

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



Subject: English
Allotment Date: 29 April 2023

Assignment No. : 1

S. NO.	QUESTIONS	MARKS	NATURE
1	Write a letter to the Mayor of the municipality of your town asking him to provide street lights in your locality.	4m	Information
2	Read the following extract and answer the questions given below: “He liked to tease and play, And if we ran around his tree, He went the other way. Questions: 1. Who is 'he' here? 2. Teasing is the poet's way of..... with the squirrel. 3. Who went the other way?	3m	Understanding
3	What problems are you likely to face if you keep ants as pets?	4m	HOT
4	Grammar Say whether the following statements are assertive, interrogative or exclamatory. a) She loves singing when she is alone. b) You did a really good job! c) Would you like some coffee?	3m	Interdisciplinary
5	The words given below have been jumbled. Put them back in their right order so that they make proper sentences. a) a state/mind/happiness/of /is. b) soccer/he/plays/his's's/friends/with. c) ship/violently/the storm/rocked/the.	3m	Analytical Skill
6	What have we humans learned from the ants? Give reasons for your answers. (100 words)	4m	Critical Thinking and Problem Solving
7	Answer the following questions in about 20-30 words. 1. Why did the bearded man ask for the king's forgiveness? 2. What did the squirrel do if someone came too close to his tree? 3. Why do the worker ants carry the grubs about?	3x2=6m	Evaluation
8	Imagine you are the bearded man. Narrate the incident of your meeting the king and the hermit in about 60-80 words.	3m	Communication Skills



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

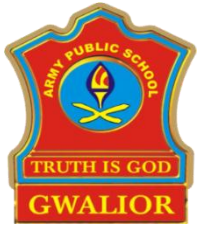


Subject: Hindi

Assignment No. : 1

Allotment Date: 29 April 2023

क्रम सं.	प्रश्न	अंक	प्रकृति
1.	निम्न शब्दों के अर्थ लिखिए- कटुक, नीड़, उल्लास, प्रेयसी, मौन, धागे, गुस्सा, विघ्न, गति, उपत्यका।	5	Informative Communication Skills
2.	निम्नलिखित प्रश्नों के उत्तर दीजिए- (क) पक्षी उन्मुक्त रहकर अपनी कौन-कौन सी इच्छा पूरी करना चाहते हैं? (ख) भाव स्पष्ट कीजिए- या तो क्षितिज मिलन बन जाता/ या तनती साँसों की डोरी। (ग) हिमालय की यात्रा में लेखक ने किन-किन की प्रशंसा की है?	6	Critical Thinking and Problem Solving
3.	हिंदी वर्णमाला का वर्गीकरण कीजिए।	5	Interdisciplinary
4.	निम्नलिखित शब्दों का वर्ण-विच्छेद कीजिए। (क) विद्यालय (ख) जन्मोत्सव (ग) आश्चर्यजनक (घ) प्रयत्नशील (ङ) भविष्यवाणी (च) संस्कृति (छ) शक्तिहीन (ज) मार्गदर्शन	4	Understanding
5.	नदियों से होनेवाले लाभों के विषय में चर्चा कीजिए और इस विषय पर लगभग बीस पंक्तियों का एक निबंध लिखिए।	5	Evaluation
6.	(क) महाभारत की रचना किसने की? (ख) महाराज शांतनु की वंश तालिका बनाइए। (ग) देवव्रत कौन थे? (घ) अंबा शिखंडी कैसे बन गई? (ङ) सत्यवती कौन थी? राजा शांतनु ने उसे कहाँ देखा था?	5	Analytical



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



Subject: Mathematics
Allotment Date: 29 April 2023

Assignment No. : 1

S.NO	QUESTIONS	MARKS	NATURE
1.	Find the product using suitable property: $1487 \times 327 + (-487) \times 327$ (a) 3270 (b) 32700 (c) 327000 (d) None of these	1	Informative
2.	Find the value of: $(-40) \times (-1) + (-28) \div 7$ (a) 34 (b) 35 (c) 36 (d) 38	1	Informative
3.	Find the value of: $[32 + 2 \times 17 + (-6)] \div 15$	1	Understanding

