



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



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

**Assignment No.: 8**  
**Marks: 15+15=30**

<b>S.NO.</b>	<b>QUESTIONS</b>	<b>MARKS 15</b>	<b>NATURE BASIC Q. and Skills</b>
<b>Q1.</b>	How does the author describe the arrival of the monsoon in Mussoorie?	3	Informative
<b>Q2.</b>	What changes does the monsoon bring to the hills and the environment?	3	Analytical skill
<b>Q3.</b>	Fill in the blanks using suitable prepositions : <ul style="list-style-type: none"><li>• The book is ___ the table.</li><li>• She has been living in Delhi ___ 2020.</li><li>• The cat jumped ___ the wall.</li><li>• We will meet ___ the evening.</li><li>• He is afraid ___ dogs.</li><li>• The teacher divided the students ___ two groups.</li></ul>	3	Understanding skill
<b>Q4.</b>	When does the grasshopper sing and why?	3	Critical thinking skill
<b>Q5.</b>	<b>Rewrite the following paragraph by adding all necessary punctuation marks and capital letters wherever required:</b>  my friend said do you know why honesty is important in life it builds trust strengthens relationships and helps a person earn respect	3	Problem solving skill
<b>S.NO.</b>	<b>QUESTIONS</b>	<b>MARKS 15</b>	<b>NATURE STANDARD Q. and Skills</b>
<b>Q6.</b>	Ruskin Bond presents the monsoon as both beautiful and troublesome. How does this dual nature of the monsoon reflect real life experiences?	3	Informative
<b>Q7.</b>	<b>Change the following sentences into Indirect Speech:</b> <ul style="list-style-type: none"><li>▪ The teacher said, "The earth revolves around the sun."</li></ul>	3	Analytical skill

	<ul style="list-style-type: none"> <li>▪ Riya said, "I have completed my homework."</li> <li>▪ The policeman said to the driver, "Do not park your car here."</li> </ul>		
<b>Q8.</b>	Write an article in 120–150 words on " <b>Discipline: The Key to Success.</b> "	3	Understanding skill
<b>Q9.</b>	The poet uses two insects to represent two seasons. How does this technique help convey the central idea of continuity in nature?	3	Critical thinking skill
<b>Q10.</b>	The poem ends with the cricket's song reminding the poet of the grasshopper. What does this connection suggest about the cycle of life?	3	Problem solving skill



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**WORKSHEET (SELF -ASSESSMENT)**



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

**Assignment No.: 8**  
**Marks: 15+15=30**

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
प्रश्न1.	साँप कहाँ रहता था? व घायल होने के बाद भी बाज ने साँप से यह क्यों कहा, “मुझे कोई शिकायत नहीं है।” विचार प्रकट कीजिए।	5	Understanding
प्रश्न2.	भारत की संस्कृति में एकता कैसे दिखाई देती है? लिखिए।	3	Memory skill
प्रश्न3.	लेखक के अनुसार भारत की आत्मा कहाँ बसती है? अपने विचार से उत्तर लिखिए।		
प्रश्न4.	अलंकार किसे कहते हैं?	3	Thinking skill
प्रश्न5.	मुहावरा किसे कहते हैं? उदाहरण सहित लिखिए।		
प्रश्न6.	निम्नलिखित लोक्तियों का अर्थ लिखिए- 1. देर आए दुरस्त आए 2. जैसी करनी वैसी भरनी 3. नाच न जाने आँगन टेढ़ा 4. दूध का जला छाछ भी फूँक- फूँक कर पीता है	4	Critical Thinking
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
प्रश्न8.	लेखक को ओस की बूँद कहाँ मिली थी?	5	Informative
प्रश्न9.	सूरदास के पदों में कृष्ण- भक्ति का चित्रण कैसे हुआ है? उदाहरण सहित लिखिए।		
प्रश्न10.	निम्नलिखित प्रश्नों के उत्तर लिखिए- बिलवासी जी ने जिस तरीके से रूपयों का प्रबंध किया, वह सही था या गलत? लिखिए।	3	Understanding skills
प्रश्न11.	मानव ने हमेशा पक्षियों की तरह उड़ने की इच्छा की है। आज मनुष्य उड़ने की इच्छा किन साधनों से पूरी करता है?	3	Problem solving skill
प्रश्न12.	निम्न मुहावरों का वाक्य प्रयोग कीजिए। नाक में दम करना	4	

