



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



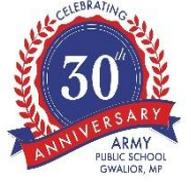
**Subject: English**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

S. NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	<p><b>Answer the following questions in about 20-30 words.</b></p> <p>a) Explain the idea of unity in yoga ?            b) Why we should practice yoga?            c) How did WHO help to make yoga practice easier?</p>	3×2 = 6 Marks	Evaluation
2.	<p>Fill in the blanks with the past perfect form of verbs given within the brackets.</p> <p>a) They ..... already ..... for the function.(Invite)            b) Nikita ..... the basketball two years ago.(win).            c) Before lunch,surya.....the rooms.(Clean)            d) My brother ..... in a textile company.(Start)</p>	4 Marks	Understanding
3.	Write a short paragraph on benefits of yoga.	5 Marks	Communication Skill
S. NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
1.	Name any two asanaa and their benefits?	4 Marks	Critical Thinking
2.	Explain the role of yoga in controlling stress and emotions.	4 Marks	HOT
3.	<p>Fill in the blanks</p> <p>1.The practice of yoga originated from ancient _____.</p> <p>Q2: The Yoga Sutras of _____ were written by Sage Patanjali.</p> <p>Q3: One of the physical benefits of yoga is pain _____.</p> <p>Q4: The mYoga app was launched to promote yoga _____.</p>	4 Marks	Analytical Skill
4.	Explain how yoga helps in leading a healthy and balanced life.	3 Marks	Understanding



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



**Subject: Hindi**

**Assignment No.: 7**

**Allotment Date: 31 December 2025**

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	कठिन शब्दों का मौखिक तथा लिखित अभ्यास करो। वर्गमील, माध्यमिक, कृषि प्रधान, प्रवणता, तुलसीकृत, दृष्टिपात	3	सुझावात्मक
प्रश्न 2.	सर्दियों में अपने शारीरिक स्वास्थ्य पर कैसे ध्यान दें, इस पर पांच वाक्य लिखो।	3	निबंधनात्मक
प्रश्न 3.	पाठ में मॉरीशस यात्रा वृत्तांत की मुख्य विशेषताएं क्या है, लिखो	3	वस्तुनिष्ठ
प्रश्न 4.	वाक्यों के भेद लिखो तथा प्रत्येक के दो दो उदाहरण लिखो।	3	अतः विषयक
प्रश्न 5.	निबंध: भारत की ऋतुएँ	3	मूल्यांकनात्मक
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 6.	निम्न शब्दों अर्थों का मौखिक तथा लिखित अभ्यास करो। संज्ञापद, झाँझ, शिवालय, चिरायु प्राणावती, तीर्थ स्थान वाक्यों	3	विन्यास प्रेरणा
प्रश्न 7.	अपनी किसी भी यात्रा का वृत्तांत लिखो।	3	विश्लेषणात्मक
प्रश्न 8.	औपचारिक पत्र लेखन गाँव जाने के लिए चार दिनों का अवकाश मांगते हुए प्रधानाचार्य को पत्र लिखो।	3	अभिसारी प्रश्न
प्रश्न 9.	निम्न वाक्यों में से क्रिया विशेषण चुनकर रेखांकित करो। १) मोहन धीरे-धीरे चलता है। २) कल अचानक मेरे घर मेहमान आ गए।	3	अपसारी प्रश्न
प्रश्न 10.		3	तथ्यात्मक

	<p>निम्न वाक्यों को उचित संबंध बोधक शब्दों से पूर्ण करो</p> <p>१) मेरे घर के .....एक पेड़ है।</p> <p>२)पर्वत के .....नदी बहती है।</p>		<p>तथा समस्या समाधान</p>
--	---	--	------------------------------