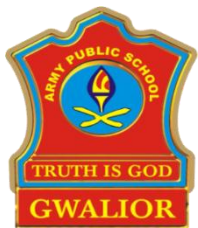
	<p>(a) 2</p> <p>(b) 3</p> <p>(c) 4</p> <p>(d) 5</p>		
4.	<p>Find the product of: $(-2) \times (-4) \times (-6) \times (-8)$</p> <p>(a) 384</p> <p>(b) -384</p> <p>(c) -348</p> <p>(d) 348</p>	1	Evaluate
5.	<p>Fill in the blank: $-27 \square -34$</p> <p>(a) <</p> <p>(b) ></p> <p>(c) =</p> <p>(d) none of these</p>	1	Information
6.	<p>Solve the following fraction: $16/5 - 3/5 + 2/5 - 9/5$</p> <p>(a) $3/5$</p> <p>(b) $4/5$</p> <p>(c) $6/5$</p>	1	Analytical

	(d) $\frac{7}{5}$		
7	<p>Simplify the fraction: $\frac{12}{25} \times \frac{15}{28} \times \frac{35}{36}$</p> <p>(a) $\frac{3}{4}$</p> <p>(b) $\frac{5}{4}$</p> <p>(c) $\frac{7}{4}$</p> <p>(d) $\frac{1}{4}$</p>	1	Information
8	<p>Divide the fraction: $\frac{14}{9} \div 11$</p> <p>(a) $\frac{13}{99}$</p> <p>(b) $\frac{14}{99}$</p> <p>(c) $\frac{15}{99}$</p> <p>(d) $\frac{16}{99}$</p>	1	Analytical
9	<p>Simplify the dividing fractions: $(\frac{16}{5} \div \frac{8}{20}) + (\frac{15}{5} + \frac{3}{35})$</p> <p>(a) $7 \frac{1}{8}$</p> <p>(b) $7 \frac{3}{8}$</p> <p>(c) $7 \frac{5}{8}$</p> <p>(d) $7 \frac{7}{8}$</p>	1	Information

10	<p>Add: $\frac{7}{10} + \frac{2}{15}$</p> <p>(a) $\frac{1}{6}$</p> <p>(b) $\frac{5}{6}$</p> <p>(c) $\frac{7}{6}$</p> <p>(d) $\frac{6}{6}$</p>	1	Understanding
11.	<p>The sum of two integers is -16. If one of them is 53, find the other.</p> <p>(a) -59</p> <p>(b) -49</p> <p>(c) -39</p> <p>(d) -29</p>	2	Analytical
12.	<p>In a class test containing 10 questions, 5 marks are awarded for every correct answer and (-2) marks are awarded for every incorrect answer and 0 for each question not attempted.</p> <p>(i) Ravi gets 4 correct and 6 incorrect answers. What is his score?</p> <p>(a) 6</p> <p>(b) 7</p> <p>(c) 8</p> <p>(d) 9</p>	2	Evaluate

13.	On subtracting 4 from -4 , we get (a) 8 (b) -8 (c) 0 (d) none of these	2	Analytical
14.	Arnav spends 134 hours in studies, 212 hours in playing cricket. Howmuch time did he spend in all? (a) $13/4$ hours (b) $15/4$ hours (c) $17/4$ hours (d) $11/4$ hours	2	Analytical
15.	If 23 of a number is 6, find the number. (a) 9 (b) 8 (c) 7 (d) 6	2	Analytical

<p>16.</p>	<p>Subtract -134 from the sum of 38 and -87.</p> <p>(a) 55 (b) 65 (c) 75 (d) 85</p>	<p>2</p>	<p>Evaluate</p>
<p>17</p>	<p>The sum of two integers is 14. If one of them is -8, then the other number is</p> <p>(a) 22 (b) -22 (c) 6 (d) -6</p>	<p>2</p>	<p>Analytical</p>
<p>18</p>	<p>In a school exam, Rohan's score was up to 500 points. Then he scored -100 points in the words category. What was his score then?</p>	<p>3</p>	<p>Problem solving</p>
<p>19</p>	<p>Jack finished coloring a picture in $\frac{7}{12}$ hour. Victor finished coloring the same picture in $\frac{3}{4}$hour. Who worked longer? By what fraction was it longer?</p>	<p>3</p>	<p>Problem solving</p>



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

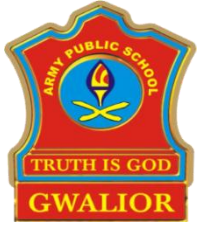


Subject: Science
Allotment Date: 29 April 2023

Assignment No. : 1

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	Fill in the blanks 1.The process of obtaining the utilization of food by an organism is called _____ 2.The plants which depend on food produced by other plants are called _____ 3.The set of teeth that grows during infancy is called _____ 4. _____ is the largest gland in human body 5.The main steps of nutrition in humans are _____, _____, _____, _____ and _____.	1x5=5	Information
Q2.	1.How does a pitcher plant catch insects? 2.What are villi?	2x2=4	Observation
Q3.	Multiple choice questions. 1. Amarbel is an example of – (a) Autotroph (b) Parasite (c) Heterotroph (d) Host 2. The plant which traps and feed on insects is- (a) Cucuta (b) Rose (c) Pitcher plant (d) Sunflower 3. Fat is completely digested in the- (a) Stomach (b) Mouth (c) Small intestine	1x5=5	Knowledge based

