

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

**Subject: English**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S.NO	QUESTIONS	MARKS	NATURE
1	<p>Read the Passage carefully.</p> <p>He wore a question mark for the tail, An overcoat of gray, He sat up straight to eat a nut. He liked to tease and play, And if we ran around his tree, He went the other way.</p> <p>On the basis of reading the passage answer the questions that follows-</p> <p>1.The squirrel sitting on a tree: (a) to observe everyone (b) to shake it branches (c) eating nuts (d) to catch its pray</p> <p>2.the poetic device used in the tail was like question mark Is: (a) Metaphor (b) personification (c) Simile (d) rhym</p> <p>3.The squirrel sat in (a) a straight manner (b) the borrow (c) an erect position (d) both a and c</p>	3 Marks	Understanding
2	<p>Read the passage carefully.</p> <p>Kari, the elephant, was five months old when he was given to me to take care of. I was nine years old I could reach his back if I stood on tiptoe. He seemed to remain that high for nearly two years. We grew together; that is probably why I never found out just how tall he was. He lived in a pavilion so that it could not fail in when kari bumped against the poles as he moved about. One of the first things kari did</p>	4Marks	Critical thinking and problem solving

	<p>was to save the life of a boy. Kari did not eat much but he nevertheless needed forty pounds of things a day to chew and play with. Every day I used to take him to the river in the morning for his bath.</p> <p>2.1 On the basis of the reading of the passage, answer the questions</p> <p>Q 1) kari lived in. ....</p> <p>Q 2) How old was kari when given to writer for caring?</p> <p>Q 3) How old was the writer when he started caring for kari?</p> <p>Q4) Where did the writer take kari for morning bath?</p> <p>a) sea b) river c) pound d) well</p>		
3	Write a letter to the municipal commissioner for better maintenance facilities in your locality.	5 Marks	Communication
4	<p>Choose the correct verb form from those in brackets:</p> <p>a) Abdul _____ to be a doctor. (wants, wanting, is wanting)</p> <p>b) The Soup _____ good. (taste, tastes, is tasting)</p> <p>c) He _____ TV most evening. (watches, is watch, is watching)</p> <p>d) He _____ out five minutes ago. (has gone, had gone,)</p>	1/2×4= 2Marks	Analytical
5	<p><b>Fill in the blanks with the correct Determiners</b></p> <p>1. .... books are kept in my bad</p> <p>2. .... teacher has arrived in the class</p>	1×2 = 2 Marks	Interdisciplinary
6	<p><b>Short Answer Type Questions</b></p> <p>Answer the following questions in 30-40 words only.</p> <p>1."He liked to tease and play".Who is teasing whom?</p> <p>2.How does the ravi get milk for kitten?</p> <p>3.why didi the king want no more talk about the hilsa-fish?</p> <p>4.Whom does Golu ask, "Why don't you ever fly like other birds?"</p>	2×4 = 8Marks	Evaluation
7	<p><b>Long Answer Type Questions</b></p> <p>Answer the following questions in100-120 words.</p> <p>1.Mention three things we can learn from the tiny teacher Give reason for choosing these items</p> <p>2.Why did the daimio reward the farmer but punish his neighbour for the same act?</p>	3×2 = 6 Marks	HOT



	केबीचसंवाद।		
6.	(क(भीम को बगीचे के बीच कौन लेटा मिला ? (ख(हनुमान ने भीम को क्या आशीर्वाद दिया ?(ग (पानी पीने के बाद चारों भाइयों के साथ क्या घटना घटी)?घ(आश्रम के समीप जलाशय के तट पर किसने डेरा डाल रखा था?	4	विश्लेषणात्मक )Analytical)



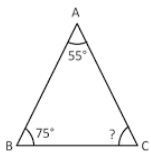
**ARMY PUBLIC SCHOOL GWALIOR  
CLASS - VII**

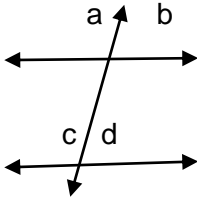
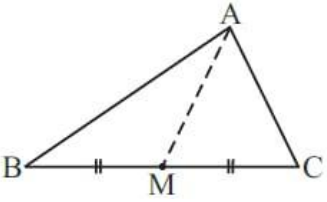
**ACADEMIC SESSION 2023-24  
REVISION WORKSHEET (SELF –ASSESSMENT)**

