



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

Subject: English

Assignment No. : 3

Allotment Date: 25 August 2023

S. No.	QUESTIONS	MARKS	NATURE
1	Underline the verbs and state whether they are transitive or intransitive verbs. Name the object of each transitive verb. 1. He raised his hands. 2. The dog barks. 3. Rose is painting right now. 4. The donkey kept braying.	4 Marks	Informative and understanding
2	Fill in the blanks with the present perfect continuous form of the verbs given in brackets: a) Sania.....(play) tennis since her childhood. b) Shweta (learn) to bake since January. c) Why..... you (refuse) the offer for so many years?	3 Marks	Understanding
3	Is poet afraid or curious, or both? Give reason in support of your answer.	4 Marks	HOT
4	Name two things the elephant can do with his trunk and two he cannot.	3 Marks	Interdisciplinary
5	Correct the following sentences. a) Fifteen miles are a long distance. b) There was five books on the table. c) Rice and curry are his stable diet.	3 Marks	Analytical Skill
6	What are the uses and dangers of curiosity?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) Why did Golu go to the river? b) What three things did Gopal do before he went to buy his hilsa-fish? c) Why did the king want no more talk about the hilsa fish?	3×2 = 6 Marks	Evaluation
8	How the village life is different from the urban city life?	3 Marks	Communication Skills



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

Subject: Hindi
Allotment Date: 25 August 2023

Assignment No. : 3

क्रम सं.	प्रश्न	अंक	प्रकृति
1.	निम्नलिखित शब्दों का अर्थ लिखिए- साफ़ा, दहकना, पलाश, अँगीठी, सिमटा, शिविर, शिष्टता, उल्लास, जोखिम, सूना	5	सूचनात्मक संचार कौशल (Informative Communication Skills)
2.	निम्नलिखित प्रश्नों के उत्तर दीजिए- (क) शाम का दृश्य अपने घर की छत या खिड़की से देखकर बताइए- (i) शाम कब से शुरू हुई? (ii) तब से लेकर सूरज डूबने में कितना समय लगा? (iii) इस बीच आसमान में क्या-क्या परिवर्तन आए? (ख) अपनी माँ से झूठ बोलते समय तोत्तो-चान की नज़रें नीचे क्यों थीं? (ग) 'यासुकी-चान के लिए पेड़ पर चढ़ने का यह.....अंतिम मौका था।' इस अधूरे वाक्य को पूरा कीजिए और लिखकर बताइए कि लेखिका ने ऐसा क्यों लिखा होगा?	6	गंभीर सोच और समस्या समाधान (Critical Thinking and Problem Solving)
3.	निम्नलिखित समस्तपदों का विग्रह करते हुए समास का नाम लिखिए। (i) पाप-पुण्य (ii) महादेव (iii) तिराहा (iv) आजीवन (v) घुड़सवार	5	अंतःविषयी (Interdisciplinary)

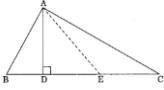
4.	<p>(क) निम्नलिखित शब्दों के दो-दो पर्यायवाची शब्द लिखिए। (i) फूल (ii) पृथ्वी (iii) घोड़ा (iv) रात्रि (v) आँख</p> <p>(ख) निम्नलिखित शब्दों के विलोम शब्द लिखिए। (i) सुगंध (ii) आस्तिक (iii) उपस्थित (iv) आदर (v) जीवन</p>	5	समझ (Understanding)
5.	<p>एक पेपर पर सभी कारकों के भेद तथा उनके कारकीय- चिह्न लिखिए तथा प्रत्येक भेद के सामने अपनी पाठ्य-पुस्तक से दो-दो उदाहरण छाँटकर लिखिए।</p>	4	मूल्यांकन (Evaluation)
6.	<p>(क) जरासंध का वध किसने किया? (ख) युधिष्ठिर चौसर के खेल में क्या-क्या हार गए? (ग) श्रीकृष्ण की अग्रपूजा का विरोध किसने किया? (घ) विदुर पांडवों के पास किस चीज़ का निमंत्रण देने गए थे? (ङ) द्रौपदी को सांत्वना देते श्रीकृष्ण ने क्या कहा?</p>	5	विश्लेषणात्मक (Analytical)



