



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



Subject: English
Allotment Date: 31 January 2026

Assignment No.: 8
Marks: 15+15

S. NO.	QUESTIONS	MARKS	NATURE BASIC Q. and Skills
	<p>Answer the following questions in about 20-30 words.</p> <p>a) What led Arunima to climb the mountain?</p> <p>b) Why should we pay homage to our soldiers?</p> <p>c) What does the poet compare soldiers to in the line "Treading the lonely expanses as yogis"?</p>	3×2 = 6 Marks	Evaluation
	<p>Identify the clause.</p> <p>People who pay their debt are trusted.</p> <p>We can not go while its snowing.</p> <p>Raj thinks that I have made mistake.</p> <p>After I reached home,its started raining.</p>	4 Marks	Understanding
	<p>Write an application to the librarian requesting the issue of a library card.</p>	5 Marks	Communication Skill
S. NO.	QUESTIONS	MARKS	NATUR STANDARD Q. and Skills
	<p>What inner strengths helped them succeed? Which one do you think is the most important and why?</p>	4 Marks	Critical Thinking

	<p>The soldiers in the chapter serve the nation selflessly, often staying away from their families.</p> <p>How does their sacrifice contribute to the safety and unity of the country? Explain with reasons.</p>	4 Marks	HOT
	<p>Identify the sentence whether they are compound or complex.</p> <p>Nitin is well,yet he decided to got to work.</p> <p>This is the school wher they have studied.</p>	4 Marks	Analytical Skill
	<p>Change the following sentenses in indirect speech.</p> <p>He said,"The sun set in the west".</p> <p>She asked," Where are you going"?</p> <p>Meera said," She will come tomorrow"?</p>	3 Marks	Understanding



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WORKSHEET (SELF –ASSESSMENT)



Subject: Hindi

Allotment Date: 31 January 2026

Assignment No.: 8

Marks: 15+15

S.NO.	QUESTIONS	MARKS	NATURE BASIC Q. and Skills
		15	
प्रश्न 1.	‘बरसे बदरिया सावन की’ में बदरिया का अर्थ क्या है? मीराबाई किस प्रकार की भक्त थीं? एवं मीराबाई ने श्रीकृष्ण की सूरत को कैसा बताया है?	3	Memory based
प्रश्न 2.	वाक्य किसे कहते हैं? अर्थ के आधार पर वाक्य कितने प्रकार के होते हैं? लिखिए।	3	Thinking skill
प्रश्न 3.	निम्न मुहावरों का वाक्य प्रयोग कीजिए- आँखों का तारा, अंगारों से खेलना, आसमान सिर पर उठाना, आपे से बाहर होना	3	Informative
प्रश्न 4.	जन्मदिन पर अपने मित्र को आमंत्रित करते हुए लगभग 30-40 शब्दों में संदेश लिखिए।		
प्रश्न 5.	‘समय का सदुपयोग’ विषय पर निबंध लिखिए।	3	Evaluation
S.NO.	QUESTIONS	MARKS	NATURE STANDARD Q. and Skills
		15	

प्रश्न 6.	निम्नलिखित लोकोक्तियों का अर्थ लिखिए- अंत भले का भला, अंधों में काना राजा, इस हाथ दे उस हाथ ले, ऊँट के मुँह में जीरा, एक थाली से ताली नहीं बजती, एक और एक ग्यारह।	3	Critical Thinking
प्रश्न 7.	पक्षियों की दिनचर्या कैसी होती है? विस्तार से लिखिए।	3	Problem solving
प्रश्न 8.	चिड़िया हमें क्या संदेश देती है? व कविता में चिड़िया को किस पेड़ पर बैठा बताया गया है?	3	Inter-disciplinary
प्रश्न 9.	यदि आप चिड़िया की भाषा समझ सकते तो आप चिड़िया से क्या बातें करते? लिखिए।	3	Observation Based
प्रश्न 10.	निम्न की परिभाषा लिखिए- निपात, क्रियाविशेषण एवं मिश्र वाक्य।	3	Knowledge



ARMY PUBLIC SCHOOL GWALIOR
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Subject: Mathematics