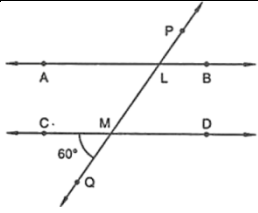
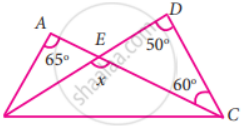
**Subject: Mathematics**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S. No.	QUESTIONS	MARKS	NATURE
1	25% of 400 is (a) 100 (b) 200 (c) 50 (d) None	1	Informative
2	Percent of 0.01 is (a) 10 (b) 100 (c) 1 (d) None	1	Understanding
3	The value of unknown angle in the figure  (a) 50 (b) 130 (c) 100 (d) None	1	Analytical
4	Value of each angle in an equilateral triangle is (a) 90° (b) 40° (c) 70° (d) 60°	1	Informative
5	The ratio of 32 to 80. (a) 25:4 (b) 5:2 (c) 2:5 (d) 2:10	1	Understanding
6	The angles which is supplement to itself (a) 45 (b) 90 (c) 60 (d) 180	1	Analytical
7	The measure of the complement of the angle 60° is (a) 30° (b) 40° (c) 50° (d) 60°	1	Analytical

8	Find 20% of 500 (a) 50 (b) 100(c) 150 (d) None	1	Problem solving
9	In Isosceles triangle the altitude and the median are (a) Same (b) unequal (c) Not defined	1	Informative
10	Chalk contains calcium, carbon and oxygen in the ratio 10:3:12. Find the percentage of carbon in chalk.	2	Analytical
11	In figure,write down 1)Each linear pair 2)Each pair of vertically opposite angles 	2	Construction
12	Check whether the given numbers are Pythagoras triplets or not (i)3,4,5 (ii) 13,5,12	2	Analytical
13	AM is a median of a triangle ABC.  Is $AB + BC + CA > 2 AM$ ?	3	Understanding
14	What rate gives ₹ 280 as interest on a sum of ₹ 56,000 in 2 years?	3	Problem Solving
15	In Figure, AB and CD are parallel lines intersected by a transversal PQ at L and M respectively, If $\angle CMQ = 60^\circ$ , find all other angles in the figure	1+1+2=4	Case Study

			
16	<p>In figure, find the value of <math>x</math></p> 	5	Critical thinking



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

Subject: Science

Assignment No. : 4

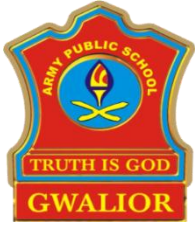
Allotment Date: 12 September 2023

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	<ul style="list-style-type: none"><li>• Multiple choice questions</li><li>1. In vacuum, heat can be transferred through (a) Conduction and convection (b) Conduction only (c) Radiation only (d) Convection only</li><li>2. Base present in milk of magnesia is (a) Calcium hydroxide (b) Magnesium hydroxide (c) Sodium hydroxide (d) Potassium hydroxide</li><li>3. Amarbel is an example of (a) Autotrophs (b) Saprotrophs (c) Host (d) Parasite</li><li>4. SI unit of temperature is (a) Kelvin (b) Celsius (c) Fahrenheit (d) Joule</li></ul>	1x4=4	Information
Q2.	<p>Fill in the blanks</p> <ul style="list-style-type: none"><li>1. Hydrochloric acid is secreted in _____</li><li>2. Chemical name of Vitamin C is _____</li><li>3. Heat is transferred in liquids by _____</li></ul>	1x5=5	Observation



