



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



Subject: English

Assignment No. : 7

Allotment Date: 30 December 2023

S. No.	QUESTIONS	MARKS	NATURE
1	Rewrite the following in passive voice. 1. Are they doing their work? 2. Who was preparing the list? 3. We had not planted the trees. 4. The clerk was not attending me.	4 Marks	Informative and understanding
2	Fill in the appropriate prepositions to complete the sentences. a) Please fill the form a pencil. b) I'll join you people my class. c) Everyone enjoyed the party Ronnie's place.	3 Marks	Understanding
3	Why the impact of inventions and discoveries need to be regulated?	4 Marks	HOT
4	What happened when Grandfather visited to the zoo after six month?	3 Marks	Interdisciplinary
5	Complete the sentences with correct conjunction. a) She wants coffee not cake. b) He works very hard,he's really tired. c) She can speak French not Italian.	3 Marks	Analytical Skill
6	"Love begets love". How far this phrase applies to the story?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) What trees does Mr Wonka mention? Which tree does he say lives the longest? b) Describe Plan A and its consequences. c) Why did Grandfather want Timothy to be put in another enclosure?	3×2 = 6 Marks	Evaluation
8	Have you heard of the society for Prevention of Cruelty to Animals (SPCA)? What do they do?	3 Marks	Communication Skills



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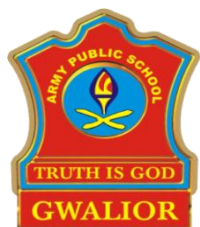
Subject: Hindi

Assignment No. : 7

Allotment Date: 30 December 2023

क्रम संख्या	प्रश्न	अंक	प्रकृति
1-	भोर और बरखा पाठ के आधार पर सावन माह की विशेषताएं लिखो?	5	INFORMATIVE
2-	महाभारत युद्ध किन किन के बीच हुआ? और उसके कारण लिखो?	1x4=4	UNDERSTANDING
3-	निम्नलिखित वाक्यों को शुद्ध करके लिखिए - 1. उसके प्राण निकल गया। 2. दीवार पर नहीं लिखो। 3. बड़ों का कहना माननी चाहिए। 4. मैं दर्शन लेने आया हूँ। 5. सुलेखा मेरी बालिका है।	1x5=5	HOT
4-	निम्नलिखित शब्दों के शुद्ध रूप लिखिए। 1. सांप 2. नष्ठ 3. छमा 4. तुफान 5. दिपावली	5	INTERDISCIPLINARY

5-	वीर कुँवर सिंह कौन- कौन सी भलाई के काम करते रहते थें ? लिखो	5	CRITICAL THINKING AND PROBLEM SOLVING
6	निम्नलिखित प्रश्नों के उत्तर दीजिए। 1. ब्रज की भोर का वर्णन करों। 2. भक्तकालीन कवियों एवं उनकी रचनाओं को लिखों।	2x3=6	EVALUATION



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CLASS - VII**

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S. No.	QUESTIONS	MARKS	NATURE
1	The exponent form of 729 is (a) 5^4 (b) 6^3 (c) 9^3 (d) 3^9	1	Informative
2	Write the exponent form in terms of prime numbers of 576. (a) $2^6 \times 3^2$ (b) $2^5 \times 3^3$ (c) 2×3^4 (d) 2^8	1	Informative
	The value of 11 cube is (a) 111 (b) 11^2 (c) 121 (d) 11^3	1	Understanding
4	Simplify and choose the value of $7^0 \times 3^0 \times 7$ (a) 7 (b) 21 (c) 1 (d) none of these	1	Informative
5	Which one is the expansion of 225 ? (a) $3 \times 3 \times 5 \times 5$ (b) $3 \times 5 \times 6$ (c) $2 \times 3 \times 5$ (d) $3 \times 5 \times 5$	1	Understanding
6	What is the value of 4^3 ? (a) 4^6 (b) 4^3 (c) 4^5 (d) 4^9	1	Analytical
7	How many lines of symmetry are there in a square ? (a) 4 (b) 0 (c) 3 (d) 2	1	Problem solving
8	Standard form of number 56700100 is (a) 5.67×10^7 (b) 5.67001×10^6 (c) 5.6701×10^7 (d) 5.67001×10^8	1	Critical Thinking
9	Which type of symmetry is hold in a clock ? (a) Line symmetry (b) rotational symmetry (c) no symmetry	1	Informative
10	Write two examples of rotational symmetry.	2	Problem solving
11	Write the expanded form of the following numbers.	2	Construction

