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

Subject: English   **Assignment No.: 6**
Allotment Date: 30 November 2025   **Marks: 20**

S. NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	**Answer the following questions in about 20-30 words.** a) Why are the feet of the children aching? b) How is the behavior of Prabhat changed? c) Why did grass become cold?	3×2 = 6 Marks	Evaluation
2.	Fill in the blanks with the correct form of verbs given within the brackets. a) Some of the students………. (have/has) left the building. b) There (is/are) a dog,a cat, and a bird in the cage. c) The cows with its calf (lives/live) here. d) There(are/is) many things to do before holiday.	4 Marks	Understanding
3.	Design a poster to encourage people to "Keep Our Environment Clean".	5 Marks	Communication Skill
S. NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	How did the events in the story help the boy realise his mistake? Could he have understood it another way?	4 Marks	Critical Thinking
2.	Why do you think our ancestors started using spices not only for taste but also for healing?	4 Marks	HOT
3.	Combine the sentences using correct conjunction given in the brackets. a) Do your work on time. You will not succeed.(or/but) b) Mr.Dayal is very intelligent. He is very humble.(Not only-----but also) c) Ranu is a tall boy.His sister is short.(and/but) d) It is not usefu.It is not ornamental.(neither….nor)	4 Marks	Analytical Skill
4.	Use the correct adverb to fill the blank. (gracefully, quickly, tomorrow) a) They run….. b) The girl dance ……….. c) My sister going to visit the docter……..	3 Marks	Understanding

ARMY PUBLIC SCHOOL GWALIOR
CLASS - VI
ACADEMIC SESSION 2025-26
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.	निम्न कठिन शब्दों का मौखिक तथा लिखित अभ्यास करो । भलेमानुष ,कृपादृष्टि ,माखन ,कर्मचारी, कौशल ,निर्भीक ,विकराल कंठ, , बैरी	3	सुझावात्मक
प्रश्न 2.	निम्न पंक्तियों के भावार्थ लिखो । 1)"कौशल दिखलाया चालों में ....सरपट दौड़ा करवालो में ।" 2)" तू माता मन की अति भोरी............. लै उर कंठ लगायो ।" 3)"दीवान साहब को डर था कि बुढ़ापे में कोई गलती ना हो जाए इसलिए वे नौकरी छोड़ना चाहते थे ।"	3	निबंधनात्मक
प्रश्न 3.	# परिभाषित करो । १) गुणवाचक विशेषण २) संख्यावाचक विशेषण ३) प्रविशेषण ४)सार्वनामिक विशेषण ५) प्रेरणार्थक क्रिया ६) क्रिया	3	वस्तुनिष्ठ
प्रश्न4 .	# रिक्त स्थानों की पूर्ति करो । १) कर्म आधार पर क्रिया के दो भेद होते हैं । २) जिस वाक्य में क्रिया को कर्म की आवश्यकता होती है उसे सकर्मक क्रिया कहते हैं । ३) सकर्मक क्रिया के दो भेद होते हैं.. एककर्मक क्रिया तथा द्विकर्मक क्रिया । ४) जो शब्द किसी काम के करने या होने का बोध करवाते हैं उन्हें क्रिया कहते हैं ।	3	अतः विषयक
प्रश्न5 .		3	मूल्यांकनात्मक