	<p>4. Burning of any substance is a _____ change</p> <p>5. Turmeric and litmus are _____ acid-base indicators.</p>												
Q3.	<p><b>Match the following</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1. Antacid</td> <td style="width: 50%;">Pseudopodia</td> </tr> <tr> <td>2. Amoeba</td> <td>Mild base</td> </tr> <tr> <td>3. Melting of candle change</td> <td>Physical</td> </tr> <tr> <td>4. Limestone</td> <td>Vessels</td> </tr> <tr> <td>5. Tubes of water</td> <td>CaCo<sub>3</sub></td> </tr> </table>	1. Antacid	Pseudopodia	2. Amoeba	Mild base	3. Melting of candle change	Physical	4. Limestone	Vessels	5. Tubes of water	CaCo <sub>3</sub>	1x5=5	Knowledge based
1. Antacid	Pseudopodia												
2. Amoeba	Mild base												
3. Melting of candle change	Physical												
4. Limestone	Vessels												
5. Tubes of water	CaCo <sub>3</sub>												
Q4.	<p><b>Answer the following question in one or two sentence.</b></p> <p>1. Define convection</p> <p>2. Mention the colour of litmus paper in distilled water, acidic solutions and basic solution.</p>	2x2=4	Analysis										
Q5.	<p><b>Answer the following question in 20-30 words.</b></p> <p>1. Explain with diagram feeding system in Amoeba</p>	1x3=3	Evaluation										
Q6.	<p><b>Answer the following question 30-40 words.</b></p> <p>1. When a candle burns, both physical and chemical changes takes place. Identify these changes. Give another example of</p>	1x5=5	Higher										

	<p>familiar process in which both the chemical and physical changes take place.</p>		<p>order thinking</p>
<p><b>Q7.</b></p>	<p><b>Case based question</b></p> <p>The stomach is a thick-walled bag. Its shape is like a flattened J and it is the widest part of the alimentary canal. It receives food from the food pipe at one end and opens into the small intestine at the other. The inner lining of the stomach secretes mucous, hydrochloric acid and digestive juices. The mucous protects the lining of the stomach.</p> <p>The acid kills many bacteria that enter along with the food and makes the medium in the stomach acidic and helps the digestive juices to act. The digestive juices breakdown the proteins into simpler substances.</p> <p>1. The stomach is _____ bag  (a) Thin walled  (b) Thin walled  (c) Round  (d) J shaped</p> <p>2. The _____ protects the lining of the stomach.  (a) Fluid  (b) Membrane  (c) Mucous  (d) None of the above</p> <p>3. What is the function of acid in the stomach?</p> <p>4. What dose the inner lining of the stomach secretes?</p>	<p>4x1=4</p>	<p>Creating</p>



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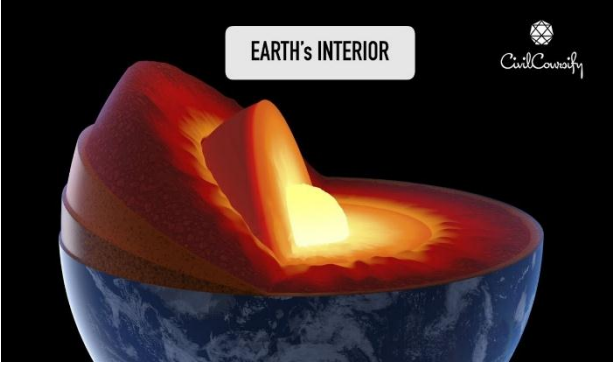
**ACADEMIC SESSION 2023-24  
REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: Social Science

Assignment No. : 4

Allotment Date: 12 September 2023

SECTION	QUESTIONS	MARKS	NATURE
A	<p>Fill in the blanks and rewrite the sentences.</p> <p><b>I. Generally the warm ocean currents originate near.....</b></p> <p><b>II..... layer is the most important layer of the atmosphere.</b></p> <p><b>III.The five Deccan Sultanates were Berar, Khandesh, Ahmadnagar, .....and.....</b></p> <p><b>IV.Every state in India has a..... Assembly.</b></p>	4x1=4	Objective Type Question
B	<p>What problem do rural people face whenever they come in a grip of an illness? How many levels of government are there and what are they? <b>What role did Samantas play in politics?</b></p>	2x3=6	Very Short Question
C	<p><b>Why were Afreen and Sujata excited? Explain the following terms–majority, ruling party, opposition.</b></p>	2x3=6	Short Question
D	<p><b>What was the relationship between the mansabdar and the jagir?</b> “Or” <b>What is meant by the “internal”and”external” frontiers of the Sultanate Draw the well labelled diagram of structure of the Atmosphere.</b></p>	2x5=10	Long Question

