



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



**Subject: English**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 15+15**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS 15</b>	<b>NATURE BASIC Q. and Skills</b>
1.	<b>Underline the phrases in the following sentences and state whether they are noun, adverb, or adjective phrases.</b> (i) The man with a long beard is my uncle. (ii) He finished his work very quickly. (iii) A bunch of grapes was lying on the table.	3 Marks	Application of knowledge
2.	<b>Insert commas, where necessary, in the following sentences</b> (i) Yes I will help you. (ii) After finishing his homework he went out to play. (iii) My brother who lives in Delhi is a doctor.	3 Marks	Application of knowledge
3.	Answer the following questions:  (i) What is common in the toys made in Balamurali's village and coconut shell craft in Kerala? (ii) Why does the child say that they have to climb a tree first to get onto the kite? (iii) How did 'new independence' help Ila?	9 Marks	Analytical Thinking
<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS 15</b>	<b>NATURE STANDARD Q. and Skills</b>
1.	How can Ila's story help others to overcome challenges in their lives?	4 Marks	HOT
2.	If you were the kite carrying the child high up in the air, what would you tell them?	4 Marks	Communication Skills
3.	Change the following sentences into indirect speech. (i) The teacher said, "You must submit your homework tomorrow." (ii) Riya said to her mother, "I have finished my work." (iii) The old man said, "I have been living here for ten years." (iv) The captain said to the players, "We will win the match." (v) She said, "I cannot solve this problem on my own."	5 Marks	Critical Thinking
4.	Add suitable adjective phrases to the sentences given.  (i) Who is the girl given .....	2 Marks	Creative Thinking

	(ii) My sister was wearing .....		
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**ARMY PUBLIC SCHOOL GWALIOR**  
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Subject: Hindi  
Allotment Date: 31 January 2026

Assignment No.: 8  
Marks: 15+15

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न 1.	निम्न कठिन शब्दों का मौखिक तथा लिखित अभ्यास करो। अंकुर, सूक्ष्मदर्शी, चमत्कार, स्पर्श मणि, प्रफुल्लित, मधुमक्खी	3	सुझावात्मक
प्रश्न 2.	पौधे के बीज की रोपाई करके उसमें आने वाले परिवर्तन को अपनी पुस्तिका में लिखो।	3	निबंधनात्मक
प्रश्न 3.	लेखक ने मॉरिशस को छोटा - हिंदुस्तान क्यों कहा है ?	3	वस्तुनिष्ठ
प्रश्न 4.	वाक्यों के भेद लिखो तथा प्रत्येक के दो दो उदाहरण लिखो।	3	अतः विषयक
प्रश्न 5.	अपनी कार्य पुस्तिका में 10 विराम चिन्हों को बनाकर उनका नाम लिखो।	3	मूल्यांकनात्मक
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न 6.	निम्न शब्दों अर्थों का मौखिक तथा लिखित अभ्यास करो। अंगारक, परीक्षण, द्रव्य, आहिस्ता, सुकोमल, पोषक तत्व	3	विन्यास प्रेरणा

प्रश्न 7.	अनौपचारिक पत्र बढ़ती हुई ठंड में अपने दादा-दादी का हाल-चाल पूछने के लिए पत्र लिखो।	3	विश्लेषणात्मक
प्रश्न 8.	समुच्चयबोधक तथा विस्मयादिबोधक शब्दों को रेखांकित करो। क) नित्य व्यायाम करोगे तो स्वस्थ रहोगे। ख) खामोश ! अधिक मत बोलो। ग) दूध नहीं था इसलिए चाय नहीं बनी। घ) छिः ! सीढ़ियों पर कितनी गंदगी फैली है।	3	अभिसारी प्रश्न
प्रश्न 9.	निम्न वस्तुओं के आकर्षक और रंगीन विज्ञापन अपने कार्य पुस्तिका में बनाओ। मनभावन मिठाइयाँ हेज़लनट चॉकलेट	3	अपसारी प्रश्न
प्रश्न 10.	निपात क्या है ? उसके चार उदाहरण लिखो।	3	तथ्यात्मक तथा समस्या समाधान



**ARMY PUBLIC SCHOOL GWALIOR**  
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**Subject: Mathematics**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 15+15**