S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
	५) क्रिया के जिस रूप से उसके होने के समय का पता चले उसे काल कहते हैं। ६) ईशान सेब खा रहा है .. में काल का कौन सा भेद है। वर्तमान काल		
प्रश्न 6.	निम्न शब्दों अर्थों का मौखिक तथा लिखित अभ्यास करो। अरि- मस्तक ,निराला,वज्र-मय, नीति कुशल ,पथिक, विज्ञापन बैरी, बिहसि, कंठ ,	3	विन्यास प्रेरणा
प्रश्न 7.	# कहानी लेखन संकेत बिंदु : राजा ने बंदर पाला*बंदर खूब सेवा करता * राजा भी बंदर को खूब प्रेम करता** एक रात राजा का सोना * बंदर का पंखा झलना * एक मक्खी का आना * बार-बार राजा की नाक पर बैठना * बंदर का क्रोध में आना * मक्खी को मारने के लिए तलवार उठाना * खिड़की से एक द्वारपाल का इस दृश्य को देख लेना * द्वारपाल का खिड़की से कूदना * राजा की जान बचा लेना * सीख तथा शीर्षक।	3	विश्लेषणात्मक
प्रश्न 8.	औपचारिक पत्र लेखन आर्थिक अभाव के कारण फीस माफी हेतु प्रधानाचार्य को प्रार्थना पत्र लिखो।	3	अभिसारी प्रश्न
प्रश्न 9.	प्रविशेषण क्या है ? निम्न शब्दों से प्रविशेषण तथा काल चुनो। १) मीना बहुत समझदार बच्ची है। २) थोड़ा सा दूध मिलेगा ? ३)रामचरण समाचार पढ़ता है। ४) आदित्य ने चाय बनाई में कौन- सा कर्म है ? ५) पुरुषवाचक सर्वनाम क्या है? ६) रमेश केला खा रहा है .. में काल का कौन सा भेद है।	3	अपसारी प्रश्न
प्रश्न 10.	निम्न वाक्यों में से सर्वनाम तथा सार्वनामिक विशेषण चुनकर लिखो। १)तुम क्या बात कर रहे थे ? २)वह लड़का आपसे मिलने गया था। ३)जो लोग मुझसे मिलना चाहते हैं, रुक जाएं।	3	तथ्यात्मक तथा समस्या समाधान

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

Subject: Mathematics   **Assignment No.: 6**
Allotment Date: 30 November 2025   **Marks: 20**

S.No.	Questions (Basics)	Marks: 15	Nature
1	(i) Write any two equivalent fractions of 3/5. (ii) Convert the following to improper fractions: a) 2 1/3 b) 4 2/5 (iii) Convert the following to mixed fractions: a) 9/4 b) 13/5	3	Imaginative
2	Fill in the following blanks (i) Perimeter of a rectangle = _____. (ii) Area of a square = _____. (iii) Perimeter is the _____ distance around a shape. (iv) Area is measured in _____ units. (v) Perimeter of a square with side 4 cm = _____ cm.	3	Creative Thinking
3	(i) Which of the following is an improper fraction? a) 3/4 b) 7/3 c) 1/5 d) 2/7 (ii) Which is the largest fraction? a) 1/4 b) 2/4 c) 3/4 d) ½ (iii) Convert 7/2 into a mixed fraction: a) 1 5/2 b) 3 1/2 c) 2 1/2 d) 3 2/1 (iv) Which pair is equivalent? a) 2/3, 4/8 b) 1/2, 2/4 c) 3/4, 6/5 d) 5/6, 10/5 (v) The fraction on the number line between 0 and 1 is: a) 5/4 b) 3/2 c) 1/3 d) 7/5	3	Problem Solving
4	Fill in the Blanks (i) A fraction has two parts: _____ and _____. (ii) Fractions that represent the same value are called _____ fractions. (iii) A fraction whose numerator is smaller than the denominator is called a _____ fraction. (iv) 1/2, 2/4 and 3/6 are _____ fractions.	3	computation,
5	Assertion (A): 4/9 + 5/9 = 1 Reason (R): When fractions have the same denominator, add their numerators. (a) A and R both true, and R explains A (b) A true, R true but R does not explain A (c) A true, R false (d) A false, R true	3	Reasoning

	Questions (Standard)	Marks: 15	
6	(i) Riya ate 2/8 of a chocolate bar and her friend ate 3/8. How much chocolate did they eat together? (ii) A rope is 5/6 meter long. Ram cut off 1/6 meter.How much rope is left?	3	conceptual understanding
7	(i) Find a fraction between 5/7 and 6/7 that has: a) Denominator 28 b) Denominator 56 (ii) If 3/4 of a number is 18, what is 5/6 of the same number?	3	Creative Thinking
8	(i) A tank is 3/5 full. After using 1/6 of the full tank capacity, what fraction of the tank is still full? (ii) Ria completed 4/9 of a book in 3 days. If she reads the same number of pages each day, what fraction of the book does she read in one day? (iii) A baker has 5/6 kg of flour. He uses 3/8 of it to bake cookies. How much flour does he have left?	3	Logical Reasoning
9	(i) Construct a rectangle WXYZ where • WX = 8 cm • WZ = 4 cm • Verify all angles are 90°. (ii) Construct a rectangle ABCD where diagonal AC = 10 cm and AB = 6 cm. • Use compass to locate point C. • Complete the rectangle.	3	Problem Solving
10	(i) Two squares have sides 8 cm and 12 cm. (a) Which has the larger perimeter? (b) Which has the larger area? (ii) A sheet of paper is 25 cm long and 18 cm wide. (a) Find its perimeter. (b) If it is cut into 2 equal smaller rectangles along the length, what is the area of each piece?	3	Critical Thinking