<p><b>E</b></p>	<p>Look at the picture given below and answer the following questions:</p>  <p><b>What are the three layers of the earth?</b>  <b>What is the innermost layer of the earth?</b>  <b>What is the core of the earth made up of?</b></p>	<p><b>1x3=3</b></p>	<p><b>Case Based Question</b></p>
<p><b>F</b></p>	<p>On the political map of India, mark and locate the following:</p> <ul style="list-style-type: none"> <li>a) Gurjarpratihara dynasty</li> <li>b) Rashtrakutas dynasty</li> </ul>	<p><b>2x0.5=1</b></p>	<p><b>Map Based Question</b></p>



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**REVISION WORKSHEET (SELF –ASSESSMENT)**

**Subject: Sanskrit**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S. NO.	QUESTIONS	MARKS	NATURE
1.	<p>प्रश्न 1. अपठित गंद्याशं पठित्वा अधोदत्तान् प्रश्नान् उत्तरत सम्राट् अशोकः मौर्यवंशस्य प्रसिद्धः शासकः आसीत् । सः महाराजस्य चन्द्रगुप्तस्य पौत्रः बिन्दुसारस्य पुत्रः च आसीत् । पितुः शासनकाले सः उज्जैन - तक्षशिला - प्रान्तयोः राज्यपालः आसीत् । पितुः मरणानन्तरं सः भारतस्य सम्राट् अभवत् ।</p> <p>I. एकपदेन उत्तरत - <b>(2*1=2)</b> (क) कः मौर्यवंशस्य प्रसिद्धः शासकः आसीत् ? (ख) सम्राट् अशोकस्य पितुः नाम किम् आसीत् ?</p> <p>II. पूर्णवाक्येन उत्तरत - <b>(1*2=2)</b> (क) अशोकः कयोः प्रान्तयोः राज्यपालः आसीत् ?</p> <p>III. प्रदत्तविकल्पेभ्यः उचितम् उत्तरं चिनुत - <b>(1/2*2=1)</b> (क) "अप्रसिद्धः" अस्य किं विलोमपदम् अत्र प्रयुक्तम् ? (अ) प्रसिद्धम् प्रसिद्धः (द) प्रसिद्धाम् (स) प्रसिद्धेन (ब) (क) "बिन्दुसारस्य अशोकः च पुत्रः आसीत् " अस्मिन् वाक्ये किम् अव्ययपदम् प्रयुक्तम् ? (अ) अशोकः _पुत्रः (द) बिन्दुसारस्य (स) च (ब)</p>	1*5= 5	Informative Skills

2.	<p>दिनद्वियस्य अवकाशार्थं लिखतं पत्रं मञ्जूषायां प्रदत्तशब्दैः पूरयत - मञ्जूषा</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>अवकाशम् , अनुग्रणात् , प्रार्थये , रोगेण आदरणीयः</p> </div> <p>मान्याः प्रधानाचार्यमहोदयः <span style="float: right;">तिथिः</span> ..... ए विद्यालयः .एस.पी. ग्वालियर - नगरम् (i)..... , सविनयं (ii)..... यत् गत - रात्रौ अहं )iii) ..... आक्रान्तः आसन् । अहम् विद्यालयम् आगन्तुम् असमर्थः अस्मि । अतः दिन - द्वयस्य (iv) ..... प्रदाय माम् )v) .....</p> <p style="text-align: center;">भवताम् आज्ञाकारी शिष्यः</p> <p style="text-align: center;">अनघ सिकरवार</p>	1*5=5	Thinking skill
3.	<p>मातृपुत्री ।(माँ और बेटी के बीच संवाद) संवादः -</p> <p>माता पश्य !पुत्रि -, तत्रकः तिप्रति। .....</p> <p>पुत्री अस्ति .....किम् एषः -?</p> <p>माता आम -शकःरक्ता भवति। .....भवति। परं शकस्य .....</p> <p>पुत्री आम् पश्यामि -, सः स्वखादति । अम्ब .....चञ्च्वा वृक्षस्य- । किम् एषः अपि कूजति? मञ्जूषा - शुकः, वृक्षे, हरितः, फलानिचञ्चुः ,</p>	1*5=5	Understanding
4.	<p>कोष्ठकात् उचितपदानि अवचित्य रिक्तस्थानानि पूरयत- (क)ते (नगरे ,नगरं) गच्छन्ति। .....</p>	1*5=5	Analytical skill