रंगे हाथ पकडा जाना

कान भरना

आसमान सिर पर उठाना

दोँतों तले उँगली दबाना



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VIII**  
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**Subject: Maths**  
**Allotment Date: 31 January 2026**

**Assignment No.: 8**  
**Marks: 15+15=30**

S.NO.	QUESTIONS(BASIC)	MARKS 15	NATURE
1	(i) The factorization of $12a^2b + 15ab^2$ gives: (a) $3ab(4ab+5)$ (b) $3ab(4a+5b)$ (c) $3a(4a+5b)$ (d) $3b(4a + 5b)$  (ii) A train is moving at a uniform speed of 75km/h. how far will it travel in 20mins.	2	Conceptual Understanding
2	Factorize:- $(x^2 - 2xy + y^2) - z^2$	2	Knowledge
3	A factory requires 42 machines to produce a given number of articles in 63 days. How many machines would be required to produce the same number of articles in 54 days?	3	Cause and effect
4	A photograph of a bacteria enlarged 50,000 times attains a length of 5 cm, as shown in the diagram. What is the actual length of the bacteria? If the photograph is enlarged 20,000 times only, what would be its enlarged length?	3	HOT
5	Divide  $24(x^2yz + xy^2z + xyz^2)$ by $8xyz$ using both the methods.	5	Identification
S.NO.	QUESTIONS (STANDARD)	MARKS- 15	NATURE

6	Factorise. (i) $a^4 - b^4$ (ii) $x^4 - (x - z)^4$	2	Analytical Thinking
7	If 15 workers can build a wall in 48 hrs ,How many workers will be required to do the same work in 30 hrs?	2	Cause and effect
8	Find the common factors of the given terms. 10 pq, 20qr, 30rp	3	Observation Based
9	Two persons could fit new windows in a house in 3 days.  (i) One of the persons fell ill before the work started. How long would the job take now?  (ii) How many persons would be needed to fit the windows in one day?	3	Analytical Thinking
10	A train travels 112 km in 1 hour 30 minutes with a certain speed. How many kilometers it will travel in 4 hours 45 minutes with the same speed?	5	Real life Application



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



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

**Assignment No.: 8**  
**Marks: 15+15=30**

S. NO.	QUESTIONS (BASIC)	MARKS (15M)	SKILLS/COMPETENCIES
1	<p><b>Multiple choice questions</b></p> <p><b>1. Who started the Satya Shodhak Samaj to fight against caste discrimination?</b></p> <p>a) Jyotirao Phule b) B.R. Ambedkar c) Periyar d) Narayana Guru</p> <p><b>2. Who among the following started the Bethune School for girls in Calcutta?</b></p> <p>a) Ishwar Chandra Vidyasagar b) Raja Ram Mohan Roy c) Jyotirao Phule d) Dayanand Saraswati</p>	1 x 3=3m	Informative
2	<p><b>Answer the following questions in very short-</b></p> <p>1. Define the term Universal access.</p>	2x1=2m	Recall/ Identification
3	<p><b>Answer the following questions in Short-</b></p> <p>1. Why did Phule dedicate his Gulamgiri to the American movement to free slaves?</p>	3x1=3m	Detailed Analysis
4	<p><b>Answer the following questions in long-</b></p> <p>1. How did the knowledge of ancient texts help the reformers promote new laws?</p>	5x1=5m	Detailed Analysis
5	<p><b>CASE STUDY BASED QUESTIONS:</b></p> <p>1. Read the passage given below and answer the questions that follows:</p> <p>In the early 20th century, reformers like B.R. Ambedkar worked tirelessly to challenge caste discrimination and promote equality. He believed that education and access to public facilities were essential for dignity and progress. Ambedkar himself faced humiliation when he was denied</p>	3x1=3m	Reasoning