Allotment Date: 31 January 2026

Assignment No.: 8

Marks: 15+15

S.NO.	QUESTIONS(BASIC)	MARKS 15	NATURE
1	1 hour of internet time costs Rs 8. How much will 1 of internet time cost?	1.5X2=3 marks	Conceptual Understanding
2	Check if a triangle exists for each of the following set of lengths: 1,100,100 3,6,9	1.5X2=3 marks	Observation
3	Find the third angle of a triangle when two of the angles are: , ,	1.5X2=3 marks	Understanding
4	If kg of flour is used to make 12 roti's, how much flour is used to make 6 roti's?	3X1=3 marks	HOT
5	Which is heavier: of 500 grams or of 4 kg	3X1= 3 marks	Identification
S.NO.	QUESTIONS (STANDARD)	MARKS- 15	NATURE
6	Leena made 5 cups of tea. She used liter of milk for this. How much milk is there in each cup of tea?	3X1=3 marks	Analytical Thinking

7	<p>Multiply and convert it into a mixed fraction:</p> $7x$ $\times 6$	3X1=3 marks	Cause and effect
8	<p>Find examples of sets of lengths for which the circles:</p> <p>Touch each other at a point</p> <p>Do not intersect</p>	15X2=3marks	Observation Based
9	<p>Construct triangle for the following measurements:</p> <p>,5cm,</p>	1X3 = 3marks	Analytical Thinking
10	<p>Construct a triangle ABC with BC = 5cm, AB = 6cm, CA = 5cm. Construct an altitude from A to BC.</p>	1X3=marks	Real life Application

Q6	Compare the shadows formed by opaque and translucent objects.	2X1=2 Marks	Observation
S.NO	QUESTIONS(STANDARD)	MARKS:- 15	NATURE
Q 6.	<p style="text-align: center;"><u>Case Based Study-1</u></p> <p>Riya performed an activity using a torch, a cardboard, and a white screen. She placed the cardboard close to the torch and noticed a large shadow on the screen. When she moved the cardboard away from the torch, the shadow became smaller.</p> <p>i) What property of light is demonstrated in this activity?</p> <p>ii) Why does the shadow become smaller when the object is (moved away from the light source?</p> <p>iii) Name the type of object the cardboard represents (transparent/translucent/opaque).</p> <p>iv) What would happen to the shadow if the cardboard had a small hole in it?</p> <p>v) Name the three things required for formation of a shadow</p>	5X1= 5Marks	Analytical Thinking
Q7.	<p style="text-align: center;"><u>Case Based Study-2</u></p> <p>Rashmika noticed that shadows of trees were long in the morning, shortest at noon, and long again in the evening</p> <p>i) What causes the change in the length of shadows during the day?</p> <p>ii) Which movement of the Earth is responsible for this observation?</p> <p>iii) At what time of the day will the shadow be shortest and why?</p> <p>iv) How would the shadow appear if the Earth stopped rotating?</p> <p>v) Does a translucent object form a shadow? Explain.</p>	5X1= 5Marks	Cause and Effect
Q8.	<p>i) Predict what would happen if the Earth's axis were not tilted.</p> <p>ii) Differentiate between solar eclipse and lunar eclipse based on their geometry.</p>	1.5X2= 3Marks	Observation-Based
Q9.	<p>i) Write two daily-life example where shadows are useful.</p>	2X1= 2Marks	Analytical and Conceptual



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



Subject: Social Science

Allotment Date: 31 January 2026

Assignment No.: 8

Marks: 15+15

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/ COMPETENCIES
1	<p>Multiple choice questions</p> <p>Which of the following is considered sacred in India?</p> <ul style="list-style-type: none">a) Riversb) Forestsc) Pilgrimage routesd) All of the above <p>Sacredness of land is linked to:</p> <ul style="list-style-type: none">a) Only religionb) Only geographyc) Both religion and traditionsd) None of the above <p>In malls, negotiation is less common because:</p> <ul style="list-style-type: none">a) Goods are perishableb) Prices are fixed and barcodedc) Sellers are small tradersd) Buyers are fewer	1 x 3=3m	Informative
2	<p>Answer the following questions in very short-</p> <p>Differentiate between International and Domestic market.</p>	2x3=6m	Recall/ Identification