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

Subject: Science

Allotment Date: 30 November 2025

Assignment No.: 6

Marks: 20

S.NO.	Basic questions	MARKS	NATURE
Q1	**Fill in the blanks.** a) The process of separating butter from curd by rotating it rapidly is called _____. b) The method used to separate iron nails from sand is _____. c) The process in which heavier particles settle down at the bottom of a liquid is called _____.	**1 × 3 = 3 marks**	*Recall + Understanding*
Q2	a)Name any **two methods** used to separate insoluble solids from liquids. b) What are the **essential conditions for seed germination**? c) Define a **mixture** and give one everyday example.	**1 × 3 = 3 marks**	*Knowledge*
Q3	a) Which method would you use to separate **oil and water**, and why? b) A seed kept in a warm, dry place does not germinate. Give reason. c) Which process helps us obtain **salt from seawater**?	**1 × 3 = 3 marks**	*Application*
Q4	True or False a) Sieving is used to separate sand from salt solution. ( ) **b) Plants and animals both reproduce to continue their kind. ( )** c) A wooden log is living because it comes from a tree. (__)	**1 × 3 = 3 marks**	*Understanding*
Q5	**Very short answer questions.** a) What method is used to separate **lighter husk from heavier grains**? b) Why is **respiration** important for living beings? c) During the melting of ice, the temperature remains constant — what type of change is this?	**1 × 3 = 3 marks**	*Information-based / Observation*
	STANDARD QUESTIONS	5*3=15	

Q6	a) Why can't evaporation be used to separate **sand from muddy water?** b) How do we know that a **seed is living** even though it looks dry and inactive? c) Why do farmers use **winnowing** after threshing?	**1 × 3 = 3 marks**	*Analytical Thinking*
Q7	A student tries to purify muddy pond water for drinking. a) Which steps of separation should they perform, and in what order? b) What is the purpose of each step? c) What does this show about how separation methods help in daily life?	**1 × 3 = 3 marks**	*Critical Thinking*
Q8	Two friends discuss the difference between **living and non-living things.** a) Charu says a seed is non-living because it doesn't move. Is she correct? b) How can you prove that a seed is living? c) Name two life processes that all living beings perform.	**1 × 3 = 3 marks**	*HOTS -Concept Application*
Q9	A farmer collected **paddy plants, husk, and grains** after harvesting. a) Arrange the correct order of separation methods used. b) Write one sentence explaining each method. c) Compare **winnowing** and **sieving** in terms of principle and use.	**1 × 3 = 3 marks**	*Problem-Solving + Comparison*
Q10	Leela found muddy water in a pond and wanted to make it safe for drinking. a) Name and explain the three separation methods she used. b) What life process in humans is related to the **filtration** function of our **nose hair**? c) How do both plants and animals show response to stimuli in their surroundings?	**1 × 3 = 3 marks**	*Creative Thinking + Practical Application*

Subject: Social Science　　　　　　　　　　**Assignment No.: 6**
Allotment Date: 30 November 2025　　　　　**Marks: 20**

S.NO.	QUESTIONS (BASIC)	MARKS 15	NATURE BASIC Q. and Skills
1.	**Multiple choice questions-** (i) In urban local governance, which body is responsible for a large city? (a) Nagar Panchayat (b) Gram Sabha (c) Municipal Corporation (d) District Council (ii) Which of the following statements about democracy is incorrect? (a) People elect their representatives (b) Government is accountable to the people (c) Decision-making is done by the monarch (d) Freedom of expression is guaranteed	1×2=2 m	Informative
2.	**Answer the following questions in very short-** 1. In what ways can children contribute to the functioning of a village panchayat? 2. Why do we need a government? 3. Why are plateaus known as the "storehouse of minerals"?	2×3=6m	Recall/ Identification
3	**Answer the following questions in short-** 1. Suppose a flood damages crops in several villages. Explain how all three tiers of Panchayati Raj can coordinate relief work. 2. Describe the three levels of government in India with examples.	3×2=6m	Explanation
4.	**On an outline political map of India, mark and locate the following-** (i) Daimabad - An archaeological site (ii) Thar Desert	0.5×2=1 m	Map based
S.NO.	QUESTIONS (STANDARD)	MARKS 15	NATURE STANDARD and Skills

