhale oxygen.</p> <p>Tanu: We inhale air rich in oxygen.</p>	3X1= 3Marks	Cause and Effect
Q8.	<p>i) You chew a piece of bread for a long time and notice it starts tasting slightly sweet. What does this observation tell you about the role of saliva?</p> <p>ii) You notice that your chest moves up when you breathe in and moves down when you breathe out. What does this show about the role of rib cage in breathing?</p>	1.5X2= 3Marks	Observation -Based
Q9.	<p>Yadu conducted an experiment to test his idea. He took two test tubes, A and B, and added a pinch of rice flour to the test tubes, half-filled with water and stirred them properly. To test tube B, he added a few drops of saliva. He left the two test tubes for 35–45 min. After that, he added iodine solution into both the test tubes. Experimental results are as shown in Fig. 9.15.</p> <p>What do you think he wants to test?</p> 	3X1= 3Marks	Analytical and Conceptual
Q10.	<p>Paridhi and Anusha of Grade 7 started running for their morning workout. After they completed their running, they counted their breaths per minute. Anusha was breathing faster than Paridhi. Provide at least two possible explanations for why Anusha was breathing faster than Paridhi.</p>	3X1= 3Marks	Real-life Application



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
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. In which construct are the statements in a program executed in a repetitive manner?</p> <p>a. Conditional b. sequential c. Iterative d. jump</p> <p>2. To check multiple conditions in a program, use _____ statements.</p> <p>a. if b. break c. jump d. if...elif....else</p> <p>3. _____ is the only language that a computer understands.</p> <p>a. Machine b. Assembly c. Urdu d. Spanish</p> <p>4. Assembler is used to convert _____ language to machine language.</p> <p>a. Java b. Python c. Assembly d. COBOL</p> <p>5. _____ is a software that converts the codes from one language to another.</p> <p>a. Translator b. Convertor c. Program d. code</p>	2.5	Information

<p>2</p>	<p>B. Fill in the blanks. (i) Low- level programming languages are machine _____. (ii) _____ is also known as symbolic language. (iii) An _____ converts source code to machine code line by line. (iv) In python, the conditional statement is terminated with a _____ symbol. (v) The _____ statement is used when you have to evaluate a condition.</p>	<p>2.5</p>	<p>understanding</p>
<p>3</p>	<p>C. Write T for true and F for false. (i) A compiler translates a code line by line. (ii) Java is an example of second-generation language. (iii) jump statements are used to alter the flow of a loop. (iv) Control statements govern the flow of control of a program. (v) Condition body of if starts with an indentation of the tab space.</p>	<p>2.5</p>	<p>understanding</p>
<p>4</p>	<p>D. Answer the following questions. (i) Define conditional statements using an example. (ii) Write short on Jump statement. (iii) Explain if.... Else statements with syntax. (iv) What is a language translator? (v) Write any two third-generation languages.</p>	<p>2.5</p>	<p>Evaluation</p>



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



Subject: Hindi
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	I) विशेषण किसे कहते हैं? II) विशेषण के कितने भेद हैं? उदाहरण सहित लिखिए।	3	Memory based
प्रश्न 2.	i) क्रिया किसे कहते हैं? ii) क्रिया के भेद लिखिए। iii) काल किसे कहते हैं?	3	Thinking skill
प्रश्न 3.	i) वाक्य किसे कहते हैं? ii) सरल वाक्य, प्रश्नवाचक वाक्य, आज्ञावाचक वाक्य के तीन-तीन उदाहरण लिखिए।	3	Informative
प्रश्न 4.	आपकी सोसायटी द्वारा आयोजित की जा रही फुटबाल टीम चयन के लिए सूचना तैयार कीजिए।		
प्रश्न 5.	विद्यालय के पुस्तकालय में हिंदी विषय की नई पुस्तकें मँगवाने के लिए प्राचार्य को पत्र लिखिए।	3	Evaluation
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 6.	निम्नलिखित प्रश्न हल कीजिए- i) अकर्मक एवं सकर्मक क्रिया किसे कहते हैं? ii) अविकारी शब्द किसे कहते हैं?	3	Critical Thinking
प्रश्न 7.	कबीर जी ने किसी कार्य को करने से पूर्व विचार करने के लिए क्यों कहा है? विस्तार से लिखिए।	3	Problem solving

प्रश्न 8.	महिलाओं के अधिकारों के विषय में बिरजू महाराज के विचार लिखिए एवं संगीत से बिरजू महाराज का क्या संबंध थावर्णन कीजिए।	3	Inter-disciplinary
प्रश्न 9.	अपने विद्यालय में पीने के लिए गर्म पानी की व्यवस्था कराने के लिए प्राचार्य को पत्र लिखिए।	3	Observation Based
प्रश्न10.	आपके विद्यालय में विद्यार्थियों के लिए पुस्तक मेले का आयोजन किया जा रहा है इसके लिए सूचना तैयार कीजिए।	3	Knowledge



