

ARMY PUBLIC SCHOOL GWALIOR
CLASS - X
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: English

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	QUESTIONS	MARKS	NATURE
01	Peso is the currency of a few Latin American countries . Can you name any 5 countries along with their currencies?	6	Information
02	Describe the circumstances under which Lencho's crops are destroyed.	5	HOTS
03	Give the character sketch of Nelson Mandela. How can you serve your nation as a student?	5	HOTS
04	<p><u>Read the following extract and answer the questions that follow:</u></p> <p>"The postmaster – a fat, amiable fellow-also broke out laughing, but almost immediately he turned serious and, tapping the letter on his desk, commented, "What faith I wish I had the faith of the man who wrote this letter. Starting up a correspondence with God!"</p> <p>Questions</p> <p>(a) What type of man was the postmaster?</p> <p>(b) What made him serious?</p> <p>(c) What mood was the postmaster in?</p> <ol style="list-style-type: none">1. Jovial2. Melancholic3. Thoughtful.4. Sombre <p>(d) Who had started conversation with God?</p> <ol style="list-style-type: none">1 postmaster2 Postal clerk3 Lencho4 Peon	5	Analytical Skills
06	Justify the role of the crow in the poem 'Dust of snow' in changing the poet's <u>Mood</u> ?	5	Critical Thinking and Problem Solving
07	Find out poetic devices in the given extracts; Has given my heart A change of mood And saved some part Of a day I had rued	10	Evaluation

	<p>Some say the world end in fire Some say in ice From what I've tasted of desire I hold with those who favour fire.</p>		
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**ARMY PUBLIC SCHOOL GWALIOR
CLASS - X**

**ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)**

Subject: Hindi

Assignment No. : 1

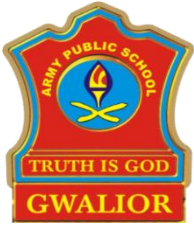
Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>निम्नलिखित अपठित गद्यांश को ध्यान से पढ़ें और प्रश्नों का उत्तर दें :</p> <p>जिस प्रकार बीज के उगने और बढ़ने के लिए मौसम विशेष नहीं, अपेक्षित परिस्थितियों का निर्माण जरूरी है। उसी प्रकार किसी भी कार्य में सफलता पाने के लिए बाहरी परिस्थितियाँ नहीं, मन की सकारात्मक वृत्ति अनिवार्य है और वह सकारात्मक वृत्ति है हमारा संकल्प। संकल्पाः कल्पतरवः, तेजः कल्पकोद्यानम् अर्थात् संकल्प ही कल्पतरु हैं और तेज अथवा मन उन कल्पतरुओं का उद्यान है। जैसी कल्पना वैसा उद्यान अर्थात् जीवन की दिशा और दशा। गहन संकल्प से ही संभव है पूर्ण सफलता। कुछ कर गुजरने के लिए वास्तव में मौसम अथवा बाहरी परिस्थितियाँ ही सब कुछ नहीं हैं। सबसे महत्त्वपूर्ण है मन। इस संपूर्ण सृष्टि के सृजन के मूल में मन ही तो है। मन हीवह अदृश्य सूक्ष्म बीज अथवा सत्ता है जिससे यह पृथ्वी रूपी विशाल वट वृक्ष अस्तित्व में आया और निरंतर पल्लवित-पुष्पित हो रहा है। तभी तो कहा गया है। कुछ कर गुजरने के लिए मौसम नहीं मन चाहिए। साधन सभी जुट जाएँगे संकल्प का धन चाहिए।</p> <p>उपरोक्त गद्यांश के आधार पर निम्नलिखित प्रश्नों के उत्तर लिखिए-</p> <p>(क) जीवन में कुछ कर गुजरने के लिए आवश्यक है- मन और मौसम मन अनुकूल परिस्थितियाँ मौसम</p> <p>(ख) कार्य में सफलता के लिए अनिवार्य है- परिस्थितियाँ लोगों की सहायता सकारात्मक वृत्ति</p>	5	Analytical Skill