1.	**There are two statements given Assertion (A) and Reason (R) given above. Mark your answer according to the code given below.** Q.1 **Assertion (A): The Harappan civilisation is also known as the Indus Valley Civilisation.** **Reason (R): Most of its important cities were discovered along the banks of the Indus and its tributaries.** **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. Q.2 **Assertion (A): River plains support large-scale agriculture.** **Reason (R): River plains receive snowfall throughout the year.** **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.	1×2=2m	Analytical reasoning
2.	**Answer the following questions in very short-** (i) What is meant by 'Child-Friendly Panchayat'? Or Imagine you are an archaeologist discovering a Harappan city. What clues would convince you that it was part of the First Urbanisation?	2×1=2m	Concept linking
3.	**Answer the following questions in short-** (i) "The Ganga plain is both an opportunity and a challenge for India." Explain.	3×1=3m	Analytical thinking
4.	**Answer the following questions in detail-** (i) Why is it important to have all three levels of government in a large country like India?	5×1=5m	Critical Analysis
5.	**Case study based questions-** **1. Look at the picture given carefully and answer the questions that follows-** (i) Identify the type of farming practice shown in the picture. (ii) Name one advantage of this practice for farming in hilly regions. (iii) What is the main purpose of the small walls (bunds) at the edge of each step?	3×1=3m	Critical thinking and problem solving

Subject: Sanskrit

Allotment Date: 30 November 2025

Assignment No.: 6

Marks: 20

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	**निम्नलिखितगद्याशं पठित्वा प्रश्नान् उत्तरत** – एकः सिंहः आसीत्। सः वने वसति स्म। सः बलवान् च क्रूरः च आसीत्। प्रतिदिनं सः बहूनि पशून् मारयति स्म। सर्वे पशवः भीताः आसन्। एकदा पशवः मिलित्वा सिंहस्य समीपं अगच्छन्। ते निवेदनम् अकुर्वन् - "हे वनराज! त्वं प्रतिदिनं पशून् मा मारय। वयं प्रतिदिनं एकं पशुं तव भोजनार्थं प्रेषयिष्यामः।" सिंहः प्रसन्नः अभवत् **I. एक पदेन उत्तरत-** (क) कः बलवान् क्रूरः च आसीत्? (ख) सिंहः कुत्र वसति स्म? (ग) के भीताः आसन्? **II. पूर्ण वाक्येन उत्तरत-** (क) सिंहस्य समीपं गत्वा किम् अकुर्वन्? **III. निर्देशानुसारम् उत्तरत-** (क) सिंहस्य पदे किम् विभक्तिं? (i) तृतीया (ii) चतुर्थी (iii) पंचमी (iv) षष्ठी (ख)'अकुर्वन्' इति पदस्य कः धातुः? (i) लट् (ii) लङ् (iii) लृट् (iv) लोट्	5	Information
2.	**उचित शब्देन संवादम् पूरयत-** मञ्जूषा- (पुस्तिका कक्षा, शुभप्रभातम्, प्रथमः, प्रथमः) सीता- सखि गीते! शुभप्रभातम्। गीता- .... सीते। उपविश। सीता- अद्य संस्कृतस्य .... अस्ति वा? गीता- आम्। अद्य .... कालांशः संस्कृतस्य अस्ति। सीता- अस्माकं शिक्षिका .... आगच्छति? गीता इदानीम् एव आगच्छति। तस्याः हस्ते एका .... अस्ति। सीता अद्य सा किं पाठयिष्यति? गीता सा अद्य नूतनं पाठं पाठयिष्यति। त्वं ध्यानपूर्वकं शृणु। गीता पश्य	5	Understanding
3.	**मञ्जूषासहायतया निम्नलिखितान् अनुच्छेदं पूरयत -** मञ्जूषासिंहः) - , वनराजः , विचरति , पशुः , प्रतीकः) वनस्य राजा)i) अस्ति। सिंहः वीरतायाः .... (ii) .... अस्ति। अस्य अन्यत् नाम)iii) .... अस्ति। एषः वनेषु	5	Comprehension skill