7	<p>(i) How many lines of symmetry does a regular hexagon have</p> <p>(ii) A figure has exactly three lines of symmetry. Name the figure.</p>	3	Creative Thinking
8	<p>(i) Observe the letters: B, C, D, E, K. Which of these have a line of symmetry?</p> <p>(ii) Draw any object from nature that shows symmetry and explain.</p>	3	Logical Reasoning
9	<p>(i) Draw any shape that has exactly one line of symmetry.</p> <p>(ii) How is reflection related to symmetry?</p> <p>(iii) Give two examples of alphabets having vertical symmetry.</p>	3	Problem Solving
10	<p>(i) Can a figure have exactly two lines of symmetry but not be a rectangle? Explain.</p> <p>(ii) Draw a figure which has rotational symmetry but no line of symmetry.</p>	3	Critical Thinking



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



**Subject: Science  
Allotment Date: 31 December 2025**

**Assignment No.: 7**

	Basic questions	MARKS	NATURE
Q1	<b>Fill in the blanks.</b> · Air is a mixture of _____ surrounding the Earth. · Nitrogen forms about _____ % of the air in the atmosphere. · Moving air is called _____.	<b>1 × 3 = 3 marks</b>	<i>Recall + Understanding</i>
Q2	a) Name <b>any two natural treasures</b> provided by nature that are essential for life. b) State <b>two conditions</b> that make air important for living beings. c) Define <b>natural resources</b> and give <b>one example</b> from your surroundings.	<b>1 × 3 = 3 marks</b>	<i>Knowledge</i>
Q3	a) Your school has decided to reduce water wastage. Which <b>two methods of water conservation</b> can be followed in the school? b) A family living in a windy area wants to generate electricity. Which <b>natural resource</b> should they use and <b>why</b> ? c) Farmers prefer <b>loamy soil</b> for growing crops. State <b>one reason</b> why loamy soil is suitable for agriculture.	<b>1 × 3 = 3 marks</b>	<i>Application</i>
Q4	True or False a) Air is a mixture of different gases present around the Earth. ( ) b) Ocean water is a major source of freshwater for drinking purposes. ( ) c) Forests help in preventing soil erosion by holding the soil firmly with their roots. ( )	<b>1 × 3 = 3 marks</b>	<i>Understanding</i>
Q5	<b>Very short answer questions.</b> a) Which gas present in air is essential for breathing? b) What is the name given to moving air? c) Name <b>one ancient method</b> of rainwater harvesting.	<b>1 × 3 = 3 marks</b>	<i>Information-based / Observation</i>
	<b>STANDARD QUESTIONS</b>	5*3=15	
Q6	a) Why does water from oceans and seas not meet our drinking needs despite water covering most of the Earth? b) How do forests help in maintaining the balance of nature? Mention any one point. c) Why is loamy soil considered better for plant growth than sandy soil?	<b>1 × 3 = 3 marks</b>	<i>Analytical Thinking</i>
Q7	If forests disappear from a region, how will it affect the air quality and rainfall of that area?	<b>1 × 1 = 3 marks</b>	<i>Critical Thinking</i>
Q8	Even though solar energy is clean and renewable, why is it not used all the time for cooking and electricity generation?.	<b>1 × 1 = 3 marks</b>	<i>HOTS -Concept Application</i>

Q9	<p>A farmer has sandy soil in one field and clayey soil in another. He wants to grow crops efficiently in both fields.</p> <p>a) Suggest suitable methods to improve the fertility and water-holding capacity of each type of soil.</p> <p>b) Compare sandy soil and clayey soil in terms of water retention and aeration.</p> <p>c) Explain why loamy soil is considered the best for agriculture.</p>	<b>1 × 3 = 3 marks</b>	<i>Problem-Solving + Comparison</i>
Q10	<p><b>Q.</b> Your school has a small garden that is not getting enough sunlight and water.</p> <p>a) Suggest three innovative ways to make the garden healthier using natural resources like sunlight, water, and soil.</p> <p>b) Explain how your ideas will help plants grow better and save resources.</p> <p>c) Describe one way you can involve your classmates in maintaining the garden regularly.</p>	<b>1 × 3 = 3 marks</b>	<i>Creative Thinking + Practical Application</i>



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



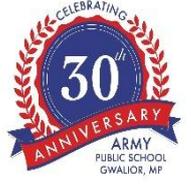
**Subject: Social Science**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