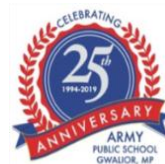
ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Mathematics
Allotment Date: 25 August 2023

Assignment No. : 3

S. No.	QUESTIONS	MARKS	NATURE
1	In $\triangle ABC$, vertex opposite to side AC is (a) A (b) C (c) B (d) None	1	Informative
2	In the given figure, name the median of triangle where E is the midpoint of BC. (a) AE (b) AD (c) AB (d) AC	1	Informative
3	Name the median of given triangle, were E is the midpoint of BC.  (a) AE (b) AD (c) AB (d) AC	1	Understanding
4	In an equilateral triangle $\triangle ABC$, find the value of each angle of triangle. (a) 90° (b) 40° (c) 70° (d) 60°	1	Informative
5	Find the ratio of 5 km to 400 m. (a) 25:2 (b) 5:4 (c) 4:25 (d) 25:4	1	Understanding
6	Which one is the equivalent ratio of 7:9 ? (a) 18:14 (b) 14:16 (c) 9:7 (d) 28:36	1	Analytical
7	What per cent of 44 kg is 440 g? (a) 10% (b) 100% (c) 1% (d) 0%	1	Problem solving
8	Convert 0.25% into the fraction form. (a) $\frac{5}{12}$ (b) $\frac{5}{4}$ (c) $\frac{1}{400}$ (d) $\frac{1}{40}$	1	Critical Thinking
9	In which triangle the altitude and the median are the same ?	1	Informative

	(a) Right triangle (b) Scalane (c) Acute angled (d) Isosceles		
10	What per cent of (a) 64 is 148.48? (b) 75 is 1225?	2	Analytical
11	State whether the following ratios are proportional or not: (i) 20 : 45 and 4 : 9 (ii) 9 : 27 and 33 : 11	2	Construction
12	Which of the following cannot be the sides of a triangle? (i) 4.5 cm, 3.5 cm, 6.4 cm (ii) 2.5 cm, 3.5 cm, 6.0 cm (iii) 2.5 cm, 4.2 cm, 8 cm	2	Analytical
13	One of the equal angles of an isosceles triangle is 50° . Find all the angles of this triangle.	3	Understanding
14	A machine costs ₹ 7500. Its value decreases by 5% every year due to usage. What will be its price after one year?	3	Problem Solving
15	I have three sides. One of my angle measure 15° . Another has a measure of 60° . What kind of a polygon am I? If I am a triangle, then what kind of triangle am I?	$1+1+2=4$	Case Study
16	Rashmi obtains 480 marks out of 600. Rajan obtains 560 marks out of 700. Whose performance is better?	5	Problem Solving



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

Subject: Science

Assignment No. : 3

Allotment Date: 25 August 2023

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	Fill in the blanks 1. Rusting of iron is a _____ 2. The reddish – brown layer deposited on the 3. surface of iron objects is called_____ 4. Properties such as shape, size, colour and state of a substance are called_____ 5. The chemical name of vinegar is _____ 6. Turning of lime water to milky is a standard test of _____ gas	1x5=5	Information
Q2.	1. Write down any 2 characteristic of chemical change. 2. What is a physical change? Give examples.	2x2=4	Observation
Q3.	Multiple choice questions 1. Galvanisation is a process used to prevent the rusting of which of the following? (a)Iron (b)Zinc (c)Aluminium (d)Copper 2. Which of the following is a physical change? (a)Rusting of iron (b)Combustion of magnesium ribbon (c)Burning (d)Melting of ice	1x5=5	Knowledge based