	<p>(d) Large intestine</p> <p>4. Water from the undigested food is absorbed mainly in the-</p> <p>(a) Stomach (b) Food pipe (c) Small intestine (d) Large intestine</p> <p>5. Which of these is/are necessary for photosynthesis to take place-?</p> <p>(a) Carbon dioxide (b) Chlorophyll (c) Water (d) All of these</p>		
Q4.	<p>1. What is the role of stomata in photosynthesis?</p> <p>2. Analyze the digestion and absorption processes in the small intestine?</p>	2x2=4	Analysis
Q5.	<p>1. How can you prove that the process of photosynthesis requires sunlight?</p> <p>2. Which organisms have a symbiotic relationship to form lichens?</p> <p>3. Name the type of carbohydrate that can be digested by ruminants but not by humans. Give the reason also.</p>	2x3=6	Evaluation
Q6.	<p>1. How can we demonstrate that chlorophyll is necessary for photosynthesis?</p> <p>2. Can we survive only on raw, leafy vegetables/grass?</p>	3x2=6	Higher order thinking



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



Subject: Social Science
Allotment Date: 29 April 2023

Assignment No. : 1

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>Q1. Objective type questions Fill in the blanks and rewrite the sentences.</p> <p>i) Plants and _____ Kingdom together make biosphere.</p> <p>ii) _____ is the central feature of democracy.</p> <p>iii) Hydrosphere is a part of _____.</p> <p>iv) _____ drafted the Indian constitution.</p> <p>v) _____ wrote the 'Kitab-al-Hind'.</p> <p>vi) The manuscripts were placed in _____.</p> <p>vii) 'Joothan' is the autobiography of _____.</p> <p>viii) _____ interacts with the environment and modify it according to their needs.</p>	8	Information and Understanding
2	What are the historical sources? How are the sources helpful to historians?	3	HOTS
3	How have human beings adapted to the environment to fulfill their needs?	3	Analytical Skill
4	What was the condition of the African - Americans in the United States of America prior to 1950's?	3	Communication Skills
5	Why was the information from the manuscript difficult to use during the thousand years?	5	Critical Thinking and Problem Solving
6	Differentiate between the biotic and abiotic environment with examples.	5	Interdisciplinary
7	<p>On an outline political map of India mark and locate the following places:-</p> <p>A) Mark any two states with their capitals.</p> <p>B) Mark any two places of the provinces of the Delhi sultanate during Muhammad Tughlug's reign.</p>	3	Evaluation



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



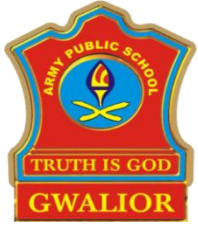
Subject: Sanskrit

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	एकपदेन उत्तरत् (क) पृथिव्यां कति रत्नानि? (ख) पृथिवी केन धार्यते? (ग) लोके वशीकृतिः का? (घ) सत्येन कः वाति? (ङ) कस्य संग्रहः कर्तव्यः?	5	Critical Thinking
2.	निम्नलिखितानाम् शब्दानाम् अर्थान् लिखत- सुभाषितम् - तपते - मूढैः - सहासीत - शौर्ये -	5	Memory skill
3.	अधोलिखितपदेषु के धातवः सन्ति- (क) कर्तव्यः (ख) पश्य (ग) भवेत् (घ) तिष्ठति (ङ) करोति	5	Information
4.	अधोलिखितपदेषु के पर्यावाचीः सन्ति- (क) जलम् (ख) रविः (ग) वायुः (घ) संसार (ङ) वसुन्धरा	5	Thinking skill
5.	निम्नलिखितपदानाम् संयोज्य लिखत- (क) जलम्+अन्नम् = (ख) वायुः+च = (ग) विस्मयः+न = (घ) न+असम्भिदः = (ङ) सह+आसीत =	5	Analytical skill
6.	अधोलिखितरदानाम् लिङ्गानुसारं लिखत- सुखी अन्नम् पृथ्वी	5	Understanding