	<p>पर्याप्त ज्ञान</p> <p>(ग) बीज के उगने और बढ़ने के लिए ज़रूरी हैं- अपेक्षित परिस्थितियाँ मौसम विशेष किसान का कुशल होना उपर्युक्त सभी</p> <p>(घ) हमारी सकारात्मक वृत्ति है- साहस विवेक बुद्धि संकल्प</p> <p>(ङ) गद्यांश का उचित शीर्षक हो सकता है- संकल्प का धन धन का महत्त्व कर्मठता बीज की कथा</p>		
2	<p>काशी के सेठ गंगादास एक दिन गंगा में स्नान कर रहे थे कि तभी एक व्यक्ति नदी में कूदा और डुबकियाँ खाने लगा। सेठजी तेजी से तैरते हुए उसके पास पहुँचे और किसी तरह खींच कर उसे किनारे ले आए। वह उनका मुनीम नंदलाल था। उन्होंने पूछा, 'आप को किसने गंगा में फेंका?' नंदलाल बोला, 'किसी ने नहीं, मैं तो आत्महत्या करना चाहता था।' सेठजी ने इसका कारण पूछा तो उसने कहा, 'मैंने आप के पाँच हजार रुपये चुरा कर सट्टे में लगाए और हार गया। मैंने सोचा कि आप मुझे जेल भिजवा देंगे इसलिए बदनामी के डर से मैंने मर जाना ही ठीक समझा।' कुछ देर तक सोचने के बाद सेठजी ने कहा, 'तुम्हारा अपराध माफ किया जा सकता है लेकिन एक शर्त है कि आज से कभी किसी प्रकार का सट्टा नहीं लगाओगे।' नंदलाल ने वचन दिया कि वह अब ऐसे काम नहीं करेगा। सेठ ने कहा, 'जाओ माफ किया। पाँच हजार रुपये मेरे नाम घरेलू खर्च में डाल देना।' मुनीम भौंचक्का रह गया। सेठजी ने कहा, 'तुमने चोरी तो की है लेकिन स्वभाव से तुम चोर नहीं हो। तुमने एक भूल की है, चोरी नहीं। जो आदमी अपनी एक भूल के लिए मरने तक की बात सोच ले, वह कभी चोर हो नहीं सकता।'</p> <p>उपरोक्त गद्यांश के आधार पर निम्नलिखित प्रश्नों के उत्तर लिखिए-</p> <p>(क) सच्चे भक्त से तात्पर्य है- बिना स्वार्थ के पूजा करना रोज मंदिर जाना एक ही भगवान की पूजा करना</p>	5	Analytical Skill

	<p>अपने धर्म में कट्टरता</p> <p>(ख) मुनीम आत्महत्या क्यों करना चाहता था- जीवन से छुटकारा पाने के लिए सेठजी को प्रभावित करने के लिए दुनिया को दिखाने के लिए अपराध बोध होने के कारण</p> <p>(ग) हमें समाज में किस चीज का डर सबसे ज्यादा होता है- परिवार का नौकरी का रुतबे का बदनामी का</p> <p>(घ) सेठजी को मालूम था कि मुनीम चोर है लेकिन फिर उन्होंने उसे छोड़ दिया क्योंकि- बाद में उसे जीवन भर गुलाम बनाना चाहते थे भूल सुधारने का मौका देना चाहते थे दुनिया को प्रभावित करना चाहते थे समाज में अपनी प्रतिष्ठा बढ़ाना चाहते थे</p> <p>(ङ) गद्यांश का उचित शीर्षक हो सकता है- ‘चोरी की सजा’ ‘मेरा प्रण’ ‘सेठजी की दयालुता’ ‘मुनीम जी का दुख’</p>		
3	<p>निम्नलिखित प्रश्नों के उत्तर लिखिए-</p> <p>(क) बड़े भाई साहब ने ज़िंदगी के अनुभव और किताबी ज्ञान में से किसे और क्यों महत्वपूर्ण कहा है? आशय स्पष्ट कीजिए -</p> <p>(ख) इम्तिहान पास कर लेना कोई चीज़ नहीं , असल चीज़ है बुद्धि का विकास ।</p>	5 5	Evaluation