	1. 2457801 2. 8003701		
12	Write two examples with vertical line of symmetry.	2	Analytical
13	Simplify $(5^3 \times \frac{6^4}{6^3}) \div 5^2$.	3	Understanding
14	Simplify $\frac{9^3 \div 3^4}{3}$	3	Problem Solving
15	Reads all the alphabets of English language and give the answers of following questions. (i) List the alphabets which are having a reflection about vertical symmetry. (ii) List the alphabets which are having a reflection about horizontal symmetry. (ii) List the alphabets having both vertical and horizontal rotational symmetry.	1+1+2=4	Case Study
16	Simplify: (i) $(-3)^2 \times (-5)^3$ (ii) $(-2)^5 \times (-10)^2$	5	Problem Solving



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

Subject: Science

Allotment Date: 30 December 2023

Assignment No. : 7

S.NO	QUESTIONS	MARKS	NATURE
Q1.	<ul style="list-style-type: none">• Multiple choice questions <ol style="list-style-type: none">1. We can change the path of light<ol style="list-style-type: none">a) When it falls on a personb) When it enters a dark roomc) When it falls on a polished or a shiny surfaced) When it falls in a pinhole camera2. An object at left appears at right in a mirror and vice versa. This phenomena is known as<ol style="list-style-type: none">a) Lateral inversionb) Reflectionc) Refractiond) Lateral reflection3. The word AMBULANCE is written in<ol style="list-style-type: none">a) Reverse order on an ambulanceb) The form of its mirror image on an ambulance vanc) Correct order on an ambulanced) Random order on an ambulance4. When we blow soap bubbles<ol style="list-style-type: none">a) They appear transparentb) They appear colourfulc) They appear opaqued) They appear translucent5. The other name of sunlight is<ol style="list-style-type: none">a) White lightb) Black lightc) Colour lightd) Prism light	1X5=5	Information

Q2.	<ul style="list-style-type: none"> Fill in the blanks <ol style="list-style-type: none"> Light always travels in a _____. A _____ lens is thicker in the middle and tapering at the edges. Change in direction of light after striking a polished surface is called _____. Concave mirrors form _____ _____ lens is present in human eye. 	1x5=5	Observation												
Q3.	<ul style="list-style-type: none"> Match the following <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: center;">Column A</th> <th style="text-align: center;">Column B</th> </tr> </thead> <tbody> <tr> <td>a) Mirror used by dentists</td> <td>Spectacles</td> </tr> <tr> <td>b) Rear view mirror</td> <td>Microscope</td> </tr> <tr> <td>c) Magnifying glass</td> <td>Vehicles</td> </tr> <tr> <td>d) Concave lens</td> <td>Concave</td> </tr> <tr> <td>e) Plane mirror</td> <td>Same size</td> </tr> </tbody> </table>	Column A	Column B	a) Mirror used by dentists	Spectacles	b) Rear view mirror	Microscope	c) Magnifying glass	Vehicles	d) Concave lens	Concave	e) Plane mirror	Same size	1x5=5	Knowledge based
Column A	Column B														
a) Mirror used by dentists	Spectacles														
b) Rear view mirror	Microscope														
c) Magnifying glass	Vehicles														
d) Concave lens	Concave														
e) Plane mirror	Same size														
Q4.	<ul style="list-style-type: none"> Answer the following question in one or two sentence. <ol style="list-style-type: none"> Give two use of concave mirror. Of how many colours is white light made off? Name them. 	2x2=4	Analysis												
Q5.	<ul style="list-style-type: none"> Answer the following question in 20-30 words. <ol style="list-style-type: none"> What is meant by dispersion of light? Which lens is used as a magnifying glass and why ? Give four examples of real image 	2x3=6	Evaluation												

Q6.	<ul style="list-style-type: none">• Answer the following question 30-40 words. <ol style="list-style-type: none">1. What is virtual image? Give one situation where a virtual image is formed.	1x5=5	HOTS
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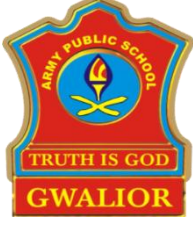
ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)