	<p>entry into schools and public places because of his caste. Later, he fought for the rights of Dalits, demanding equal access to water tanks, temples, and schools.</p> <p>In present-day India, many villages still struggle with unequal access to public facilities. For example, in Village X, the government has installed a water pipeline and built a school. However, children from marginalized communities are often discouraged from using the school playground, and women face difficulties in collecting water because of social barriers. Despite constitutional guarantees, discrimination continues in subtle forms.</p> <ol style="list-style-type: none"><li>1. Ambedkar emphasized education for marginalized communities because:<ol style="list-style-type: none"><li>a) He wanted to promote English only</li><li>b) He believed education was essential for dignity and equality</li><li>c) He opposed all forms of religion</li><li>d) He wanted to gain political power</li></ol></li><li>2. Which of the following public facilities did Ambedkar demand equal access to?<ol style="list-style-type: none"><li>a) Shopping malls and cinemas</li><li>b) Water tanks, temples, and schools</li><li>c) Railways and airports</li><li>d) Private clubs</li></ol></li><li>3. Education and public facilities together act as tools for social justice because:<ol style="list-style-type: none"><li>a) They benefit only the wealthy</li><li>b) They empower marginalized groups and improve living standards</li><li>c) They remove the need for constitutional rights</li><li>d) They are provided free of cost everywhere</li></ol></li></ol>		
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S. NO.	QUESTIONS (STANDARD)	MARKS (15M)	SKILLS/ COMPETENCIES
1	<p><b>There are two statements given Assertion (A) and Reason (R) given above. Mark your answer according to the code given below.</b></p> <p><b>1. Assertion (A): Water is a public facility that is essential for survival.</b>  <b>Reason (R): The Constitution treats the Right to Water as part of the Right to Life.</b></p> <p>a) Both A and R are true, and 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, R is false  d) A is false, R is true</p> <p><b>2. Assertion (A): Jyotirao Phule worked for the education of girls.</b>  <b>Reason (R): He believed that educating women would weaken caste discrimination</b></p> <p>a) Both A and R are true, and 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, R is false  d) A is false, R is true</p> <p><b>3. Assertion (A): Private companies often hesitate to provide public facilities.</b>  <b>Reason (R): Because they aim at profit, not universal access</b></p> <p>a) Both A and R are true, and 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, R is false  d) A is false, R is true</p>	1 x 3=3m	Analytical reasoning
2	<p><b>Answer the following questions in Very short-</b></p> <p>1. Why were Christian missionaries attacked by many people in the country?  2. Define Public facilities.</p>	2x2=4m	Concept linking
3	<p><b>Answer the following questions in short-</b></p> <p>1. Why did Ambedkar want to achieve through the temple entry movement?</p>	3x1=3m	Analytical Thinking
4	<p><b>Answer the following questions in long-</b></p> <p>1. How did Jyoti Rao and other reformer justify their criticism of caste inequality in society?</p>	5x1=5m	Detailed analysis



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**WORKSHEET (SELF -ASSESSMENT)**



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

**Assignment No.: 8**  
**Marks: 15+15=30**

<b>S.NO</b>	<b>QUESTIONS</b>	<b>MARKS</b> <b>15</b>	<b>NATURE BASIC Q.</b> <b>and Skills</b>
<b>Q1.</b>	What is lightning? Explain briefly how it is produced.	3	Informative
<b>Q2.</b>	Define reflection of light. State any one law of reflection.	3	Analytical skill
<b>Q3.</b>	Very short answer questions: a) Name the instrument used to detect electric charge. b) What is lateral inversion? c) Name the part of the eye that controls the amount of light entering it.	3	Understanding skill
<b>Q4.</b>	Why do buildings have lightning conductors?	3	Critical thinking skill
<b>Q5.</b>	Why is a concave mirror used as a reflector in torches and headlights?	3	Problem solving skill
<b>S.NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b> <b>15</b>	<b>NATURE</b> <b>STANDARD Q. and Skills</b>
<b>Q6.</b>	Explain how an electroscope works.	3	Informative
<b>Q7.</b>	True or False: a) Like charges attract each other. b) The image formed by a plane mirror is always virtual. c) During a thunderstorm, it is safe to stand under a tree.	3	Analytical skill
<b>Q8.</b>	What are the causes of earthquakes? Mention any two safety measures during an earthquake.	3	Understanding skill
<b>Q9.</b>	Differentiate between real image and virtual image.	3	Critical thinking skill
<b>Q10.</b>	Fill in the blanks: a) The region around a charged object where its effect can be felt is called _____. b) A mirror that can form an enlarged image is called a _____ mirror.	3	Problem solving skill

c) The bending of light when it passes from one medium to another is called _____.			
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ARMY PUBLIC SCHOOL GWALIOR  
CLASS - VIII  
ACADEMIC SESSION 2025-26  
WORKSHEET (SELF -ASSESSMENT)