<p>4</p>	<p>निम्नलिखित में से किसी एक विषय पर संकेत बिंदुओं के आधार पर 150 शब्दों में अनुच्छेद लिखिए।</p> <p>(क)- सबको भाए मधुर वाणी</p> <p>संकेत बिंदु</p> <ul style="list-style-type: none"> • मधुर वाणी सबको प्रिय • मधुर वाणी एक औषधि • मधुरवाणी का प्रभाव • मधुर वाणी की प्रासंगिकता। <p>अथवा</p> <p>(ख) बच्चों की शिक्षा में मातापिता की भूमिका-</p> <p>संकेत बिंदु</p> <ul style="list-style-type: none"> • शिक्षा और मातापिता- • शिक्षा की महत्ता • उत्तरदायित्व • शिक्षाविहीन नर पशु समान। 	<p>6</p>	<p>Critical Thinking and Problem Solving</p>
<p>5</p>	<p>आपकी छोटी बहिन छात्रावास में रहती है उसकी पढ़ाई - लिखाई के संबंध में उसे एक पत्र लिखिए </p>	<p>5</p>	<p>Communication Skill</p>
<p>6</p>	<p>(क) शब्द क्या है? उदाहरण देकर स्पष्ट कीजिए </p> <p>(ख) 'पद' से क्या तात्पर्य है? उदाहरण देकर बताइए </p> <p>(ग) 'मैं', 'देश' शब्दों को पदों में बदलिए </p> <p>(घ) पद और शब्द में क्या अंतर है ? उदाहरण देकर दोनों को स्पष्ट कीजिए </p>	<p>2 2 2 3</p>	<p>Critical Thinking</p> <p>Interdisciplinary</p>



ARMY PUBLIC SCHOOL GWALIOR
CLASS - X

ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)


Subject: Mathematics

Assignment No. : 1

Allotment Date: 29 April 2023

S. N.	QUESTIONS	MARKS	NATURE
1	The largest number which divides 70 and 15 leaving remainder 5 and 8 respectively is; (a) 13 (b) 65 (c) 875 (d) 1750	1	Understanding
2	. The pair of co- prime is (a) 32,40 (b) 21,28 (c) 18,25 (d) 9,27	1	A Understanding
3	The sum of exponents of prime factors in the prime factorisations of 196 is: (a) 3 (b) 4 (c) 5 (d) 2	1	Application
4	If $a=2^3 \times 3$, $b=2 \times 3 \times 5$, $c=3^n \times 5$ and $\text{LCM}(a,b,c)=2^3 \times 3^2 \times 5$, then n is equal to (a) 3 (b) 4 (c) 5 (d) 2	1	Analytical Thinking Problem solving
5	Three bulbs red, green and yellow flash at intervals of 80 second, 90 second and 110 seconds. All three flash together at 8:00 AM. What time will the three bulbs flash together again. (a) 8:12 am (b) 9:12 am (c) 10:12 am (d) 11:12 am	1	Application
6	The zeroes of the polynomial x^2+x-2 are : (a) 1,2 (b) -1,-2 (c) 1,-2 (d) -1,2	1	Analytical Thinking
7	If the two zeroes of the quadratic polynomial $7x^2-15x-k$ are reciprocal of each other, then the value of k is; (a) -7 (b) 1/7 (c) 5 (d) 7	1	Application
8.	If the zeroes of the quadratic polynomial $x^2+(a+1)x+b$ are 2 and -3, then (a) $a=-7, b=-1$ (b) $a=5, b=-1$ (c) $a=2, b=-6$ (d) $a=0, b=-6$	1	Analytical Thinking Problem solving
9	Assertion (A): If HCF of 510 and 92 is 2, then the LCM of 510 & 92 is 32460 Reason (R): As $\text{HCF}(a,b) \times \text{LCM}(a,b) = a \times b$ (a) Both Assertion (A) and Reason(R) are true and	1	Evaluation