S.No.	Questions (Basics)	Marks: 15	Nature/Skill/Competencies
1	(i) Write the integer that represents: (a) 5 degrees below zero _____ (b) Gain of ₹100 _____ (ii) Which is greater: -3 or -7?	3	Imaginative
2	<b>True or False</b> (i) Zero is a positive integer. (ii) -8 is greater than -3. (iii) Every positive integer has a negative integer corresponding to it. (iv) The sum of two negative integers is always negative. (v) $-5 + 0 = -5$ .	3	Creative Thinking
3	(i) Arrange the following integers in ascending order: -6, 3, 0, -1, 5 (ii) Represent -4 and +6 on a number line.	3	
4	(i) Which integer is farther from zero: -6 or -4? (ii) What integer comes just before -1 on the number line?	3	computation
5	(i) Arrange the integers -12, 7, -3, 0, 5 in: (a) ascending order (b) descending order (ii) Find the value: (a) $-14 + 9$ (b) $-6 + (-8)$	3	Reasoning
	<b>Questions (Standard)</b>	Marks: 15	
6	(i) The sum of two integers is -15. One of them is -8. Find the other integer. (ii) Without using numbers, explain why the sum of two negative integers is always negative.	3	conceptual understanding

7	On a number line, which is farther from zero: $-9$ or $+7$ ? Justify your answer.	3	Creative Thinking
8	A submarine is at a depth of 200 m below sea level. It rises by 120 m. What is its new position with respect to sea level?	3	Logical Reasoning
9	The temperature in Patna was $3^{\circ}\text{C}$ in the morning. It dropped by $7^{\circ}\text{C}$ at night. What was the temperature at night?	3	Problem Solving
10	(i) Using a number line, explain: $-3 + 5$  (ii) Find: (a) $-18 + (-7)$  (b) $25 + (-10)$	3	Critical Thinking



**ARMY PUBLIC SCHOOL GWALIOR  
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WORKSHEET (SELF -ASSESSMENT)**



**Subject: Science  
Allotment Date: 31 January 2026**

**Assignment No.: 8  
Marks: 15+15**

S.NO.	Basic questions	MARKS	NATURE
Q1	<p><b>Fill in the blanks.</b></p> <p>a) Stars are celestial objects that shine with their own _____.</p> <p>b) The brightest star in the night sky is _____.</p> <p>c) The Pole Star helps us to find _____ direction.</p>	<b>1 × 3 = 3 marks</b>	<i>Recall + Understanding</i>
Q2	<p>a) Name any two important constellations.</p> <p>b) State two features of the Moon.</p> <p>c) Define a planet and give one example.</p>	<b>1 × 3 = 3 marks</b>	<i>Knowledge</i>
Q3	<p>True or False</p> <p>a) The Sun is the closest star to Earth. (    )</p> <p>b) Pluto is one of the eight planets of the Solar System. (    )</p> <p>c) Comets develop a tail when they come close to the Sun. (    )</p>	<b>1 × 3 = 3 marks</b>	<i>Understanding</i>
Q4	<p><b>Very short answer questions.</b></p> <p>a) Name the galaxy to which our Solar System belongs.</p> <p>b) What is the movement of a planet around the Sun called?</p> <p>c) What is the Indian name of the Pole Star?</p>	<b>1 × 3 = 3 marks</b>	<i>Information-based / Observation</i>
Q5.	<p>A group of students wants to identify directions at night.</p> <p>a) Which star should they locate and why?</p> <p>b) A city student sees fewer stars in the sky. Which problem is responsible for this and why?</p> <p>c) Sailors in ancient times used the sky for travel. Name one sky object that helped them and how.</p>	<b>1 × 3 = 3 marks</b>	<i>Application</i>
	<b>STANDARD QUESTIONS</b>	<b>5*3=15</b>	
Q6	<p>a) Why do stars appear fixed in patterns called constellations even though they are very far from each other?</p> <p>b) Mention one use of constellations in ancient times.</p> <p>c) Name the organisation that officially divided the sky into constellations.</p>	<b>1 × 3 = 3 marks</b>	<i>Analytical Thinking</i>
Q7	<p>a) How does the Pole Star help in identifying directions?</p> <p>b) Name the constellation used to locate the Pole Star.</p> <p>c) Why does the Pole Star appear almost stationary?</p>	<b>1 × 3 = 3 marks</b>	<i>Critical Thinking</i>