स्वच्छन्दतया (iv) ....। एषः अस्माकम् राष्ट्रीयः (v).............अस्ति।

S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	**रेखांकितपदानि आधृत्य प्रश्ननिर्माणं कुरुत-** (क) <u>शक्रस्य</u> सुतः जयनतः। (ख) <u>नरः</u> काश्यां मृत्युम् इच्छति। (ग) भोजनान्ते <u>तक्रम्</u> पेयम्। (घ) विष्णुपदं <u>दुर्लभं</u> प्रोक्तम्। (ङ) <u>वृक्षस्य</u> अग्रे फलं दृष्टम्।	5	**Critical thinking**
2.	उचितपदैः रिक्तस्थानानि पूरयत- (क) एषः .... आवासः अस्ति। (गुरुम्, गुरोः, गुरुवः) (ख) सः .... पुष्पम् आनयति। (बालः, बालौ, बालाः) (ग) आत्मनः .... पश्यन्तु। (छविम्, छविः, छविना) (घ) .... कविता मधुरा अस्ति। (कविम्, कविः, कवे) (ङ) .... उदेति। (भानुः, भानुम्, भानो)	5	**Thinking skill**
3.	निर्देशम् अनुसृत्य शब्दरूपाणि लिखत- मुनि, प्रथमा .... कवि, तृतीया .... साधु, द्वितीया .... शत्रु, चतुर्थी .... बन्धु, षष्ठी	5	**Memory skill**

Subject: Computer   **Assignment No. :6**
Allotment Date :30 Nov 2025

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	A. Multiple choice questions. 1. What is the shortcut key to select Paintbrush tool? a. Ctrl + P b. P key c. Shift + p d. Alt + p 2. Who created GIMP? a. Spencer Kimball b. Peter Mattis c. Elon Musk d. Both a and b 3. _____ uses indents to distinguish code blocks. a. Python b. java c. C++ d. C 4. Which of the following is used to terminate a statement in java? a. (#) b. (&) c. (:) d. (;) 5. Which of the following IDE is used to develop a java program? a. PyCharm b. Eclipse c. IDLE b. Turboo C++	2.5	Information

2	**B. Fill in the blanks.** (i) _____ are the terms that have special meaning to the translator. (ii) Programmers do need to declare _____ in python. (iii) _____ is a programming language used for system programming. (iv) To draw free hand drawings with hard edge, _____ tool is used. (v) To fill an area of an image based on colour similarity, we use _____ tool.	2.5	Understanding
3	**C. Write T for true and F for false.** (i) Scale tool changes the size of the image. (ii) You can also use Ctrl - - to zoom in and Ctrl++ to zoom out. (iii) Doge tool is used for smearing colours on a selected layer. (iv) Python is strongly typed languages. (v) In java, there is no need to declare a variable before using.	2.5	Understanding
4	**D. Answer the following questions.** (i) Write short note on Python. (ii) What do you mean by IDE? (iii) Write two similarities between C++, Java and python. (iv) Explain the selection tools. (v) What is the use of GIMP?	2.5	Evaluation

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

Subject: Karate (Martial Art)   **Assignment No. :6**
Allotment Date :30 Nov 2025

S.N	QUESTIONS	Point
S no	What is the Japanese name of counter punch ? A. Punch B. Gyaku Tsuki C. Oei Tsuki D. Uke What is the meaning of Tsuki? A. Punch B. Upper Punch C. Lower Punch D. Block Gadan barai Uke is called……….. A. Uke B. Block C. Lower Block D. None of these Step gyaku is called ……..? A. Reverse hand punch B. Chudan gari C. Upper punch D. Kentekigari **FILL IN THE BLANKS** Japanese name of counter punch is …….. . (Gadan barai Uke,gyaku tsuki) Partners training i is usefull for ………(kumite,kata) Gari is the japaneese name of …………..(kick,punch) **TRUE AND FALSE** Step gyaku tsuki is called triple punch. Training in pai is useful for kata Running basic is useful in kata	1X10=10