	<p>(ख) सीता (रामस्य ,रामम्) अनुगच्छति। .....</p> <p>(ग) जनाः (मुखात् ,मुखेन) खादन्ति। .....</p> <p>(घ) माता (पुत्रे ,पुत्राय) क्रुध्यति। .....</p> <p>(ङ) कृषकाः (क्षे) आगच्छन्ति। .....त्रात्(क्षेत्रेण ,</p>		
5.	<p>कोष्ठकेन प्रदत्तशब्दैः सह उचितविभक्तिं योजयित्वा रिक्तस्थानानि - -पूरयत</p> <p>(क) (सर्व) जनाः तत्र गच्छन्ति। .....</p> <p>(ख) (इदम्) बालकेन सह गच्छ। .....</p> <p>(ग) सः (सर्व) फलानि खादति। .....</p> <p>(घ) (अस्मद्) सह आगच्छ। .....</p> <p>(ङ) (एतद्) बालकेभ्यः फलानि यच्छ। .....</p>	1*5=5	Critical thinking
6.	<p>) i) रेखाङ्कितपदानि अधिकृत्य प्रश्ननिर्माणं कुरुत- ( 2*1=2)</p> <p>(क) <u>रमायाः</u> पिता समाजस्य प्रतारणाम् असहत्।</p> <p>(ख) अस्माकम् <u>त्रिवर्णध्वजः</u> विश्वविजयी भवेत्।</p> <p>(ii) शब्दानाम् अर्थान् लिखत-- ( 1/2*4=2)</p> <p>आचारः =</p> <p>अनृतम् =</p> <p>सेवेत =</p> <p>सुलभम् =</p> <p>(iii) शुद्धकथनस्य समक्षम् 'आम्' अशुद्धकथनस्य समक्षम् 'न' लिखत-</p> <p>( 1/2*4=2)</p> <p>(क) अस्माकं राष्ट्रस्य ध्वजे त्रयः वर्णाः सन्ति।</p> <p>(ख) चक्रे त्रिशत् अराः सन्ति।</p> <p>(ग) अनृतं ब्रूयात्।</p> <p>(घ) श्वः कार्यम् अद्य कुर्वीत।</p>	1*5=5	Memory skill



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

**Subject: Computer**

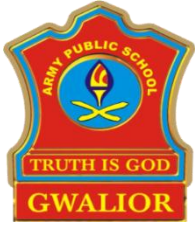
**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S.NO.	QUESTIONS	MARKS	NATURE
1.	<p>Tick the correct answer:</p> <ol style="list-style-type: none"><li>The base 16 number system is _____<ol style="list-style-type: none"><li>Hexadecimal</li><li>Octal</li><li>Binary</li></ol></li><li>_____ creates the illusion of movement.<ol style="list-style-type: none"><li>Transition</li><li>Animation</li><li>Symbol</li></ol></li><li>Digital images in Photoshop are made up of tiny, solid color squares called_____<ol style="list-style-type: none"><li>Dots</li><li>Effects</li><li>Pixels</li></ol></li><li>_____ virus adds virus code to the regular programming code with in the program files.<ol style="list-style-type: none"><li>File Infector</li><li>Boot Sector</li><li>Worm</li></ol></li></ol>	0.5X4=2	Information
2.	<p>Write 'T' for True and 'F' for False statements.</p> <ol style="list-style-type: none"><li>The decimal number system has just two unique digits, 0 and 1.</li><li>We cannot import bitmap graphic in Animate.</li><li>Adobe Photoshop is a word processor software.</li><li>Burn tool is not used to darken a specific area of an image.</li><li>Virus can damage or destroy the operating system.</li></ol>	0.5X5=2.5	Interdiscipli nary