Q8	<p>a) Why is the Sun considered the main source of energy for the Solar System?</p> <p>b) State one difference between inner planets and outer planets.</p> <p>c) Why does the Moon have many craters?</p>	<b>1 × 3 = 3 marks</b>	<i>HOTS -Concept Application</i>
Q9	<p>Your school is celebrating <b>National Space Day (23 August)</b>.</p> <p>a) Name the Indian mission that made a successful soft landing near the Moon's south pole.</p> <p>b) State one achievement of this mission.</p> <p>c) Write one reason why space missions are important for scientific study.</p>	<b>1 × 3 = 3 marks</b>	<i>Problem-Solving + Comparison</i>
Q10	<p>A student observes the night sky from a city and later from a village.</p> <p>a) In which place will more stars be visible?</p> <p>b) Give one reason for this difference.</p> <p>c) Name the problem responsible for poor visibility of stars in cities..</p>	<b>1 × 3 = 3 marks</b>	<i>Creative Thinking + Practical Application</i>



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**Subject: Social Science**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 15+15**

S.NO.	QUESTIONS (BASIC)	MARKS 15	NATURE BASIC Q. and Skills
1.	<b>Multiple choice questions-</b> <b>(i) Which urban local body looks after cities with a large population?</b> A. Nagar Panchayat B. Gram Panchayat C. Municipal Corporation D. Zila Parishad  <b>(ii) Buying vegetables from a market is an example of which sector?</b> A. Primary B. Secondary C. Tertiary D. Quaternary	1×2=2m	Informative
2.	<b>Answer the following questions in very short-</b> 1. Differentiate between economic and non-economic activities. 2. Why are urban local bodies important for cities? 3. Give two examples of people engaged in tertiary activities.	2×3=6m	Recall/ Identification
3	<b>Answer the following questions in short-</b> 1. “No economic activity works in isolation.” Evaluate this statement with an example. 2. “Municipal Corporations strengthen democracy at the local level.” Justify the statement.	3×2=6m	Explanation
4.	Draw a flow chart of different types of economic activities.	01 m	Flowchart
S.NO.	QUESTIONS (STANDARD)	MARKS 15	NATURE STANDARD and Skills

5.	<p><b>(i) Consider the following statements about urban local government:</b></p> <ol style="list-style-type: none"> <li>1. Citizens elect their local representatives.</li> <li>2. Urban local bodies help in local problem-solving.</li> </ol> <p>Which statement(s) is/are correct?</p> <p>A. Only 1 is correct  B. Only 2 is correct  C. Both statement 1 and statement 2 are correct  D. Neither 1 nor 2 is correct</p> <p><b>(ii) Consider the following statements about economic activities:</b></p> <ol style="list-style-type: none"> <li>1. Economic activities help people earn a living.</li> <li>2. All economic activities involve factories.</li> </ol> <p>Which statement(s) is/are correct?</p> <p>A. Only 1 is correct  B. Only 2 is correct  C. Both statement 1 and statement 2 are correct  D. Neither 1 nor 2 is correct</p>	1×2=2m	Analytical reasoning
6.	<p><b>Answer the following questions in very short-</b>  Link waste management with employment in urban areas.</p> <p style="text-align: center;">Or</p> <p>Why are hospitals and schools part of both urban governance and the tertiary sector?</p>	2×1=2m	Concept linking
7.	<p><b>Answer the following questions in short-</b>  1. Why is production not possible without human labour? Analyse.</p>	3×1=3m	Analytical thinking
8.	<p><b>Answer the following questions in detail-</b>  (i) Analyse the interdependence of primary, secondary and tertiary sectors with examples.</p>	5×1=5m	Critical Analysis
9.	<p><b>1. Source-Based Question</b>  <b>Source:</b>  The Municipal Corporation of a city is responsible for providing basic services such as water supply, sanitation, street lighting and maintenance of roads. It collects taxes from citizens to carry out these functions. Citizens can participate in urban governance by reporting problems, attending ward meetings and cooperating with municipal rules. Effective urban local bodies ensure better living conditions and smooth functioning of city life.  Questions:  a) Name any two services provided by Municipal Corporations.  b) How do taxes help urban local bodies perform their functions?  c) Mention one way in which citizens can participate in urban governance.</p>	3×1=3m	Critical thinking and problem solving



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Subject: Sanskrit  
Allotment Date: 31 January 2026