ARMY PUBLIC SCHOOL GWALIOR

CLASS -VI

SESSION 2025-26

WORKSHEET (SELF-ASSESSMENT)

Subject: ART & WORK EDUCATION   **Assignment No. :6**

Allotment Date :30 Nov 2025

S. No.	QUESTIONS	MARKS	NATURE
1	What is Mosiac?	2	Informative
2	What is a Portrait Art?	2	Informative
3	What is Madhubani Art?	2	Understanding
4	Who started Madhubani Art?	2	Informative
5	By which name Madhubani art also known as?	2	Understanding

ARMY PUBLIC SCHOOL GWALIOR

CLASS -VI

SESSION 2025-26

WORKSHEET (Self-Assessment)

Subject: MUSIC (VOCAL)　　　　　　　　　　　　**Assignment No. :6**

Allotment Date :30 Nov 2025

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 -VI

SESSION 2025-26

WORKSHEET (SELF-ASSESSMENT)

Subject: Dance
Allotment Date :30 Nov 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 dhwani 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.	**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 -VI
SESSION 2025-26
WORKSHEET (SELF-ASSESSMENT)

Subject: HEALTH AND PHYSICAL EDUCATION   **Assignment No. :6**
Allotment Date :30 Nov 2025

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES

1.	**Tick The Correct Answer**
	Q-1- Which of the following is a track event?
	  a. Shot put
	  b. Javelin throw
	  c.Hammer throw
	  d. 100 meter Sprint
	
	Q-2 Usually hiw many lanes are there in Track?
	a. 09
	b. 06
	c.08
	d. 10
	
	Q-3- In which event of athletics Heavy metal ball use?
	a. Javelin throw
	b. Shot put
	c. Pole vault
	d. Discus throw
	
	Q-4- Which of the following is a field event?
	a. 100 Meter
	b. 1500 Meter
	c. 200 Meter
	d. Javelin throw
		4	Informative

2	**Fill in the blanks** Q-5- What is the shape of a track _____ (Oval,Square) Q-6 There are_____ in 4×100 M Relay(4,2) Q-7 In Track event runners run over _____.(Grass,Hurdle)	3	Interdisciplinary

3	**True False**
	
	Q-8- Only boys can participate in 110 Meter Hurdle?
	  A. True
	  B. False
		3	Understanding

	Q-9 Swimming is a track and field event?
	
	    a) True
	    b) False
	
	Q-10- Crouch start is a starting position in track and field?
	
	    4. True
	    5. False		

Subject: YOGA   **Assignment No. :6**
Allotment Date :30 Nov 2025

SR.No	QUESTIONS	MARKS	SKILLS
1	**MULTIPLE CHOICE QUESTIONS (Q1–Q4)**	**4x1=4**	
	1. What is a main benefit of Pawanmuktasana a) Improves memory b) Removes trapped gas c) Increases arm strength d) Relaxes the heart	1	Analytical Thinking
	2. In Shavasana, where are the hands placed? a) Under the head b) On the stomach c) Alongside the body d) On the chest	1	Analytical Thinking
	3. The primary focus in Makarasana is on: a) Active stretching b) Deep relaxation and breathing c) Jumping d) Running	1	Analytical Thinking
	4. Uttanapadasana mainly strengthens which part? a) Shoulders b) Neck c) Abdominal muscles d) Palms	1	Analytical Thinking
2	**TRUE OR FALSE (Q5–Q7)**	**3x1=3**	
	1. Shavasana is done in a standing position. _____	1	Critical Thinking

	2. Makarasana provides deep relaxation to the shoulders and spine. _____	1	Critical Thinking
	3. Pawanmuktasana should be avoided immediately after eating food. _____	1	Critical Thinking
3	**FILL IN THE BLANKS (Q8–Q10)**	**3x1=3**	
	1. Makarasana is also called the _____ pose.	1	Informative
	2. Uttanapadasana helps in strengthening the _____ muscles.	1	Informative
	3. Pawanmuktasana is especially useful in removing trapped _____ from the digestive system	1	Informative