S.NO.	Basic questions	MARKS	NATURE
Q1	<b>Fill in the blanks.</b> a) The Vedas were composed in the ancient language called _____. b) _____ means action, and it influences a person's future life. c) Indian culture shows _____ despite having many languages and traditions.	<b>1 × 3 = 3 marks</b>	<i>Recall + Understanding</i>
Q2	a) How were the Vedas preserved for centuries? b) What role did chanting play in ancient Indian learning? c) What did ancient Indian thinkers seek through meditation?	<b>1 × 3 = 3 marks</b>	<i>Knowledge</i>
Q3	a) <b>A student helps an elderly person cross the road even though he is getting late for school.</b> Which concept from India's cultural roots does this action reflect? b) <b>A person practices meditation to understand the purpose of life rather than performing rituals.</b> Which text of ancient India supports this approach? c) <b>A child learns shlokas by repeating them aloud daily.</b> Which ancient method of knowledge transmission is being used?	<b>1 × 3 = 3 marks</b>	<i>Application</i>
Q4	a) <i>Rita</i> means chaos and disorder in the universe. b) Unity in diversity is an important feature of Indian culture. c) <i>Moksha</i> means earning wealth and power.	<b>1 × 3 = 3 marks</b>	<i>Understanding</i>



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



**Subject: Sanskrit**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

S No	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	निम्नशब्दानाम् पुरतः उचितां संख्यां लिखन्तु- (क) आकाशे ..... चन्द्रः शोभते। (2, 3, 1) (ख) मासे ..... दिवसाः भवन्ति। (30, 27, 32) (ग) एकस्मिन् ..... मासाः भवन्ति। (10, 12, 11) (घ) मम ..... हस्तौ स्तः। (3, 4, 2) (ङ) स्वराः ..... सन्ति। (7, 8, 6)	5	Information
2.	निम्नपदानां समुचितान् अर्थान् सह मेलयत- (क) (ख) गगने - रक्षति सूर्यः - नेत्रे पाति - निशाकरः चन्द्रः - आकाशे नयने - रविः	5	Understanding
3.	अधः प्रदत्तेन पदेन सह संख्यां योजन्तु- (क) (ख) सप्तदश - 36 पञ्चविंशतिः - 14 षट्त्रिंशत् - 17 पञ्चाशत् - 25 चतुर्दश - 50	5	Comprehension skill



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



**Subject: Computer**

**Assignment No.: 7**

**Allotment Date: 31 December 2025**

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	<p>A. Multiple choice questions.</p> <p>1. The data type for 18.12 should be _____.</p> <p>a. int b. float c. str d. Boolean</p> <p>2. The _____ function is used to accept the value for a variable from the user.</p> <p>a. int() b. print() c. input() d. float()</p> <p>3. The _____ mode is used for writing lengthy programs in Python.</p> <p>a. Script b. Interactive c. HTML d. Interesting</p>	3	Information
2	<p><b>B. Fill in the blanks.</b></p> <p>1. The _____ function is used to display the output of any command on the screen.</p> <p>2. _____ refers to the rules to be followed while writing a program in any language.</p> <p>3. The operators that are used to compare two variables/values are called as _____ operators.</p> <p>4. Values are assigned to variables using the _____ operator.</p>	2	<u>Understanding</u>
3	<p><b>C. Write T for true and F for false.</b></p> <p>1. The F8 key is pressed to execute a Python program.</p> <p>2. The data type for 1812 should be float.</p> <p>3. The print() function is used to accept the value for a variable from the user.</p>	3	Understanding

<b>4</b>	<b>D. Answer the following questions.</b> a. What is the use of print() function? b. Write a code in Python to calculate the product of two numbers and display the result.	<b>2</b>	Evaluation



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



**Subject: Music**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

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



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



**Subject: Art and Work Education**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

S. No.	QUESTIONS	MARKS	NATURE
1	What is Warli Art?	2	Informative
2	What is a Mosaic Art?	2	Informative
3	What is Warli style?	2	Understanding
4	Why is Mosaic important?	2	Informative
5	How to create mixer for Coffee Colour Painting?	2	Understanding