	Reason (R) is the correct explanation of Assertion(A) (b). Both Assertion(A) and Reason(R) are true but Reason(R) is not the correct explanation of Assertion (A). (C) Assertion (A) is true but Reason (R) is false. (d) Assertion (A) is false but Reason (R) is true.		
10	Prove that $2 + \sqrt{3}$ is an irrational.	2	problem solving
11	Two tankers contain 495 litres and 770 litres petrol respectively. Find the maximum capacity of a container which can measure the petrol if either tanker in exact number of times	2	Application
12.	Find a quadratic polynomial, the sum and the product of whose zeroes are $\frac{1}{4}$, -1.	2	Analytical Thinking
13	. If α and β are the zeroes of the quadratic polynomial $f(x) = x^2 - 7x + p$, such that $\alpha^2 + \beta^2 = 29$ find the value of p	2	HOTS
14.	Find the least number which is divided by 35, 45 and 55 leaves the remainder 18 , 28 and 38 .	2	Analytical Thinking Problem solving
15.	. Show that $(\sqrt{5} - \sqrt{3})^2$ is an irrational number	3	Analytical Thinking
16.	Find the zeroes of the quadratic polynomial $x^2 - 2x - 8$ and verify the relationship between the zeroes and the coefficient	3	Evaluation Problem solving
17.	. There are 312, 260 and 156 students in class X, XI and XII respectively. Buses are to be hired to take these students to a picnic. Find the maximum number of students who can sit in a bus if each bus takes equal number of students.	3	Application
18.	Two alarm clocks ring their alarms at regular intervals of 50 seconds and 48 seconds. If they first beep together at 12 noon, at what time will they beep again for the first time ?	3	Application ,Critical thinking and Problem solving
19.	Show that $(\sqrt{5} - \sqrt{3})^2$ is an irrational number	3	Critical thinking and Problem solving

<p>20.</p>	 <p>Shalvi wants to organize her birthday party. She was happy on her birthday. She is very health conscious, thus she decided to serve fruits only.</p> <p>She has 36 apples and 60 bananas at home and decided to serve them. She want to distribute fruits among guests. She does not want to discriminate among guests so she decided to distribute equally among all.</p> <p>(i) How many maximum guests Shalvi can invite? (ii) How many apples and bananas will each guest get? (iii) Shalvi decide to add 42 mangoes also. In this case how many maximum guests Shalvi can invite</p>	<p>1+1+2</p>	<p>Critical thinking and Applications</p>
<p>21.</p>	<p>Show that $\sqrt{5}$ is an irrational number</p>	<p>5</p>	<p>Problem solving</p>



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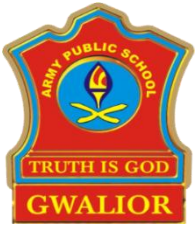
Subject: Science