<b>3.</b>	Fill in the blanks. 1. In a positional number system, there are some symbols called _____. 2. A bitmap graphic is composed of many tiny parts called _____. 3. _____ filter produces a fun-house effect. 4. Painting tools such as the Brush tool apply the _____ color. 5. _____ virus comes as a friendly program.	$0.5 \times 5 = 2.5$	Analytical  Skill
<b>4.</b>	Answer the following :- (i) What do you mean by number system? Mention its types. (ii) What is tween? Write its type. (iii) How does e-mail virus spread?	$1 \times 3 = 3$	HOTs



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**CLASS - VII**  
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**REVISION WORKSHEET (SELF –ASSESSMENT)**

Subject: G.K

Assignment No. : 4

Allotment Date: 12 September 2023

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	According to Greek mythology, this hybrid creature had the body of a horse with the head and chest of a human. It was often depicted as wild. Its name is _____		Information
Q2.	Araucaria is the national tree of _____	1x2=2	
Q3.	Full form of 'vs' is :  (a)vast  (b)versus  (c)vicious	1x2=2	Learning



Q9.	Oake tree is related to which country?	1x2=2	Evaluation
Q10.	Who was Aryabhata?		





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

**Subject: Music**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	How many beats (matra) in Rupak taal? A) 10 B) 6	1	Informative
2	How many tali in Rupak taal? A) 3 B) 1	1	Informative
3	How many khali in Rupak taal ? A) 1 B) 3	1	Informative
4	How many vibhag in Rupak taal? A) 3 B) 2	1	Informative
5	How many types of mudras? A) 1 B) 2	1	Informative
6.	Joint hand gesture is made with how many hands? A) 1 B) 2	1	Informative
7.	What is the posture made with both hands called? A) Sanyukta mudra B) Asanyukta mudra	1	Informative
8.	How many numbers of Sanyukta hasta mudra have? A)28 B)23	1	Informative

9,	<p><b>What is the gesture made with one hand called?</b></p> <p>A) Sanyukta mudra B) Asanyukta mudra</p>	1	Informative
10.	<p><b>Which of these is called joint hand posture?</b></p> <p>A) </p> <p>B) </p>	1	Informative



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

**Subject: ATL**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	What is true about Data Visualization?  a. Data Visualization is used to communicate information clearly and efficiently to users by the usage of information graphics such as tables and charts. b. Data Visualization helps users in analyzing a large amount of data in a simpler way. c. Data Visualization makes complex data more accessible, understandable, and usable. d. All of the above	1	Understanding
B)	Which are pros of data visualization?  a. It can be accessed quickly by a wider audience. b. It can misrepresent information c. It can be distracting d. None Of the above	1	Understanding
C)	Data can be visualized using?  a. graphs b. charts c. maps d. All of the above	1	Understanding
D)	Which are cons of data visualization?  a. It conveys a lot of information in a small space. b. It makes your report more visually appealing. c. visual data is distorted or excessively used. d. None Of the above	1	Understanding

<b>2.</b>	<b>State whether these statements are true or false.</b>		
<b>A)</b>	Data visualization decrease the insights and take slower decisions?	<b>1</b>	<b>Analytical Thinking</b>
<b>B)</b>	Healthcare professionals frequently use choropleth maps to visualize important health data?	<b>1</b>	<b>Understanding</b>
<b>C)</b>	The pictorial form of representing the data in Excel is called Charts.	<b>1</b>	<b>Understanding</b>
<b>3.</b>	<b>Fill in the blanks.</b>		
<b>A)</b>	_____ is one type of chart that shows the data in tabular form or in column pattern.	<b>1</b>	<b>Understanding</b>
<b>B)</b>	_____ is round in shape and is been cutted into slices.	<b>1</b>	<b>Understanding</b>
<b>C)</b>	The basic unit of a worksheet into which you enter data in Excel is called a _____.	<b>1</b>	<b>Understanding</b>





**ARMY PUBLIC SCHOOL GWALIOR  
CLASS - VII**

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

**Subject: Work Education**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

S. No	QUESTIONS	MARKS	NATURE
1	What is Animal study drawing?	2	Informative
2	How do you draw Animal form?	2	Informative
3	What is Mandala art for?	2	Understanding
4	What is Sangner famous for?	2	Informative
5	What is the history of Sangner?	2	Understanding