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



**Subject: Karate (Martial Art)**  
**Allotment Date: 31 December 2025**

**Assignment No.: 7**

S. No	QUESTIONS	Marks
1	What is the Japanese name of back kick ?  A. Punch B. Gyaku Tsuki C. Oei Tsuki D. Oshiro gari	1X10=10
2	What is the meaning of Gari? A. Punch B. Upper Punch C. Kick D. Block	
3	Dachi is called..... A. Uke B. Block C. Lower Block D. None of these	
4	Back kick is called .....?  A. Reverse hand punch B. Yuko gari C. Upper punch D. Kentekigari	
5	<b>FILL IN THE BLANKS</b>  Japanese name of kicking stance is ..... (Zenkotsu dachi,gyaku tsuki)  Partners training is useful for .....(kumite,kata)  Gari is the japeese name of .....(kick,punch )	
6	<b>TRUE AND FALSE</b>  Step gyaku tsuki is called triple punch.	

7	Training in pai is useful for kata Running basic is useful in kata	
---	---	--



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



**Subject: Health and Physical Education**

**Assignment No.: 7**

**Allotment Date: 31 December 2025**

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p><b>Tick The Correct Answer</b></p> <p>Q-1- The standard length of a running track is ? a. 200m b. 400m c. 800m d. 1500m</p> <p>Q-2 How many lanes are there in Track and Field? a. 09 b. 06 c. 08 d. 10</p> <p>Q-3- Glide and spin use in which event ? a. Javelin throw b. Shot put c. Pole vault d. Discus throw</p> <p>Q-4- which race categorized as middle distance race? a. 100 Meter b. 1500 Meter c. 200 Meter d. 800 Meter</p>	<b>4</b>	<b>INFORMATIVE</b>
2	<p><b>Fill in the blanks</b></p> <p>Q-5- Baton used in _____ race (Relay, Long jump)</p> <p>Q-6 Long jump consists of run-up, take-off, flight and _____ (Landing, Jump)</p> <p>Q-7 The shot put is thrown from a _____.(Oval,Circle)</p>	<b>3</b>	<b>INTERDISCIPLINARY</b>
3	<p><b>True False</b></p> <p>Q-8- The javelin is a track event? <b>A. True</b> <b>B. False</b></p> <p>Q-9 Sprint races require maximum speed for a short duration? 5. True 6. False</p> <p>Q-10- A false start can lead to disqualification? <b>A. True</b> <b>B. False</b></p>	<b>3</b>	<b>UNDERSTANDING</b>



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



**Subject: Yoga**

**Assignment No.: 7**

**Allotment Date: 31 December 2025**

S. No	QUESTIONS	MARKS	SKILLS
<b>1</b>	<b>MULTIPLE CHOICE QUESTIONS (Q1–Q4)</b>	<b>4x1=4</b>	
	1. Ardha shalabhasana mainly strengthens the: a) arms b) back and lower body c) neck d) eyes	1	Analytical Thinking
	2. In Ardha Shalabhasana, which part of the body is raised upward? a) Both legs together b) One leg at a time c) Both arms d) Head only	1	Analytical Thinking
	3. Kapalbhathi is a yogic practice related to: a) Body twisting b) Deep sleep c) Breathing and cleansing d) Jumping Exercises	1	Analytical Thinking
	4. During kapalbhathi, the exhalation is: a) Slow and passive b) Forced and active c) Stopped completely d) Done through the mouth	1	Analytical Thinking
<b>2</b>	<b>TRUE OR FALSE (Q5–Q7)</b>	<b>3x1=3</b>	
	1. Ardha Shalabhasana helps in strengthening the spine. _____	1	Critical Thinking
	2. Kapalbhathi should be practiced immediately after heavy meals. _____	1	Critical Thinking
	3. In kapalbhathi, Inhalation happens naturally. _____	1	Critical Thinking
<b>3</b>	<b>FILL IN THE BLANKS (Q8–Q10)</b>	<b>3x1=3</b>	
	1. Ardha Shalabhasana is performed in the _____ position.	1	Informative
	2. Kapalbhathi helps in cleaning the _____ system.	1	Informative

	3. Regular practice of Ardha Shalabhasana improves body _____.	1	Informative
--	--	---	-------------