	<p>3. Which of the following is a chemical change? (a)Twinkling of stars (b)Cooking of vegetables (c)Cutting of fruits (d)Boiling of water</p> <p>4. The new substance formed as a result of chemical reaction are known as (a)Reactants (b)Catalysts (c)Ingredients (d)Products</p> <p>The gas which protects us from ultraviolet rays is</p> <p>5. (a)carbon monoxide (b)nitrogen (c)oxygen (d)ozone</p>		
Q4.	<p>1. Why does rusting take place faster near the coastal areas? 2. Why do cut vegetables take up a brown colouration when exposed in air?</p>	2x2=4	Analysis
Q5.	<p>Explain two methods by which rusting of iron can be prevented.</p> <p>1. What do you observe when you mix vinegar and baking soda? 2. Who protects Earth from harmful radiation of the sun? And how? 3.</p>	2x3=6	Evaluation
Q6.	<p>1. Why rusting of iron is faster at coastal region than in the desert region? 2. Why there is a change in color from Blue to green between the reaction of copper sulphate and iron needle?</p>	3x2=6	Higher order thinking



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

Subject: Social Science

Assignment No. : 3

Allotment Date: 25 August 2023

S. NO.	QUESTIONS	MARKS	NATURE
1	<p>Q1. Objective type questions Fill in the blanks and rewrite the</p> <p>(a) The capital of Mirza Hakim, half brother, was.....</p> <p>(b) If zat determined a mansabdar's rank and salary, sawar indicated his</p> <p>(c) The five Deccan Sultanate Berar Khandesh Ahmednagar.....</p> <p>(d) if zat determined a mansabdar's rank and salary, sewer indicated his.....</p> <p>(e) Abul Faze, Akbar's friend and counsellor, helped him frame the idea of so that he could govern a society composed of many religions, cultures, and castes.</p> <p>(f) The most important layer of the atmosphere is.....</p> <p>(g) As we go up the layers of the atmosphere, the pressure.....</p> <p>(h) Laws for the states are made in the</p>	8	Information and Understanding
2	Use the terms 'constituency' and 'represent' to explain who an MLA is and how is the person elected?	3	HOTS
3	How were the debates with religious scholars important in the formation of Akbar's ideas on governance?	3	Analytical Skill
4	Make a list of toys and games that boys typically play and another for girls. If there is a difference between the two lists, can you think of some reasons why this is so? Does this have any relationship to the roles children have to play as adults?	3	Communication Skills
5	Give an account of the different layers of the atmosphere.	5	Critical Thinking and Problem Solving
6	What was the problem in Patalpuram? What discussion/actions were taken by the following?	5	Interdisciplinary
7	On an outline political map of India mark and locate the following places:- Mississippi—Missouri.	3	Evaluation

	<p>Amazon. Parana—Paraguay. The Nile. Zaire. Tigris—Euphrates.</p>		
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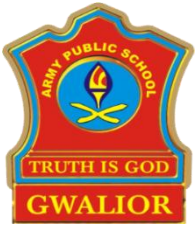
Subject: Sanskrit

Assignment No. : 3

Allotment Date: 25 August 2023

S. NO.	QUESTIONS	MARKS	NATURE
1.	शब्दानाम् अर्थान् लिखत- आचारः = अनृतम् = सेवेत = सुलभम् = उपहसति =	1*5= 5	Information
2.	मञ्जूषातः अव्ययपदानि चित्वा वाक्यानि पूरयत- <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">तथा, न, कदाचन, सदा, च</div> (क) भक्तः ईश्वरं स्मरति। (ख) असत्यं वक्तव्यम्। (ग) प्रियंसत्यम् वदेत्। (घ) लता मेधाविद्यालयं गच्छतः। (ङ) महात्मागान्धी अहिंसा न अत्यजत्।	1*5=5	Analytical skill
3.	उदाहरणानुसारं पदरचनां कुरुत- यथा- वसति स्म = अवसत् (क) पश्यति स्म = (ख) तपति स्म =	1*5=5	Understanding