Subject: Social Science

Assignment No. : 7

Allotment Date: 30 December 2023

S. NO.	QUESTIONS	MARKS	NATURE
1.	Fill in the blank : i. Bengal is a riverine plain which produces plenty of _____ and _____. ii. The Lilatilakam, dealing with grammar and poetics, was composed in _____. iii. _____ established the kingdom at Mahodayapuram. iv. _____ is a Persian word meaning a spiritual guide. v. Mangalakavyas literally means _____ poems. vi. King _____ dedicated his kingdom to the deity and proclaimed himself as the _____ of the god. vii. The hair of the sheep and goat is used to make _____. viii. Egypt is famous for growing _____.	08	Information and understanding
2.	How is Sahara's landscape gradually changing?	3	HOTS
3.	How did regional cultures grow around religious traditions?	3	Analytical skill
4.	Which region attracted miniature painting artists displaced due to decline of Mughal empire?	3	Communication Skill
5.	How have the memories of heroes been preserved in Rajasthan? Did women find a place in these?	5	Critical Thinking And problem Solving
6.	Why do we know much more about the cultural practices of rulers than about those of ordinary people?	5	Interdisciplinary
7.	(On the political map of world mark and locate the following a. Sahara desert b. Thar desert c. Gobi desert d. Atacama desert e. Taklamakan desert	5	Evaluation








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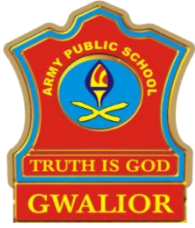
Subject: Sanskrit

Assignment No. : 7

Allotment Date: 30 December 2023

S. NO.	QUESTIONS	MARKS (MM-30)	NATURE																												
1.	<p>प्रश्न 1. एकपदेन उत्तरत-</p> <p>(क) का भाषा प्राचीनतमा?</p> <p>(ख) शून्यस्य प्रतिपादनं कः अकरोत्?</p> <p>(ग) कौटिल्येन रचितं शास्त्रं किम्?</p> <p>(घ) कस्याः भाषायाः काव्यसौन्दर्यम् अनुपमम्?</p> <p>(ङ) काः अभ्युदयाय प्रेरयन्ति?</p>	1*5= 5	Informative Skills																												
2.	<p>उदाहरणानुसारं पदानां विभक्तं वचनञ्च लिखत-</p> <table style="width: 100%; border-collapse: collapse;"><thead><tr><th style="width: 30%;"></th><th style="width: 30%; text-align: center;">पदानि</th><th style="width: 30%; text-align: center;">विभक्तः</th><th style="width: 10%; text-align: center;">वचनम्</th></tr></thead><tbody><tr><td>यथा-</td><td>संस्कृते</td><td>षष्ठी</td><td>एकवचनम्</td></tr><tr><td>(क)</td><td>गतिः</td><td>.....</td><td>.....</td></tr><tr><td>(ख)</td><td>नीतम्</td><td>.....</td><td>.....</td></tr><tr><td>(ग)</td><td>प्रीत्यै</td><td>.....</td><td>.....</td></tr><tr><td>(घ)</td><td>सूक्तयः</td><td>.....</td><td>.....</td></tr><tr><td>(ङ)</td><td>मतिषु</td><td>.....</td><td>.....</td></tr></tbody></table>		पदानि	विभक्तः	वचनम्	यथा-	संस्कृते	षष्ठी	एकवचनम्	(क)	गतिः	(ख)	नीतम्	(ग)	प्रीत्यै	(घ)	सूक्तयः	(ङ)	मतिषु	1*5=5	Thinking skill
	पदानि	विभक्तः	वचनम्																												
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3.	<p>घाटिकां दृष्ट्वा संस्कृते समयं लिखत-</p>	1*5=5	Understanding																												

	<p>A.  _____</p> <p>B.  _____</p> <p>C.  _____</p> <p>D.  _____</p> <p>E.  _____</p>																																
4.	<p>भवान् कदा किं किं करोति ? संस्कृते लिखत-</p> <p>(क) अहं प्रातः (6.00) वादने उत्तिष्ठामि। (ख) (6.15) वादने प्रातविधिं कृत्वा स्नानं करोमि। (ग) (6.30) वादने विद्यालयं गच्छामि। (घ) (2.45) वादने विद्यालयात् आगच्छामि। (ङ) (3.00) वादने भोजनं करोमि।</p>	1*5=5	Analytical skill																														
5.	<p>उचितं मेलनं कुरत-</p> <p>हसित्वा - पाकर विचार्य - मारने के लिए प्राप्य - देखकर हन्तुम् - सोचकर दृष्ट्वा - हँसकर</p>	1*5=5	Critical thinking																														
6.	<p>निम्नवर्ग-प्रहेलिकायां कानिचित् प्रत्यययुक्तपदानि सन्ति, तानि चित्वा लिखत-</p> <table border="1" data-bbox="284 1361 582 1630"> <tr><td>प्र</td><td>ण</td><td>म्य</td><td>शु</td><td>ने</td></tr> <tr><td>कृ</td><td>ह</td><td>सि</td><td>त्वा</td><td>तु</td></tr> <tr><td>त्वा</td><td>प्र</td><td>ह</td><td>पी</td><td>म्</td></tr> <tr><td>दृ</td><td>ण</td><td>सि</td><td>त्वा</td><td>लि</td></tr> <tr><td>ष्ट्</td><td>म्य</td><td>तु</td><td>नी</td><td>खि</td></tr> <tr><td>वा</td><td>च</td><td>म्</td><td>त्वा</td><td>त्वा</td></tr> </table> <p>----- ----- ----- ----- -----</p>	प्र	ण	म्य	शु	ने	कृ	ह	सि	त्वा	तु	त्वा	प्र	ह	पी	म्	दृ	ण	सि	त्वा	लि	ष्ट्	म्य	तु	नी	खि	वा	च	म्	त्वा	त्वा		Memory skill
प्र	ण	म्य	शु	ने																													
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ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII
ACADEMIC SESSION 2023-24
WORKSHEET (SELF –ASSESSMENT)