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

**Subject: Yoga**

**Allotment Date: 12 September 2023**

**Assignment No. : 4**

QUESTIONS	MARKS	SKILLS
<p><b>Fill in the blanks</b></p> <p>1]Niyama is the _____ element of Ashtang Yoga[2<sup>th</sup>/4<sup>th</sup>].</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>	3X1=3	INFORMATIVE
<p><b>True and False:</b></p> <p>1.Niyama has the 8 limbs of itself.</p> <p>2.Yamas describe the restraints needed to live an ethical life</p> <p>3.Saucha and Santosh are two of Yamas.</p>	3X1=3	CRITICAL THINKING

<p><b>Multiple Choice Questions:</b></p> <p>1] <i>What</i> is the Sanskrit term for do not? A] Yama B] Pranayam C] Tapas D] Niyama</p> <p>2] Which among these is the correct translation of Ahimsa? A] Non-Violence B] Observances C] Truthfulness D] Surrender to divine</p> <p>3] What does Asteya means? A] Non-stealing B] Non-violence C] Non-coveting D] All of these</p> <p>4] What is practice of non-stealing of other's property or time? A] Asteya B] Satya C] Aparigraha D] None of these</p>	4X1=4	ANALYTICAL  THINKING
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**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**REVISION WORKSHEET (SELF –ASSESSMENT)**

**Subject: Karate**

**Assignment No. : 4**

**Allotment Date: 12 September 2023**

<b>S. NO</b>	<b>QUESTIONS</b>	<b>Marks 10</b>
1	What is the Japanese name of middle punch?  a) Attack b) Kata c) Kumite d) Combination of offence and defence	1
2	What is the meaning of gari?  a) Punch b) Block c) Kick d) kata	1
3	Jodan mawashi gari is called?  a) Middle mawashi b) Kumite c) Ippon d) Face mawashi	1
4	Meaning of kata?  a) Punch b) Self defense c) Fight d) The way of fight with empty hands	1
		1

5	<p>Fill in the blacks.</p> <p>Chudan punch is called_____.</p> <p>a) Middle punch b) Upper punch</p>	
6	<p>Karate-do is known as fight with empty_____.</p> <p>a) Kick b) hands</p>	1
7	<p>Jodangari is known as _____.</p> <p>a) Face kick b) Middle punch</p>	1
8	<p>True and False</p> <p>Karate is a self-offence sport. (True/False)</p>	1
9	<p>Gari is called kick.(True/False)</p>	1
10	<p>Face mawashj is called chudanmaswashi. (True/False)</p>	1



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

**Subject: Health and Physical Education**  
**Allotment Date: 12 September 2023**

**Assignment No. : 4**

S.NO	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1.	<p><b>Tick The Correct Answer</b></p> <p>Q-1 How is scoring a point usually called?</p> <p>A)The basket B) Touchdown C) Sprints D) Walking</p> <p>Q-2 How many players form the basketball team along with substitutes.</p> <p>A)7 B) 5 C)12 D) 9</p> <p>Q-3 Essential equipment of basketball is?</p> <p>A)shoes and shirt b) ball and court B)table and board D)bottle</p> <p>Q-4 Dribbling of basketball is done while</p> <p>A) Running B) Walking</p>	4	Dribbling and Shooting

	<p>C) Throwing</p> <p>D) Jumping</p>		
2	<p><b><u>Fill in the blanks</u></b></p> <p>Q 5 There are.....quater in basketball match? A) 2 B) 4</p> <p>Q 6 Basketball is start of ____ ball? A) jump ball B) Throw ball</p> <p>Q 7 Measurement of basketball court is _____. A) 15/28m B) 20/40m</p>	3	Sanbontsuki
3	<p><b><u>True False</u></b></p> <p>Q-8-The basketball is played on field. A. True B. False</p> <p>Q-9 There are 12 players in basketball team? A. True B. False</p> <p>Q-10 Basketball is a team game?. A. True B. False</p>	3	Pranayam