Subject: Sanskrit  
Allotment Date: 31 January 2026

Assignment No.: 8  
Marks: 15+15=30

S.NO.	QUESTIONS	MARKS 15	NATURE BASIC Q. and Skills
1	निम्नलिखितपदेषु प्रयुक्त प्रत्ययस्य नाम लिखत - (क) पठितुम् - (ख) हसित्वा - (ग) चोरित - (घ) उपगम्य - (ङ) खादितवत् -	(5)	Analytical Skill
2	उचितपदैः रिक्तस्थानानि पूरयत - (क) बालैः..... क्रियते।(क्रीडा, क्रीडाम्) (ख) तैः सूर्यः ..... ।(नम्यते, नम्यन्ते) (ग) मया भोजनं.....।(खाद्यन्ते, खाद्यते) (घ) तेन पाठाः..... ।(पठन्ति, पठ्यन्ते) (ङ) .....दुष्टाः दंड्यन्ते।(सैनिकाः, सैनिकैः)	(5)	Critical Thinking and Problem Solving
3	निम्नलिखितानां समस्तपदानां विग्रहं कृत्वा लिखत - महादेवः ..... दशाननः ..... गुरुशिष्यौ ..... प्रत्येकम् ..... चतुर्युगम् .....	(5)	Interdisciplinary
S.NO.	QUESTIONS	MARKS 15	NATURE STANDARD Q. and Skills
4	रेखांकितपदानि शुद्धीकृत्य लिखत - (क) ते कन्ये पठति।	(5)	Understanding

	(ख) अग्नि तीव्रा अस्ति। (ग) वयं वृक्षं पश्यति। (घ) नद्यः अवहन्। (ङ) पिता पुत्रे क्रुध्यति।		
5	निम्नलिखितअंकानाम कृते संस्कृत रूपाणि लिखत - 17, 37, 68, 77, 99	5	Evaluation
6	अधोलिखितपदेभ्यः अव्ययपदानि चित्वा लिखत - हयः, पत्रं, मम, कुत्र, एव, अत्र, प्रसरति, अधुना	5	Analytical Skill



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



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

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

S.NO.	QUESTIONS	MARKS(10)	SKILLS/COMPETENCIES
I.	<p><b>A. Multiple choice questions.</b></p> <p><b>1. Cyber ethics refers to:</b></p> <ul style="list-style-type: none"><li>a) Rules for using mobile phones</li><li>b) Moral principles for using the Internet</li><li>c) Laws of a country</li><li>d) Computer hardware rules</li></ul> <p><b>2. Copying someone else's work and presenting it as your own is called:</b></p> <ul style="list-style-type: none"><li>a) Hacking</li><li>b) Phishing</li><li>c) Plagiarism</li><li>d) Spamming</li></ul> <p><b>3. Downloading paid software from unauthorised websites is known as:</b></p> <ul style="list-style-type: none"><li>a) Data backup</li><li>b) Software piracy</li><li>c) Encryption</li><li>d) Cyber ethics</li></ul> <p><b>4. Which of the following is a safe online practice?</b></p> <ul style="list-style-type: none"><li>a) Sharing OTP with friends</li><li>b) Using weak passwords</li><li>c) Shopping only on trusted websites</li><li>d) Clicking unknown links</li></ul> <p><b>5. Messages sent to cheat users and steal personal information are called:</b></p> <ul style="list-style-type: none"><li>a) Spamming</li><li>b) Phishing</li><li>c) Cyberbullying</li><li>d) Plagiarism</li></ul> <p><b>6. Cash on Delivery (COD) means:</b></p> <ul style="list-style-type: none"><li>a) Paying before ordering</li><li>b) Paying while browsing</li><li>c) Paying after receiving the product</li><li>d) Paying only online</li></ul>	6X0.5=3	Information

<b>II.</b>	<b>B. Fill in the blanks.</b> 1. _____ refers to an illegal intrusion into a computer system or network. 2. Commercial or business deal that involves the transfer of information across the globe by using the Internet is known as _____. 3. When software is copied and distributed illegally, it is called software _____. 4. _____ are unwanted bulk emails that come from unknown sources.	<b>4X0.5=2</b>	understanding
<b>III.</b>	<b>C. Write T for true and F for false.</b> 1. Cyber ethics teaches us how to behave responsibly while using the Internet. 2. Software piracy means buying original software. 3. Sharing passwords with friends is a safe online practice. 4. Cyber bullying includes sending rude or threatening messages online. 5. Using strong and unique passwords helps improve cyber security. 6. Decryption is the process of transforming data into an unreadable code.	<b>3X1=3</b>	understanding
<b>IV.</b>	<b>D. Answer the following questions.</b> 1. Riya receives an email asking her to share her bank details to win a prize. What should she do and why? 2. Rahul wants to shop online but is worried about safety. Mention any two security measures he should follow.	<b>2X1=2</b>	Evaluation