	<p>(ग) वदति स्म =</p> <p>(घ) गच्छति स्म =</p> <p>(ङ) हसति स्म =</p>		
4.	<p>कोष्ठकात् उचितपदानि अवचित्य रिक्तस्थानानि पूरयत-</p> <p>(क) ते गच्छन्ति। (नगरं, नगरे)</p> <p>(ख) सीता अनुगच्छति। (रामम्, रामस्य)</p> <p>(ग) जनाः खादन्ति। (मुखेन, मुखात्)</p> <p>(घ) माता क्रुध्यति। (पुत्राय, पुत्रे)</p> <p>(ङ) कृषकाः आगच्छन्ति। (क्षेत्रात्, क्षेत्रेण)</p>	1*5=5	Thinking skill
5.	<p>कोष्ठकेन्-प्रदत्तशब्दैः सह उचितविभक्तिं योजयित्वा रिक्तस्थानानि पूरयत-</p> <p>(क) जनाः तत्र गच्छन्ति। (सर्व)</p> <p>(ख) बालकेन सह गच्छ। (इदम्)</p> <p>(ग) सः फलानि खादति। (सर्व)</p> <p>(घ) सह आगच्छ। (अस्मद्)</p> <p>(ङ) बालकेभ्यः फलानि यच्छ। (एतद्)</p>	1*5=5	Critical thinking
6.	<p>कारक एवं विभक्तियों के नाम लिखिए-</p> <p>कारक का नाम विभक्तियाँ</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>4.</p> <p>5.</p> <p>6.</p> <p>7.</p> <p>सम्बोधनम्</p>	1*5=5	Memory skill



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CLASS -VII

ACADEMIC SESSION 2023-24

WORKSHEET (SELF –ASSESSMENT)



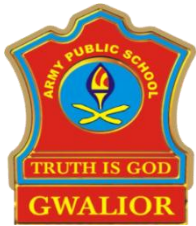
Subject: Computer

Assignment no. : 3

Allotment Date: 25 August 2023

S.NO.	QUESTIONS	MARKS-10	NATURE
1	Choose and write the correct option (MCQ):-	0.5x5=2.5	Information
i)	_____ is effective in adding depth in our graphic objects. a) Layer b) Animation		
ii)	_____ Creates the illusion of movement. a) Transition b) Animation c) Symbol		
iii)	A frame rate of _____ is the default setting for new Animate document. a) 12 fps b) 30 fps c) 24 fps		
iv)	A key frame is indicated on the Timeline with a _____. a) Red b) Black c) Green		

v)	In Animate, Shape tween can only be applied to_____.		
	<ul style="list-style-type: none"> a) Shapes b) Images c) Text 		
2	<p>Fill in the blanks-</p> <ul style="list-style-type: none"> a) A bitmap graphic is composed of many tiny parts called_____. b) A_____layer can be used for reference point and alignment. c) Frame-by-frame animation is also known as_____animation. d) We can use the _____ tween to animate between two keyframes. e) To morph one shape to another_____tween is used. 	0.5x 5=2.5	Understanding
3.	<p>Write 'T' for True and 'F' for False statements.</p> <ul style="list-style-type: none"> a) We cannot import bitmap graphic in Animate. b) We can create many instances of the same symbol. c) In frame-by-frame animation, Animate calculates in – between frames automatically. 	0.5x3=1.5	Understanding
4.	<p>Answer the following questions:-</p> <ul style="list-style-type: none"> a) What is layer? Write its type. b) Why do we add frames in Animate? c) What do you understand by symbol and instances? d) What is frame by frame animation? Explain. e) What is tween? Write its type. f) Differentiate between Motion tween and shape tween. g) Differentiate between keyframe and blank keyframe. 	0.5 x 7=3.5	Evaluation