Subject: Computer

Assignment No. : 7

Allotment Date: 30 December 2023

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	The language used for making web pages is a. QBASIC b. HTML c. Scratch.	1	Understanding
B)	The text with special instructions in HTML is called? a. Syntax b. Tag c. Command	1	Understanding
C)	The sign used for closing a tag is a. \ b. / c. *	1	Understanding
D)	_____ used to insert a blank space with in a line a. nbsp b. sb c. &npsb	1	Understanding
2.	State whether these statements are true or false.		
A)	HTML is not a case sensitive language.	1	Analytical Thinking
B)	<HTML> is an opening tag of an HTML document?	1	Understanding
C)	There are six heading tags in HTML?	1	Understanding

3.	Fill in the blanks.		
A)	_____ is a text editor in which HTML document is written.	1	Understanding
B)	The ____ declaration at the beginning of web page specifies HTML5 document.	1	Understanding
C)	_____ tag is used to add a line break if needed by the browser.	1	Understanding



**ARMY PUBLIC SCHOOL GWALIOR
CLASS - VII**

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

Subject: Music (Vocal, Dance & Instrumental)

Assignment No. : 7

Allotment Date: 30 December 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	Kesariya Balma Song is from which city?? a) Rajasthan b) Bihar	2	Informative
5	Folk songs are sung on which musical instruments ? A) Guitar B) Dholak	2	Informative
6.	On which instrument is soul beat played? ? A) Guitar B) congo	2	Informative
7.	Where did folk songs originate from ? A) Village B) city	2	Informative
8.	Dil ka darwaza ____ hua hai ? a) khula b) band	2	Informative

9,	What type of beat will be played on God's Love Song Congo? a) soul beat b) waltz beat	2	Informative
10.	What type of beat will be played on school Song Congo? a) waltz b) soul	2	Informative



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

Subject: ATL

Assignment No. : 7

Allotment Date: 30 December 2023

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	Which option is correct? a. H3>H2 b. H4>H5>H1 c. H6<H5<H1 d. H2>H1	1	Understanding
B)	Which of the following tag is used to insert a line-break in HTML? a. b. <a> c. <pre> d. 	1	Understanding
C)	Which character is used to represent the closing of a tag in HTML? a. \ b. ! c. / d. .	1	Understanding
D)	How to create a hyperlink in HTML? a. javaTpoint.com b. c. javaTpoint.com d. <a> www.javatpoint.com <javaTpoint.com /a>	1	Understanding
2.	State whether these statements are true or false.		

A)	<list> tag is used to define options in a drop-down selection list?	1	Analytical Thinking
B)	HTML tags are enclosed in # and #?	1	Understanding
C)	<i> tag is used to make the font italic?	1	Understanding
3.	Fill in the blanks.		
A)	_____ tag is responsible for making the text bold in HTML.	1	Understanding
B)	_____ tag is used for inserting the largest heading in HTML.	1	Understanding
C)	_____ tag is used to make the text underlined.	1	Understanding



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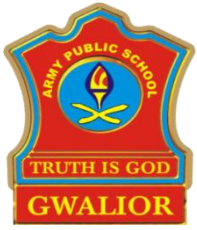


Subject: Work Education

Assignment No. : 7

Allotment Date: 30 December 2023

S. No.	QUESTIONS	MARKS	NATURE
1	What is the color of sunflower?	2	Informative
2	What is the concept of Warli Art?	2	Informative
3	What is the shape of Sunflower?	2	Understanding
4	Which state is Warli drawing in?	2	Informative
5	What is tie and dye in art?	2	Understanding