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



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

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

S. No.	QUESTIONS	MARKS	NATURE
1	What is a Self Portrait in art?	2	Informative
2	What art style is Portrait?	2	Informative
3	How to make Grass Heads?	2	Understanding
4	Explain step by step process of Grass-Head making for beginners.	2	Informative
5	Explain Human Figure in art?	2	Understanding



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



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

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

S. NO.	QUESTIONS	MARKS	NATURE
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	<b>Which of the following is not a percussion instrument?</b> a) Dholak b) Tabla c) Sitar. d) Mridang	1	Informative

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



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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 merijaan " (Patriotic song) is from which movie ? a) Emergency b) Border	1	Informative
6.	Name thre Singers of "Sandeseaatehai" 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

<b>8.</b>	Guitar has __ strings? a) 6 b) 3	1	Informative
<b>9,</b>	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
<b>10.</b>	“Tu hi mahansarvshaktimaantuhilai mere jeevankasangeet “ lines are taken from which prayer ? a)Itnishaktihumeindena data b) Teri aradhanakarun	1	Informative



**ARMY PUBLIC SCHOOL GWALIOR  
CLASS - VIII**

**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><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>	4	<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>	3	<b>INTERDISCIPLINARY</b>
3	<p><b>True False</b></p> <p>Q-8- The javelin is a track event? A. True B. False</p> <p>Q-9 Sprint races require maximum speed for a short</p>	3	<b>UNDERSTANDING</b>

	<p>duration?</p> <ul style="list-style-type: none"><li><b>A.</b> True</li><li><b>B.</b> False</li></ul> <p>Q-10- A false start can lead to disqualification ?</p> <ul style="list-style-type: none"><li><b>A.</b> True</li><li><b>B.</b> False</li></ul>		



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



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

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

S.N	QUESTIONS	Point
1	What is the meaning of YUKO gari ?  A. Fight B. Fukushin C. Roundhouse kick D. Niquashi	1X10=10
2	What is the meaning of TSUKI? A. 2 point B. 3 point C. 3 point D. 4 point	
3	How many scoring criteria of kumite? A. 3 B. 5 C. 6 D. None of these	
4	Gari is called .....?  A. Reverse hand punch B. Chudangari C. kick D. Kentekigari	
5	<b>FILL IN THE BLANKS</b>  ..... scoring criteria of kumite.(5,6,)	

6	YUKOgari training is useful for getting.....(2 points,3points)	
7	YUKO is the japaneese name of .....point.(two,three )	
	<b>TRUE AND FALSE</b>	
8	Roundhouse is called middle kick.	
9	Tsuki is called for punch	
19	Good form is the scoring criteria of kumite	



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VIII**  
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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Yoga**

**Allotment Date: 31 January 2026**

**Assignment No.: 8**

**Marks: 10**

SR .No	QUESTIONS	MARKS 1X10=10	SKILLS
1	<b>MULTIPLE CHOICE QUESTIONS:-</b> 1. Agnisara Kriya mainly improves : a) Vision b) Digestion c) Hearing d) Memory	<b>4x1=4</b> <b>1</b>	Analytical Thinking
	2. Sheetkari Pranayama is a : a) Heating practice b) Balancing practice c) Cooling practice d) Strength practice	<b>1</b>	Analytical Thinking
	3. Bhramari Pranayam produces a sound like a : a) Bird b) Snake c) Bee d) Wind	<b>1</b>	Analytical Thinking
	4. Kriyas are practiced to : a) Increase impurities b) Clean the body c) Increase sleep d) Cause fatigue	<b>1</b>	Analytical Thinking
2	<b>TRUE/FALSE:-</b> 5. Kriyas prepare the body for higher yogic practices. _____	<b>3x1=3</b> <b>1</b>	Critical Thinking
	6. Sheetkari should be practiced in winter season. _____	<b>1</b>	Critical Thinking
	7. Bhramari calms the nervous system. _____	<b>1</b>	Critical Thinking

3	<b>FILL IN THE BLANKS:-</b> 8. Agnisara Kriya activates digestive _____.	<b>3x1=3</b> <b>1</b>	Informative
	9. Sheetkari Pranayama reduces body _____.	<b>1</b>	Informative
	10. Bhramari Pranayama helps in reducing _____.	<b>1</b>	Informative