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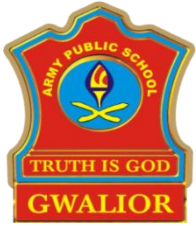
Subject: Health and Physical Education
Allotment Date: 25 August 2023

Assignment No. : 3

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1- full form of IBW?</p> <p>A. Leg before wicket</p> <p>B. Leg between wicket</p> <p>C. Leg behind wicket</p> <p>D. Late before wicket</p> <p>Q-2 who is known as Spin king of cricket?</p> <p>A. Anil Kumble</p> <p>B. Sachin Tendulkar</p> <p>C. Shane warn</p> <p>D. Shan watson</p> <p>Q-3- Which is the largest cricket stadium in the world?</p>	4	Information

	<p>A. Eden garden</p> <p>B. The Melbourne Cricket Ground</p> <p>C. Roop singh stadium</p> <p>D. The M. Chinnaswamy Stadium</p> <p>Q-4-Length of Cricket pitch?</p> <p>A. 18M</p> <p>B. 20.12 M</p> <p>C. Both a and b</p> <p>D. 22m</p>		
<p>2</p>	<p><u>Fill in the blanks</u></p> <p>Q-5- _____ took a hat trick against England in Twenty20 World Cup 2021?</p> <p>Q-6 One day world cup will be held in _____ .</p> <p>(India, Australia)</p> <p><u>Q-7</u> The movie 83, is biopic of Indian cricket player_____.</p> <p>(Kapil dev or M S Dhoni)</p>	<p>3</p>	<p>Information</p>

3	<u>True False</u> Q-8- cricket was originated in India. A. True B. False Q-9 Sachin Tendulkar scored 200 runs in Gwalior . A. True B. False Q-10- Did Harshal Gibbs hits 6 sixes in an over. A. True B. False	3	Information
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Art and Work Education
Allotment Date: 25 August 2023

Assignment No. : 3

S. No.	QUESTIONS	MARKS	NATURE
1	Describe Warli Art.	2	Informative
2	Describe Madhubani Art.	2	Informative
3	What is the process of making Madhubani Art?	2	Understanding
4	What is the process of making Warli Art?	2	Informative
5	What is Perspective View?	2	Understanding



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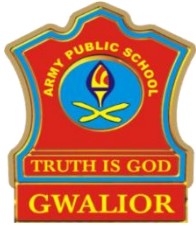
Subject: ATL

Assignment No. : 3

Allotment Date: 25 August 2023

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	Soldering is done on wire joints to improve a. Conductivity b. Ductility c. Mechanical power	1	Understanding
B)	Solder which is used for joining metal pieces is an alloy of a. Tin and Lead b. Zinc and lead c. Tin and zinc	1	Understanding
C)	Soldering iron bit is made up of: a. Tin b. Steel c. Copper	1	Understanding
D)	A typical Solder composition used in component assembly to PCB is a. Lead and silver b. Lead and copper c. Lead and tin	1	Understanding
2.	State whether these statements are true or false.		
A)	Soldering is done on wire joints to improve conductivity?	1	Analytical Thinking
B)	Graphite is a good conductor of electricity?	1	Understanding
C)	Glass is a good conductor of electricity?	1	Understanding

3.	Fill in the blanks.		
A)	_____ is the process by which metallic materials are joined with the help of another liquefied metal (solder).	1	Understanding
B)	Full form of LED is _____.	1	Understanding
C)	A _____ is used to melt the solder and heat the metal that is to be joined together.	1	Understanding



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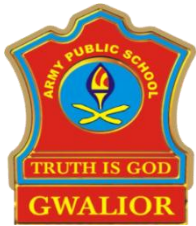