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	Q1. Which kind of mirrors are used in the headlights of a motor-car and why? Q2. Define melting point. Q3. How the unused energy is stored in plants and animals?	1 1 1	Information
2	Q4. List three events that occur during the process of photosynthesis. Q5. A ray of light, incident obliquely on a face of a rectangular glass slab placed in air, emerges from the opposite face parallel to the incident ray. State two factors on which the lateral displacement of the emergent ray depends. Q6. What is the minimum number of rays required for locating the image formed by a concave mirror for an object. Draw a ray diagram to show the formation of a virtual image by a concave mirror.	3 3 3	Understanding
3	Q7. For which position of the object does a convex lens form a virtual and erect image? Explain with the help of a ray diagram.. Q8. What are the characteristics properties of the particles of matter.	3 3	HOT
4	Q9. Describe one activity to show that carbon dioxide is essential for photosynthesis. Q10. At what distance should an object be placed from a convex lens of focal length 18 cm to obtain an image at 24 cm from it on the other side. What will be the magnification produced in this case?	3 3	Interdisciplinary
5	Q11. Explain why solids have fixed shape but liquids and gases do not have fixed shapes. Q12. A rubber band is a solid, but it can change its shape. why?	3 3	Analytical Skill
6	Q12. Draw the ray diagram in each case to show the position and nature of the image formed when the object is placed: (i) at the centre of curvature of a concave mirror (ii) between the pole P and focus F of a concave mirror (iii) in front of a convex mirror (iv) at 2F of a convex lens (v) in front of a concave lens	5	Critical Thinking and Problem Solving

7	Q13. Draw diagram of stomata when a. It is open b. It is closed	5	Evaluation
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - X
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Social Science

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	Who was Otto Von Bismark?	1	Information
2	What is importance of land as a natural resource?	1	Understanding
3	Define Resource. Give two examples.	1	Understanding
4	What is meant by Absolutist?	1	Understanding
5	Why is humus content in laterite soil low ?	1	Information
6	Give one characteristic of forest soil?	1	Information
7	What was Sorrieu's Utopian Vision ?	1	Analytical thinking
8	What does 'Nation state' mean ?	1	Understanding
9	Who hosted the treaty of Vienna?	1	Information
10	What is gross cropped area ?	1	Understanding
11	'Principle of majoritarianism is against the human values.' Justify.	3	HOTS
12	What were the advantages and disadvantages of the Napoleonic code ?	3	Analytical Skill
13	Describe three main features of the black soil.	3	Evaluation
14	" The Earth has enough resources to meet the needs of all but not enough to satisfy the greed of even one person". How is this statement relevant to the discussion of development ? Discuss.	3	Communication Skills

15	Describe the process of unification of Germany.	5	Information
16	What are the causes of land degradation ? What are the ways to solve this problem?	5	Evaluation
17	What does sustainability of development mean ? How can sustainable development be achieved?	5	Evaluation
18	On an outline map of India locate and label the following with suitable symbols. (i) Area of Laterite soil (ii) Area of Black soil (iii) Area of Alluvial soil	3	Information



ARMY PUBLIC SCHOOL GWALIOR
CLASS - X
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Computer

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO.	QUESTIONS	MARKS	NATURE
1	<p>Choose and write the correct option (MCQ):-</p> <p>(i). What plugs in the network card located in every computer connected in LAN?</p> <p>(a) Ethernet cables (b) Switch (c) Hub (d) Port</p> <p>(ii). MAN stands for :</p> <p>(a) Metropolitan Area Network (b) Metro Area Network (c) Main Area Network (d) Metropolitan Access Network</p> <p>(iii) In which type of network a moving user can connect to a Local Area Network (LAN) through a wireless radio connection?</p> <p>(a) WAN (b) LAN (c) WLAN (d) MAN</p> <p>(iv) Which network architecture has nodes connected to each other and does not have servers?</p> <p>(a) WAN (b) MAN (c) Peer-to-peer (d) Client Server Architecture</p>	0.5x4=2	Information
2	<p>Fill in the blanks-</p> <p>(i) A network consists of two or more computers called ____ .</p> <p>(ii) A wireless network interface card bears an _____.</p>	4 x 0.5=2	Understanding