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



Subject: Yoga
Allotment Date: 30 December 2023

Assignment No. : 7

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</p> <p>1] Pranayama involves the conscious regulation of _____</p> <p>2] The word "pranayama" is derived from the Sanskrit words "prana" and "ayama," meaning _____ and _____, respectively.</p>	<p>3X1=3</p>	<p>INFORMATIVE</p>
<p><u>True and False:</u></p> <p>1. Pranayama is solely focused on controlling inhalation and pays no attention to exhalation. (True/False)</p> <p>2. The breath in Ujjayi Pranayama is intentionally made loud and audible. (True/False).</p> <p>3. Nadi Shodhana is also known as Skull Shining Breath. (True/False).</p>	<p>3X1=3</p>	<p>CRITICAL THINKING</p>

Multiple Choice Questions:

4X1=4

ANALYTICAL

1] What is the primary goal of Nadi Shodhana?

- a. Muscle strengthening
- b. Balancing energy flow
- c. Weight loss
- d. Flexibility improvement

2] Which pranayama technique involves forceful exhalations and passive inhalations?

- a. Ujjayi Pranayama
- b. Kapalbhata
- c. Bhramari
- d. Anulom Vilom

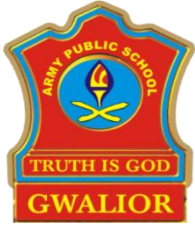
3] What caution is mentioned regarding pranayama practice?

- a. It should be practiced vigorously without breaks.
- b. Beginners should avoid any guidance.
- c. Consulting with a teacher or healthcare professional is advisable.
- d. Pranayama is suitable for everyone without exception.

4] What does "Ujjayi" mean in Ujjayi Pranayama?

- a. Fast
- b. Victorious
- c. Gentle
- d. Dynamic

THINKING



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



Subject: Health & Physical Education
Allotment Date: 30 December 2023

Assignment No. : 7

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	<p>Tick The Correct Answer</p> <p>Q-1 Full form of AFI IS?</p> <p>a. ATHLETICS FEDERATION OF INDIA. b. ATHLETICS FEDERATION OF IMPHAL. c. ATHLETICS FIELD OF IINDIA. d. ATTRACTIVE FEDERATION OF INDIA.</p> <p>Q-2 How many athletes run on a relay team?</p> <p>a.3 b.5 c.7 d.4</p> <p>Q-3which of the following is a field event?</p> <p>a. 1500m b. 1600m c. Javelin</p>	4	INFORMATION

	<p>d. 200m</p> <p>Q-4 what is the shortest distance for a track event in the olympics?</p> <p>a. 200m</p> <p>b. 400m</p> <p>c. 800m</p> <p>d. 100m</p>		
2	<p><u>Fill in the blanks</u></p> <p>Q-5 100 meter considered a _____.</p> <p>a) Sprint</p> <p>b) Middle race</p> <p>c) Long distance</p> <p>d) Field event</p> <p>Q-6- _____ is the famous Jamaican sprinter known as "The fastest man alive" .</p> <p>a) Usain bolt</p> <p>b) Bob jones</p> <p>c) Hema das</p> <p>d) Preeti singh</p> <p>Q-7 The distance of the triple jump event is _____.</p> <p>a) 10m</p> <p>b) 12m</p> <p>c) 14m</p> <p>d) 16m</p>	3	Knowledge
3	<p><u>True False</u></p> <p>Q-08- A marathon consider as a long distance race.</p> <p>A. True</p>	3	Understanding

B. False

Q-9- Discus throw is considered a jump event.

A. True

B. False

Q-10 There are 9 hurdles in the event of 110-meter hurdles in athletics.

A. True

B. False



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



Subject: Karate (Martial Art)

Assignment No. : 7

Allotment Date: 30 December 2023

S.N	QUESTIONS	MARKS
1	What is the meaning of sanbon tsuki ? A. Punch B. Tripple Punch C. Double Punch D. Round Punch	1x10=10
2	What is the meaning of chudan Tsuki? A. Middle Punch B. Upper Punch C. Lower Punch D. Punch	
3	Gadan barai Uke is called..... A. Uke B. Block C. Lower Block D. None of these	
4	Gyaku tsuki is called? A. Reverse hand punch B. Chudan gari C. Upper punch D. Kentekigari	

FILL IN THE BLANKS

1

Japanese name of lower block is (Gadan barai Uke,uke)

2

Running is use basic is usefull for(kumite,kata)

3

Waza-ari is the japaneese name ofpoint.(two,three)

TRUE AND FALSE

1

Sanbon tsuki is called triple kick.

2

Gari is called for kick

3

Running basic is useful in kumite