Subject: Music and Dance
Allotment Date: 25 August 2023

Assignment No. : 3

S. NO.	QUESTIONS	MARKS	NATURE
1	How many parts instrument are divided ? a) 2 b) 4	1	Informative
2	Which of the following is musical instrument tabla , pakhawaj ? a) Ghana vadya yantra. b) Avanaddha vadya yantra.	1	Informative
3	What we call the instruments which have three wires ? a) Sitar b) Tabla	1	Informative
4	Which form of song is “ Aye mere watan ke logo”? a) Patriotic Song b) Folk song	1	Informative
5	What does “Taal” called in English? a) Beats b) Rythem	1	Informative
6.	Who is the writer of song “saare jahan se accha”? a) Mohommad Iqbal b) Rabindranath Tagore	1	Informative

7.	Rhythem is? a) Long and short sounds b) Beats	1	Informative
8.	How many beats (matra) in Dadra taal? a) 10 b) 6	1	Informative
9.	How many tali in Dadra taal? a) 3 b) 1	1	Informative
10.	How many khali in Dadra taal ? a) 3 b) 1	1	Informative



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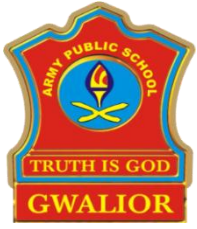


Subject: Martial Art
Allotment Date: 25 August 2023

Assignment No. : 3

S.No	Questions	Marks	Skills Developed
I	Multiple choice questions:-	4 x 1 = 4	Information
1.	What is the meaning of Bunkai? A) One-point attach and defence B) Extraction of fighting techniques from kata C) Pre-decided techniques of offence and defence D) All of the above		
2.	What is the attention position of karate? A) Heikodachi B) Shikodachi C) Tsuki D) Uke		
3.	What is the Japanese name of middle punch? A) Chudan Tsuki B) Tsuki C) Jodan Tsuki D) Uke E)		
4.	Gaidan Tsuki is the Japanese name of - A) Lower punch B) Upper punch C) Lower block D) Kick		
II	Fill in the blanks.	3 x 1 = 3	Information
5.	_____ mawashi is used for two score. A) Chudan B) Jodan		

<p>6.</p> <p>7.</p> <p>III</p> <p>8.</p> <p>9.</p> <p>10</p>	<p>_____ Is the name of second pinana kata?</p> <p>A) Pinan neidan B) Pinan shodan</p> <p>There are _____ hippon.</p> <p>A) Ten B) Twenty</p> <p>True and False-</p> <p>Meaning of Karate is Kata. (True, False)</p> <p>Zenkutsu dachi is the most used dachi in kata (True, False)</p> <p>Heikodachi is Japanese name of attention position of karate. (True, False)</p>	<p>3 x 1 = 3</p>	<p>Information</p>
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Yoga

Assignment No. : 3

Allotment Date: 25 August 2023

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</p> <p>1] Yama is the _____ element of Ashtang Yoga[1th/4th].</p> <p>2]Ahimsa means to avoid _____[violence /non-violence].</p> <p>3] _____ is a practice of letting go of all that is not needed and only possessing what is completely necessary [Aparigraha/ Asteya]</p>	<p>3X1=3</p>	<p>INFORMATIVE</p>
<p><u>True and False:</u></p> <p>1. Niyam is the second limb of yoga.</p> <p>2. Yamas are restraints and Niyamas are observances.</p> <p>3. Saucha and Santosh are two of Niyams.</p>	<p>3X1=3</p>	<p>CRITICAL THINKING</p>

Multiple Choice Questions:

4X1=4

ANALYTICAL

THINKING

1] *What* is the Sanskrit term for a duty or observance recommended by yogic philosophy and teaching as part of the path of yoga.?

A] Yama

B] Pranayam

C] Tapas

D] Niyama

2] Which among these is the correct translation of Ishvara Pranidhana?

A] Non-Violence

B] Observances

C] Truthfulness

D] Surrender to divine

3] What does Asteya means?

A] Non-stealing

B] Non-violence

C] Non-coveting

D] All of these

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

A] 10

B] 5

C] 8

D] 2