	<p>(iii) The _____ waves are used to form wireless LANs.</p> <p>(iv) The wireless networking switch is also called an _____.</p>		
3	<p>Write True or False against the statements:-</p> <p>(i) The internet is an example of LAN. ()</p> <p>(ii) Log Off will disconnect you from the network and its resources. ()</p> <p>(iii) Having wireless connections in a LAN is not possible. ()</p> <p>(iv) Network Interface Cards are attached to computers, which are part of Network. ()</p>	4x0.5=2	Interdisciplinary
4	<p>Answer the following questions -</p> <p>(i) Write any three advantages of connecting computers into a network.</p> <p>(ii) What is the difference between Peer-to-Peer network and Client/Server network?</p> <p>(iii) Describe different types of cables used in Wired Networking.</p> <p>(iv) What is a wireless network? List any three things which are required to set up a wireless computer network.</p>	1x4= 4	<p>Critical</p> <p>Thinking and</p> <p>Problem</p> <p>Solving</p>



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CLASS - X

ACADEMIC SESSION 2023-24

WORKSHEET (SELF –ASSESSMENT)

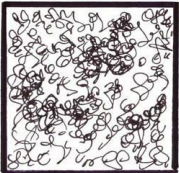


Subject: Work Education

Assignment No. : 1

Allotment Date: 29 April 2023

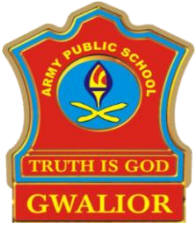
S. NO.	QUESTIONS	MARKS	NATURE
1	A _____ is a drawing or painting that focuses on still objects. A. Emotive B. Still life C. Perspective D. Diagrammatic	1 mark	Creative Skills
2	Who invented still life? A. Leonardo da Vinci B. Michelangelo C. Jacopo de'Barbari D. Vincent Van Gogh	1 mark	Creative Skills
3	Another name of hatching techniques is _____ hatching. A. Parallel B. Cross C. Scribbling D. Stippling	1 mark	Creative Skills
4	_____ is built up by applying dots in different densities. A. Parallel B. Cross C. Scribbling D. Stippling	1 mark	Creative Skills
5	Objects that are not the main focus of an image. The image or design in the back are called_____.	1 mark	Creative Skills

	<p>A. Positive Space</p> <p>B. Negative Space</p> <p>C. Contrast</p> <p>D. Grid System</p>		
6.	<p>The way the viewer sees an image. It can be above, below, or at eye-level is called _____.</p> <p>A. Contrast</p> <p>B. Grid System</p> <p>C. Point of View</p> <p>D. Value</p>	1 mark	Creative Skills
7	<p>When one object passes in front of another object to create layering is called _____.</p> <p>A. Shape-</p> <p>B. Overlapping</p> <p>C. Texture-</p> <p>D. Composition-</p>	1 mark	Creative Skills
8	<p>_____ is the arrangement of objects, images, or colours placed in a way to create motion.</p> <p>A. Movement-</p> <p>B. Positive Space</p> <p>C. Negative Space</p> <p>D. Texture-</p>	1 mark	Creative Skills
9	 <p>Picture shown above is of which technique?</p> <p>A. Scribbling</p> <p>B. Contour Hatching</p> <p>C. Stippling</p> <p>D. Scribbling</p>	1 mark	Creative Skills
10		1 mark	Creative Skills



Picture shown above is of which technique?

- A. **Contour Hatching**
- B. **Stippling**
- C. **Cross Hatching**
- D. **Scribbling**



ARMY PUBLIC SCHOOL GWALIOR
CLASS - X



ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

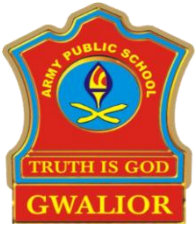
Subject: Music (Vocal and Dance)

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	How many counting are there in teen Taal? a) 16 b) 15	2	Informative
2	How many division are there in teen taal? a) 4 b) 10	2	Informative
3	How many times dugun is done in teen taal? a) 5 b) 2	2	Informative
4	What is the empty symbol in teen taal? a) 2 b) 0	2	Informative
5	At what volume is it empty in teen taal? a) 9 b) 3	2	Informative
6.	How many parts in kaharwa taal? a) 2 b) 4	2	Informative
7.	What is north indian classical music known as ? a) Hindustani b) Carnatic	2	Informative
8.	How many matras in kaharwa taal? a) 10 b) 8	2	Informative
9,	Which instrument is avnadhya vadya? a) Damru	2	Informative

	b) Flute		
10.	Which type of instrument is Shankh? a) Shushir b) String	2	Informative