Assignment No.: 8  
Marks: 15+15

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills Information
1.	<p>मञ्जूषातः अवचित्य विलोमपदानि लिखत-</p> <p>मञ्जूषात- (अप्रियः, शान्तम्, सबलः, असावधानः, विलम्बम्)</p> <p>(क) दुर्बलः - .....</p> <p>(ख) सावधानः - .....</p> <p>(ग) प्रियः - .....</p> <p>(घ) सत्वरं - .....</p> <p>(ङ) कोलाहलम् - .....</p>	5	Information
2.	<p>पर्यायपदान् समुचितं मेलयत-</p> <p>(क) (ख)</p> <p>नेत्रम् - चरणाभ्याम्</p> <p>झटति - आचार्यस्य</p> <p>पादाभ्याम् - नयनम्</p> <p>शिक्षकस्य - अवयवाः</p> <p>अङ्गानि - शीघ्रम्</p>	5	Understanding
3.	<p>मञ्जूषातः समानार्थकपदानि चित्वा लिखत-</p> <p>मञ्जूषातः (महीरुहाः, वारिवाहाः, याचकाः, अम्भः, सज्जनाः)</p> <p>मेघाः - .....</p> <p>अर्थिनः - .....</p> <p>वृक्षाः - .....</p> <p>सत्पुरुषाः - .....</p> <p>जलम् - .....</p>	5	Comprehension skill



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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Computer**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	<p>A. Multiple choice questions.</p> <p>1. What is cloud computing?</p> <p>a. Storing data only on pen drives</p> <p>b. using internet-based services to store and manage data</p> <p>c. playing games online</p> <p>d. using a computer without internet</p> <p>2. To create a duplicate copy of a file in Google Drive, select the _____ option.</p> <p>a. Duplicate File</p> <p>b. Create a Copy</p> <p>c. Make a Copy</p> <p>d. Copy here</p> <p>3. Which of the following is an example of cloud storage?</p> <p>a. Hard disk</p> <p>b. Pen drive</p> <p>c. Google Drive</p> <p>d. DVD</p> <p>4. You can easily _____ a file from Google Drive for offline access.</p> <p>a. Upload</p> <p>b. Download</p> <p>c. Delete</p> <p>d. Rename</p> <p>5. Which of the following is NOT a cloud service?</p> <p>a. Google Drive</p> <p>b. Dropbox</p> <p>c. Microsoft OneDrive</p> <p>d. Windows Explorer</p> <p>6. Which of the following is a benefit of cloud computing?</p> <p>a. Needs high storage device</p> <p>b. Data can be accessed anywhere</p>	6x0.5=3	Information

	c. Works without internet d. Needs more hardware		
<b>2</b>	<b>B. Fill in the blanks.</b> 1. Dropbox and OneDrive are examples of _____ services. 2. The _____ button deletes a file from the Google Drive and moves it to the Trash folder. 3. Google _____ provides you a real-time traffic conditions along with routes. 4. Google Drive offers _____ of free storage space to its users.	<b>4x0.5=2</b>	understanding
<b>3</b>	<b>C. Write T for true and F for false.</b> 1. Google Drive is an example of cloud computing service. 2. Files stored in the cloud can be accessed from any device with internet. 3. Pen drives are an example of cloud storage. 4. To use OneDrive, the user is required to have a Google account. 5. A file once deleted, cannot be restored in Google Drive. 6. Google Docs allows multiple users to work on the same document online.	<b>6x0.5= 3</b>	understanding
<b>4</b>	<b>D. Answer the following questions.</b> a. Write any three advantages of cloud computing. b. Write a short note on OneDrive.	<b>2X1=2</b>	Evaluation



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**Subject: Martial Art**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

<b>S. No</b>	<b>QUESTIONS</b>	<b>Marks</b>
1	What is the Japanese name of kick ?  A. Geri B. Gyaku Tsuki C. Oei Tsuki D. Oshiro gari	1X10=10
2	What is the meaning of Bunkai? 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	Meaning of combination tsuki & uke is called .....?  A. Reverse hand punch B. Bunkai C. Upper punch D. Kentekigari  <b>FILL IN THE BLANKS</b>	

5	Japanese name of kicking stance is ..... . (Zenkotsu dachi,gyaku tsuki)	
6	Partners training is useful .....(kumite,kata)	
7	Bunkai the japaneese name of .....(combination of attacks,punch )	
	<b>TRUE AND FALSE</b>	
8	Step gyaku tsuki is called triple punch.	
9	The way of fight with empty hands is called karate	
10	Kata has been pre-decided techniques	



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**ACADEMIC SESSION 2025-26**  
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**Subject: Art and Work Education**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