	<p>Give two examples of sacred natural features in India.</p> <p>Vegetables are sold more cheaply late at night in the weekly market compared to during the day. Why does this happen?</p>		
3	<p>Answer the following questions in Short-</p> <p>Mention the impact on the market if onion suppliers fail to deliver the required quantities. What action should the government take?</p>	3x1=3m	Detailed Analysis
4	<p>CASE STUDY BASED QUESTIONS:</p> <p>1. Read the passage given below and answer the questions that follows:</p> <p>Ramesh is a farmer in Madhya Pradesh who grows onions. After harvesting, he sells them to a local trader in the village. The trader transports the onions to a wholesale market in Indore. Wholesalers buy the onions in bulk and then sell them to retailers. Retailers sell onions in small quantities to consumers in weekly markets, local kirana shops, and malls.</p> <p>One year, due to heavy rains, onion crops were damaged. The supply of onions decreased sharply. As a result, prices in both wholesale and retail markets rose. Consumers complained about high prices, and many poor families could not afford onions. To control the situation, the government imported onions from other states and distributed them through the Public Distribution System (PDS) at lower prices.</p> <p>This case shows how producers, traders, wholesalers, retailers, consumers, and the government are all connected in the market system. It also highlights how natural factors (like rainfall) affect supply and demand, leading to price changes.</p>	3x1=3m	Reasoning

	<p>In the above case study, why did onion prices rise sharply?</p> <p>a) Because wholesalers wanted more profit</p> <p>b) Because consumers demanded more onions</p> <p>c) Because heavy rains damaged crops and reduced supply</p> <p>d) Because retailers stopped selling onions</p> <p>2. Explain how natural factors like rainfall affect markets. (2 marks)</p>		
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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>Assertion (A): Sacred journeys like pilgrimages connect people to traditions.</p> <p>Reason (R): They are only about physical exercise and travel.</p> <p>a) Both A and R are true, and R is the correct explanation of A</p> <p>b) Both A and R are true, but R is not the correct explanation of A</p> <p>c) A is true, R is false</p> <p>d) A is false, R is true</p> <p>Q. 2. Assertion (A): Online markets are convenient for buyers.</p> <p>Reason (R): They allow shopping from home but may involve risks like fraud.</p> <p>a) Both A and R are true, and R is the correct explanation of A</p>	1 x 3=3m	Analytical reasoning

	<p>b) Both A and R are true, but R is not the correct explanation of A</p> <p>c) A is true, R is false</p> <p>d) A is false, R is true</p> <p>Q.3 Assertion (A): Rivers like the Ganga are considered sacred in India.</p> <p>Reason (R): People believe bathing in these rivers purifies them spiritually.</p> <p>a) Both A and R are true, and R is the correct explanation of A</p> <p>b) Both A and R are true, but R is not the correct explanation of A</p> <p>c) A is true, R is false</p> <p>d) A is false, R is true</p>		
2	<p>Answer the following questions in Very short-</p> <p>Define Sacredness.</p> <p>Define Aggregator.</p> <p>Define Cold storage.</p>	2x3=6m	Concept linking
3	<p>Answer the following questions in short-</p> <p>List the areas where the government participates in market activities?</p> <p>Define tirthas and list the any five sacred sites found in our country India.</p>	3x2=6m	Analytical Thinking



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



Subject: Sanskrit
Allotment Date: 31 January 2026

Assignment No.: 8
Marks: 15+15

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1.	निम्न शब्दानाम् अर्थान् लिखत – (i) मुक्तामाला: (ii) नारिकेलम् (iii) प्रवालप्रस्तरैः (iv) जालपुटे (v) कच्छपः	(5)	Memory skill
2.	अधोलिखितानां पदानां लकारः पुरुषः च लिखत । (i) इच्छति (ii) आसीत् (iii) अस्ति (iv) अकरवम् (v) तिष्ठन्ति	(5)	Understanding
3.	अधोलिखितानां प्रश्नानाम् उत्तराणि एकपदेन लिखत । (i) अण्डमान द्वीपसमूह कस्मिन् देशे अस्ति ? (ii) अस्य पूर्व नाम 'पोर्ट ब्लेयर्' इति केन दत्तम् ? (iii) सर्वकारस्य आधिकारिक जालपुटे केन दृष्टवान् ? (iv) रामायणकाले कस्य नाम 'हण्डुकमान्' आसीत्? (v) अण्डमान द्वीपसमूहस्य राजधानी नाम किम् अस्ति ?	(5)	Informative
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
4.	कोष्ठकात् उचितं पदं चित्वा अधोलिखितानि रिक्तस्थानानि पूरयत। (i) _____ समुद्रतलं च अविस्मरणीयम् अस्ति । (हरितं / पारदर्शी) (ii) तेषां बलिदानेन एव वयं _____ जीवामः । (दुःखेन/सुखेन) (ii) प्रथम शताब्द्याम् अस्य नाम _____ इति आसीत्। (अगादेमान्/हण्डुकमान्) (iv) _____ भूमिका अस्ति अस्य	(5)	Thinking skill