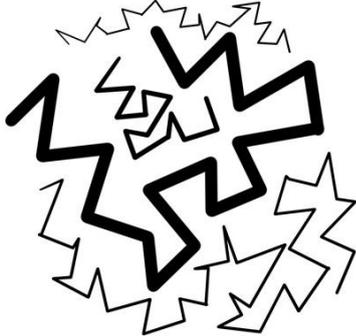
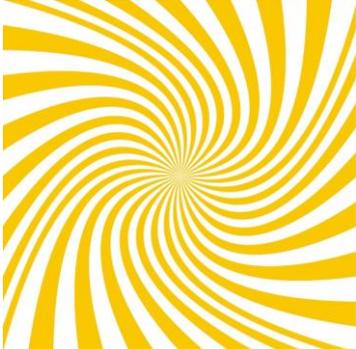
ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF –ASSESSMENT)



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

Assignment No.: 6

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) Height 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 d) Sculpture	1	Creativity
6.	Artists draw parallel lines in Cross hatching technique. a) True b) False	1	Creativity
7.	The scribbling is a drawing technique. a) True b) False	1	Creativity
8.	Stippling is the creation of a _____ simulating varying degrees of solidity or shading by using small dots.	1	Creativity

	<ul style="list-style-type: none"> a) Sketch b) Pattern c) Texture d) Painting 		
9.	<p>Artists use layers of shading to achieve light, medium and _____ tones.</p> <ul style="list-style-type: none"> a) Spiral b) Dark c) Zigzag d) Texture 	1	Creativity
10.	<p>Which among these is the picture of Scribbling?</p> <p>A</p>  <p>B</p>  <p>C</p> 	1	Creativity



ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
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	1	Informative

	b) 4		
9,	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
10.	Tabla is which type of Instrument? a) Indian b) Western	1	Informative



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



Subject: Yoga
Allotment Date: 30 November 2025

Assignment No.: 6

S. No	QUESTIONS	MARKS 1X10=10	SKILLS
1	MULTIPLE CHOICE QUESTIONS:- 1. Which of the following poses helps most in back pain relief? a) Makarasana b) Chakrasana c) Supta Vajrasana d) Tadasana	4x1=4 1	Analytical Thinking
	2. In Supta Vajrasana, what is the starting position? a) Standing b) Sitting in Vajrasana c) Lying on your back d) Sitting cross-legged	1	Analytical Thinking
	3. Chakrasana should be avoided if a person has: a) Wrist injury b) Knee pain c) Headache d) None of the above	1	Analytical Thinking
	4. The head and arms are placed on the floor and the body is arched upwards in: a) Chakrasana b) Supta Vajrasana c) Makarasana d) Shalabhasana	1	Analytical Thinking
2	TRUE AND FALSE:- 1. Makarasana is used for relaxation of the body and mind. _____	3x1=3 1	Critical Thinking
	2. Supta Vajrasana is performed lying on the back with both legs straight. _____	1	Critical Thinking

	3. Chakrasana increases the flexibility of the spine. _____	1	Critical Thinking
3	FILL IN THE BLANKS:- 1. Chakrasana is also called the _____ pose because the body forms an arch like a wheel.	3x1=3 1	Informative
	2. In Makarasana, the head is placed on the _____.	1	Informative
	3. Supta Vajrasana is performed by first sitting in _____.	1	Informative



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



Subject: 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 b) A musical instrument. c) A dance form d) A type of meditation	1	Informative

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



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



Subject: Karate
Allotment Date: 30 November 2025

Assignment No.: 6

S.NO.	QUESTIONS	Point
1.	What is the meaning of sanbon tsuki ? A. Punch B. Tripple Punch C. Double Punch D. Round Punch	1X10=10
2.	What is the meaning of chudan Tsuki? A. Middle Punch B. Upper Punch C. Lower Punch D. Punch	
3.	Gadan barai Uke is called..... A. Uke B. Block C. Lower Block D. None of these	
4.	Gyaku tsuki is called? A. Reverse hand punch B. Chudan gari C. Upper punch D. Kentekigari	
	FILL IN THE BLANKS	
5.	Japanese name of lower block is (Gadan barai Uke,uke)	
6.	Running is use basic is usefull for(kumite,kata)	
7.	Waza-ari is the japeese name ofpoint.(two,three)	
	TRUE AND FALSE	
8.	Sanbon tsuki is called triple kick.	

<p>9.</p> <p>10.</p>	<p>Gari is called for kick</p> <p>Running basic is useful in kumite</p>	
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