	सत्येन रवि:		
--	----------------------------	--	--



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

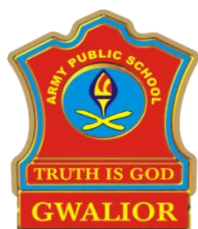


Subject: Artificial Intelligence
Allotment Date: 29 April 2023

Assignment No. : 1

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	What is an STL? a. A file that stores information about 3D models. b. The coding program. c. A type of filament.	1	Understanding
B)	What is infill? a. Extra material printed inside to avoid collapse. b. The designed object is turned into layers. c. Extra material printed on the outside of the object to support overhangs.	1	Understanding
C)	What is a nozzle? a. It is the part of the printer that melts the filament. b. It is the part of the printer that pushes the filament down. c. It is the part of the printer that holds the 3D object as it prints. It is heated to a lower temperature.	1	Understanding
D)	What are the basic characteristics of 3D Printing? a. 3D objects are made in layers, it is an additive process b. 3D objects are created using a subtractive process c. 3D objects print from the computer	1	Understanding
2.	State whether these statements are true or false.		
A)	Full sized houses and structures now have the ability to be 3D printed.	1	Analytical Thinking
B)	3D Printers can print solutions to problems	1	Understanding
C)	3D Printer can print multicolor models?	1	Understanding
3.	Fill in the blanks.		

A)	_____ is the part of the printer that pushes the filament down.	1	Understanding
B)	In a common 3D printer, _____ determines the color of the model	1	Understanding
C)	_____ is the file format we export to print.	1	Understanding



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



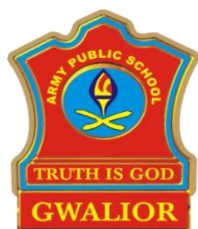
Subject: Health and Physical Education

Assignment No. : 1

Allotment Date: 29 April 2023

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1- What is the weight of football?</p> <p>a.410gm to 450gm b.310gm to 350gm c.510gm to 550gm d.350gm to 400gm</p> <p>Q-2 Who won the 2018 football cup?</p> <p>a.Brazil b.Portugal c.France d.Argentina</p> <p>Q-3- What colour cards do referee carry in a football match?</p> <p>a.Red and orange b.Yellow and blue c.Red and yellow d.Green and blue</p> <p>Q-4- What is the time duration of football match?</p> <p>a.80 minutes b.90 minutes c.70 minutes d.95 minutes</p>	4	INFORMATIVE
2	<p><u>Fill in the blanks</u></p> <p>Q-5- Football world cup 2022 organised by _____ (Qatar,france)</p>	3	INTERDISCIPLINARY

	<p>Q-6 Penalty area is _____ far away from the touch line.(18yard,20 yard)</p> <p>Q-7 _____ won the most football world cup title.(Argentina,Brazil)</p>		
<p>3</p>	<p><u>True False</u></p> <p>Q-8- 12 players from each team allowed to play at a time?</p> <p> A. True</p> <p> B. False</p> <p>Q-9 Portugal won their world cup title in 2014?</p> <p> A. True</p> <p> B. False</p> <p>Q-10- Cristiano ronaldo plays for Portugal?</p> <p> A. True</p> <p> B. False</p>	<p>3</p>	<p>UNDERSTANDIN G</p>



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



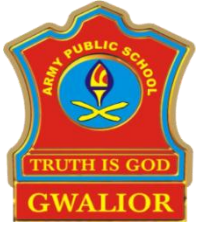
Subject: Karate

Assignment No. : 1

Allotment Date: 29 April 2023

S. NO	QUESTIONS	Marks 10	Nature
1	What is the meaning of Kata? a) Fight b) Leg Fight c) Pre – decided techniques of offense and defense d) None of these	1	Informative
2	Which Japanese word is used at the time of wish in Kata? a) Os b) Ous c) Osu d) Oos	1	Informative
3	What is the Japanese name of middle block? a) Jodan age uke b) Chudan sota uke c) Gaidan barai uke d) None of these	1	Understanding
4	Which stance is used in step punch? a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi	1	Informative
5	Which position is used at the time of block in kata ki hon ich? a) Hidari heikodachi b) Migi heikodachi c) Hidari and migi heikodachi d) None of these	1	Understanding
6	How many steps in ki hon ich kata? a) 10 b) 20 c) 30 d) 40	1	Informative