	द्वीपस्य । (न्यूनम् / महती)(v) सर्वकारः _____ उद्यानानां निर्माणम् अकरोत्। (आम्रस्य/नारिकेलस्य)		
5.	<p>अधोलिखितानि रेखाङ्कितपदानि आधृत्य प्रश्ननिर्माणं कुरुत ।</p> <p>i) समुद्रस्य अन्तर्भागाः प्रवालशृङ्खलाभिः अलङ्कृतः दृश्यते । (ii) पारदर्शि समुद्रतलं अविस्मरणीयम् अस्ति । (iii) तेषां बलिदानेन वयं सुखेन जीवामः । (iv) कारागारस्य अपरं नाम 'कालापानी' अस्ति।(v) प्रथमशताब्द्याम् अस्य नाम 'अगादेमन्' आसीत्।</p>		<p>Analytical Skill</p> <p>Application skill</p>
6	<p>अधोलिखितानां वाक्यानां हिन्दी / आङ्ग्ल भाषायाम् अनुवादं लिखत ।</p> <p>i) भवान् किमपि वक्तुम् इच्छति। (ii) अस्य नाम्नः इतिहासः अद्भुतः अस्ति । (iii) किम् अस्मिन् द्वीपे जनाः अपि निवसन्ति? (iv) कीदृशी भूमिका महोदये? (v) अत्र भ्रमणाय विशिष्टानि स्थानानि कानि ?</p>	(5)	<p>Analytical skill</p> <p>Creative skill</p>



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



Subject: Computer
Allotment Date: 31 January 2026

Assignment No.: 8
Marks: 10

S.NO.	QUESTIONS	MARKS	SKILLS/COMPETENCIES
I.	<p>A. Multiple choice questions.</p> <p>1. Which of the following is an example of AI used in daily life?a. Calculatorb. Voice assistantc. Torchd. Radio</p> <p>2. Which AI feature helps a smart phone understand spoken commands?a. Face recognitionb. Voice recognitionc. Bluetoothd. GPS</p> <p>3. Online shopping apps suggest products mainly using:a. Random selectionb. Manual searchc. Artificial Intelligenced. Mobile data</p> <p>4. Which app uses AI to suggest the fastest route?a. Camera appb. Music appc. Navigation appd. Calculator</p> <p>5. Face recognition in smart phones is mainly used for:a. Playing gamesb. Unlocking the phonec. Listening to musicd. Making calls</p> <p>6. AI in healthcare helps doctors by:a. Increasing hospital billsb. Diagnosing diseasesc. Reducing internet speedd. Playing videos</p>	6X0.5=3	Information

II.	B. Fill in the blanks. 1. _____ is a type of AI that lets a machine use data to learn 2. _____ have installed AI systems to detect fraud transactions and potential threats. 3. _____ helps smartphones understand and respond to voice commands. 4. Google Maps uses AI to suggest the fastest _____ to reach a destination.	4X0.5=2	understanding
III.	C. Write T for true and F for false. 1. Voice assistants work without using Artificial Intelligence. 2. Face recognition can be used to unlock smart phones. 3. AI is used only in computers and not in smart phones. 4. Email providers use AI to sort the mails. 5. E-commerce websites use AI to provide personalized recommendations 6. Google predictive search lets Google come up with recommendations as you search anything.	6X0.5=3	understanding
IV.	D. Answer the following questions. 1. Differentiate between native apps and web apps. 2. Define Educational apps	2X1=2	Evaluation



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



Subject: Art and Work Education
Allotment Date: 31 January 2026

Assignment No.: 8
Marks: 10

S. NO.	QUESTIONS	MARKS	NATURE
1	A _____ is a drawing or painting that focuses on still objects. Emotive Still life Perspective Diagrammatic	1 mark	Creative Skills
2	Who invented still life? Leonardo da Vinci Michelangelo Jacopo de'Barbari Vincent Van Gogh	1 mark	Creative Skills
3	Another name of hatching techniques is _____ hatching. Parallel Cross Scribbling Stippling	1 mark	Creative Skills
4	_____ is built up by applying dots in different densities. Parallel Cross Scribbling Stippling	1 mark	Creative Skills

5	Objects that are not the main focus of an image. The image or	1 mark	Creative Skills
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2025-26
WORKSHEET (SELF -ASSESSMENT)