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WORKSHEET (SELF –ASSESSMENT)



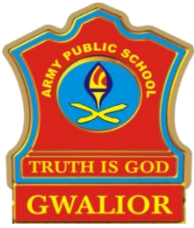
Subject: Karate

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	Questions	Marks	Nature
1	How many major styles in the world which is recognized by World Karate Federation? a) 2 b) 3 c) 4 d) 5	1	Understanding
2	How many Pinans Kata in Shito – Ryu style? a) 3 b) 4 c) 2 d) 5	1	Informative
3	How many steps in Pinan Nidan Kata? a) 29 b) 20 c) 21 d) 15	1	Understanding
4	Which block is used in the last step of Pinan Nidan Kata ? a) Gaidan barai uke b) Chudan soto uke c) Open hand gaidan barai uke d) None of these	1	Informative
5	What is the Japanese name of block in first step of Pinan Nidan Kata? a) Soto uke b) Uchi otoshi c) Gaidan barai uke d) None of these	1	Understanding
6	Which stance is called CAT stance? a) Zenkotsudachi	1	Informative

	<ul style="list-style-type: none"> b) Shikodachi c) Niquashi dachi d) None of these 		
7	<p>How many blocks are used in Pinan Nidan Kata?</p> <ul style="list-style-type: none"> a) 12 b) 13 c) 14 d) 15 	1	Informative
8	<p>How many times does jodan age uke used in Pinan Nidan Kata?</p> <ul style="list-style-type: none"> a) 3 b) 2 c) 5 d) 6 	1	Understanding
9	<p>What is the full form of WKF?</p> <ul style="list-style-type: none"> a) World Korean Federation b) World Karate Federation c) World Krav Maga Federation None of these 	1	Informative
10	<p>How many Niquashi Dachi is used in Pinan Nidan Kata?</p> <ul style="list-style-type: none"> a) 2 b) 1 c) 3 d) 4 	1	Understanding



ARMY PUBLIC SCHOOL GWALIOR

CLASS - X

ACADEMIC SESSION 2023-24

WORKSHEET (SELF –ASSESSMENT)

Subject: Health and Physical Education

Assignment No. : 1

Allotment Date: 29 April 2023

S.N	QUESTIONS	NATURE	MARKS
1	MCQ A) In football Penalty kick is taken at least _____ distance from the spot. i) 9 yard ii) 10 yard iii) 9.15 yard iv) 10.15 yard	Understanding	4×1=4
	B) The FIFA football world cup in 2022 will be organizes in? i. Qatar ii. Croatia iii. Span iv. Brazil	Informatory	
	C What is original name of Volley Ball? i.Lacrosse ii.Volley ball iii.Mintonette iv.Badtonette	Analytical	
	D) Who is the father of Volleyball ? i. Jhon A Belstrad ii. William G. Morgan iii. Elijah C. Campwood iv. George Mintos	Informaton	

2.	B) Fill In The Blanks :- i. _____ cup in India is associated with Football sports.	Informatory	3×1=3
	ii. _____ is the first and only Indian to score hattrick in Olympic Football match.	Informatory	
	ii. Points are called _____ in Volley Ball .	Understanding	
	3.True/False i. Brazil is second highest winner of FIFA world cup title. a. True b. False	Understanding	3×1=3
	ii A team can hit a ball maximum of three time without passing it over the net. a. True b. False	Understanding	
	iii.The libero, a Volleyball player who specializes in defense, can be substitute in at any time as long as the ball is not in play . a. True b. False		