7	<p>In heikodachi dachi legs should be</p> <ul style="list-style-type: none"> a) Parallel to your shoulder b) Inside the shoulder c) Outside the shoulder d) None of these 	1	Informative
8	<p>How many sequence in ki hon ich kata?</p> <ul style="list-style-type: none"> a) 10 b) 20 c) 30 d) 40 	1	Understanding
9	<p>Which punch is used in kata ki hon ich?</p> <ul style="list-style-type: none"> a) Jodan tsuki b) Chudan tsuki c) Gaidan tsuki d) Nidan tsuki 	1	Understanding
10	<p>What is the starting position of ki hon ich kata?</p> <ul style="list-style-type: none"> a) Heikondachi b) Shikodachi c) Zenkotsudachi d) None of these 	1	Informative



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



Subject: Music (Vocal and Dance)
Allotment Date: 29 April 2023

Assignment No. : 1

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 b) Flute	2	Informative

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



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

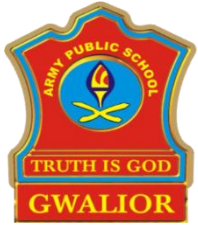


Subject: Computer
Allotment Date: 29 April 2023

Assignment No. : 1

S.NO.	QUESTIONS	MARKS	NATURE
1	<p>Choose and write the correct option (MCQ):-</p> <p>(i) The octal number system has _____ as its base.</p> <p>(a) 10 (b) 2 (c) 8 (d) None</p> <p>(ii) A group of 8 bits is called _____.</p> <p>(a) Kilobyte (b) Nibble (c) Bit (d) None</p> <p>(iii) The digit 'one' represents the electronic state ____</p> <p>(a) On (b) Off (c) Both on and off (d) None</p> <p>(iv) The binary equivalent of decimal number 7 is</p> <p>(a) 0110 (b) 0111 (c) 0011 (d) 0010</p>	0.5x4=2	Information
2	<p>Fill in the blanks-</p> <p>(i) The base 16 number system is _____.</p> <p>(ii) The smallest unit in a computer processing is called _____.</p> <p>(iii) Octal number system consists of ____ digit.</p> <p>(iv) Half a byte is called _____.</p>	4 x0.5=2	Understanding
3	<p>Write True or False against the statements:-</p> <p>(i) Non –positional system does not depend upon the position</p>	4x0.5=2	Interdisciplinary

	<p>of the number or symbols. ()</p> <p>(ii) Half a byte is called nibble. ()</p> <p>(iii) The system in which the symbols like I for 1, II for 2 , III for 3, IIII for 4 etc are used in positional number system. ()</p> <p>(iv) The eight bits are grouped together as a unit bits. ()</p>		
4	<p>Answer the following questions -</p> <p>(i) Write the steps to convert from octal to decimal equivalent.</p> <p>(ii) Convert $(45)_2$ to binary equivalent.</p> <p>(iii) What is hexadecimal number system? Convert 4BD8 to binary equivalent.</p> <p>(iv) Convert $(1642)_{10}$ to octal number system.</p>	1x4= 4	<p>Critical</p> <p>Thinking and</p> <p>Problem</p> <p>Solving</p>



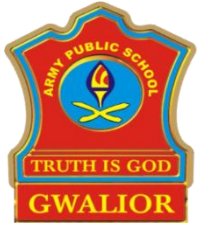
ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF -ASSESSMENT)



Subject: Art and Work Education
Allotment Date: 29 April 2023

Assignment No. : 1

S. NO.	QUESTIONS	Marks	Nature
1	What is Perspective ?	2	Informative
2	What are the three important tools for perspective drawing?	2	Informative
3	What is one point perspective ?	2	Informative
4	What are the 6 rules of respective ?	2	Informative
5	What are the directions of perspective ?	2	Informative



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



Subject: Yoga
Allotment Date: 29 April 2023

Assignment No. : 1

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</p> <p>1]..... is the component of Yama[Dharna/Satya].</p> <p>2]..... is the meaning of 'YOGA'. [Wholeness/Non-violence].</p> <p>3] _____ is the total no. of step in Surya namaskar[12/ 15]</p>	3X1=3	INFORMATIVE
<p><u>True and False:</u></p> <p>1. Yoga Sutras are given by Patanjali.</p> <p>2. Ahinsa [non-violence] is the part of Niyam.</p> <p>3. Varkash asana is used for improving concentration.</p>	3X1=3	
<p>Multiple Choice Questions:</p> <p>1] which among these is the meaning of Yama? A] Restraint B] Contentment C] Unity D] Non-of-these</p> <p>2] Which among these is the correct translation of Niyam? A] Non-Violence B] Observances C] Truthfulness D] All of these</p> <p>3] What does Yoga means? A] Wholeness B] Physical Health C] Emotional Health D] All of these</p>	4X1=4	

4] What is the total no. of elements of yoga?

- A] 10
- B] 5
- C] 8
- D] 2

--	--