Subject: Music (Vocal and Instrumental)

Assignment No.: 8

Allotment Date: 31 January 2026

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	1	Informative

	b) Piano		
5	Song "Ae meri jaan " (Patriotic song) is from which movie ? a) Emergency b) Border	1	Informative
6.	Name thre 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 b) 3	1	Informative
9,	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
10.	"Tu hi mahan sarv shaktimaan tu hihai mere jeevan ka sangeet " lines are taken from which prayer ? a) Itni shakti humein dena data	1	Informative

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



Subject: Yoga

Allotment Date: 31 January 2026

Assignment No.: 8

Marks: 10

S. No	QUESTIONS	MARKS 1X10=10	SKILLS
1	MULTIPLE CHOICE QUESTIONS:- The word Yoga is derived from the Sanskrit word: a) Yamb) Yujc) Yogd) Yukti	4x1=4 1	Analytical Thinking
	Anulom Viloma is also known as: a) Cooling breathb) Bellows breathc) Alternate nostril breathingd) Fast breathing	1	Analytical Thinking
	Bhastrika Pranayama involves: a) Slow breathingb) Holding breath onlyc) Forceful inhalation and exhalationd) No breathing	1	Analytical Thinking
	According to Patanjali, regulation of breath is called: a) Asanab) Dhyanac) Pranayamad) Samadhi	1	Analytical Thinking
2	TRUE AND FALSE:- Yoga originated in ancient India. _____	3x1=3 1	Critical Thinking
	Bhastrika is suitable for heart patients. _____	1	Critical Thinking

	Meditation helps in mental peace. _____	1	Critical Thinking
3	FILL IN THE BLANKS:- Yoga Sutras were written by _____.	3x1=3 1	Informative
	Anulom Viloma purifies the _____ of the body.	1	Informative
	Bhastrika increases _____ supply to lungs.	1	Informative



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



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

Assignment No.: 8
Marks: 10

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1- How many players are there in one volleyball team?</p> <p>A. 5</p> <p>B. 6</p> <p>C. 7</p> <p>D. 8</p> <p>Q-2 What is it called when a player serves the ball and it lands directly on the opponent's court?</p> <p>A. Spike</p> <p>B. Block</p> <p>C. Ace</p> <p>D. Dig</p> <p>Q-3 Height of the net for men's volleyball is ?</p> <p>A. 2.24m</p>	4	INFORMATION

	<p>B. 2.23m</p> <p>C. 2.43m</p> <p>D. 2.53m</p> <p>Q-4-Who is father of Volleyball?</p> <p>A. James Naismith</p> <p>B. Alfred Halsted</p> <p>C. William G. Morgan</p> <p>D. Walter Camp</p>		
2	<p><u>Fill in the blanks</u></p> <p>Q-5- The first contact after aa serve is usually a _____ (pass ,Setter)</p> <p>Q-6 A _____ is a defensive move to stop the ball from crossing the net . (Spike,Block)</p> <p><u>Q-7</u> Each set is played to _____ points (25,28)</p>	3	INTERDISCIPLINARY
3	<p><u>True False</u></p> <p>Q-8-A player can hit the ball twice in succession?</p> <p>True</p>	3	UNDERSTANDING

	<p>False</p> <p>Q-9 A Libero can replace any back row player without prior notice?</p> <p>True</p> <p>False</p> <p>Q-10 Volleyball invented in 1895?</p> <p>A. True</p> <p>B. False</p>		



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



Subject: Martial Art
Allotment Date: 31 January 2026

Assignment No.: 8
Marks: 10

S.N	QUESTIONS	Point
1	What is the Japanese name of back kick ? Punch Gyaku Tsuki Oei Tsuki Oshiro gari	1X10=10
2	What is the meaning of Gari? A. Punch B. Upper Punch C. Kick D. Block	
3	Oshiragari uis called..... Uke Block Lower Block None of these	
4	Back kick is called? Reverse hand punch Yuko gari	

C. Upper punch

D. Kentekigari

FILL IN THE BLANKS

5 Japanese name of kicking stance is (Zenkotsu dachi,gyaku tsuki)

6 Partners training is useful for(kumite,kata)

7 Gari is the japeese name of(kick,punch)

TRUE AND FALSE

8 Step gyaku tsuki is called triple punch.

9 Training in punch is useful for kata

10 Running basic is useful in kata