S. No.	QUESTIONS	MARKS	NATURE
1	What art is famous for Smiling Face?	2	Informative
2	What is an optical illusion in art?	2	Informative
3	What is Warli art?	2	Understanding
4	Why is Mosaic important?	2	Informative
5	How to create Plastic Bottle Planters?	2	Understanding



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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Music (Vocal)**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

S. NO.	QUESTIONS	MARKS	NATURE
1	How many parts does a congo instrument have? a) 5 b) 3	1	Informative
2	The instrument which is similar to keyboard? a) Guitar b) Harmonium	1	Informative
3	What do you mean by patriotism? a) Devotion towards religion b) Devotion towards nation	1	Informative
4	The instruments which is similar to keyboard but played with sticks? a) Xylophone b) Piano	1	Informative
5	Song "Ae meri jaan " (Patriotic song) is from which movie ? a) Emergency b) Border	1	Informative
6.	Name three Singers of "Sandese aate hai" song from movie border? a) Roop Kumar Rathore & Sonu Nigam b) Kishore Kumar & Mohammad Rafi	1	Informative
7.	Which rasa is seen more in the bhajans of shri Krishna? a) Shringar rasa b) Veer rasa	1	Informative
8.	Guitar has ___ strings? a) 6	1	Informative

	b) 3		
<b>9,</b>	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
<b>10.</b>	"Tu hi mahan sarv shaktimaan tu hihai mere jeevan ka sangeet " lines are taken from which prayer ? a) Itni shakti humein dena data b) Teri aradhana karun	1	Informative



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**WORKSHEET (SELF -ASSESSMENT)**



**Subject: Dance**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	<b>Which of the following is a string instrument?</b> a) Flute b) Violin. c) Trumpet d) Drums	1	Informative
2	<b>.Which of the following instruments is played by blowing air into it?</b> a) Guitar b) Violin c) Trombone d) Flute.	1	Informative
3	<b>Tabla ka samarthan kis prakar ki dhvani utpann karta hai?</b> a) Vaayvi b) Ghan c) Sushir d) Avanadh.	1	Informative
4	<b>Flute kaunse prakar ka vadya hai?</b> a) Tantri b) Avanadh c) Sushir. d) Ghan	1	Informative

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



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**WORKSHEET (SELF -ASSESSMENT)**



**Subject: Health and Physical Education**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES INFORMATION
1.	<p><b>Tick The Correct Answer</b></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	
2	<b><u>Fill in the blanks</u></b>	3	<b>INTERDISCIPLINAR</b>

	<p>Q-5- Basketball invented in the year _____ (1892 ,1891)</p> <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>		<b>Y</b>
<b>3</b>	<p><b><u>True False</u></b></p> <p>Q-8- Basketball match always start with jump ball ? <b>A. True</b> <b>B. False</b></p> <p>Q-9 Dribbling with the both hands at the same time is allowed? a) True b) False</p> <p>Q-10- The shot clock in the NBA is 30 Second? <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**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 10**

S. No	QUESTIONS	MARKS	SKILLS
1	<b>MULTIPLE CHOICE QUESTIONS (Q1–Q4)</b>	<b>4x1=4</b>	
	1. <b>Meditation</b> mainly helps in: a) Increasing body weight b) Improving concentration c) Making muscles hard d) Causing tiredness	1	Analytical Thinking
	2. Which posture is suitable for meditation? a) Tadasana b) Sukhasana c) Bhujangasana d) Trikonasana	1	Analytical Thinking
	3. Meditation should be practiced in a: a) Noisy place b) Crowded area c) Quiet and clean place d) Playground	1	Analytical Thinking
	4. Exercise helps in : a) Weakening muscles b) Improving flexibility c) Reducing height d) Causing stress	1	Analytical Thinking
2	<b>TRUE OR FALSE (Q5–Q7)</b>	<b>3x1=3</b>	
	1. Meditation increases stress.	1	Critical Thinking
	2. Exercises help in maintaining fitness.	1	Critical Thinking
	3. Meditation should be done forcefully.	1	Critical Thinking

<b>3</b>	<b>FILL IN THE BLANKS (Q8–Q10)</b>	<b>3x1=3</b>	
	1. Meditation helps in calming the _____.	1	Informative
	2. Exercises improve _____ circulation.	1	Informative
	3. Meditation should be practiced with a _____ posture.	1	Informative

