# ARMY PUBLIC SCHOOL GWALIOR CLASS - X <br> ACADEMIC SESSION 2023-24 WORKSHEET (SELF -ASSESSMENT) 

Subject: English
Assignment No. : 8
Allotment Date: 30 December 2023

| S.NO | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 01 | Tenth May dawned bright and clear. For the past few days, I had been pleasantly besieged by dignitaries and world leaders who were coming to pay their respects before the inauguration. The inauguration would be the largest gathering ever of international leaders on South African soil. The ceremonies took place in the lovely sandstone amphitheater formed by the Union Buildings in Pretoria. For decades this had been the seat of white supremacy, and now it was the site of a rainbow gathering of different colors and nations for the installation of South Africa's first democratic, non - racial government." <br> (a) What makes Mandela be proud of Tenth May. Which one of the following factors are not considered? <br> 1. It was bright sunshine. <br> 2. He was flooded with congratulatory calls. <br> 3. It was a momentous day. <br> 4. They sighted a rainbow. <br> (i) Option 1 and 4 only <br> (ii) Option 1 only <br> (iii) Option 2 only <br> (iv) Option 4 only <br> (b) Why was Mandela overwhelmed about May Ten? <br> (c) Fill in the blank with ONE WORD only. <br> Mandela was........ surrounded by the messages from all over the world. <br> (d) What according to the extract was the significance of the lovely sandstone amphitheater? <br> (i) It was a masterpiece of architecture <br> (ii) It was a seat of white supremacy. <br> (iii) Now it was the site of a rainbow gathering <br> (iv) Ceremonies used to take place there <br> (e) Select the option that correctly captures the application of the word 'pleasantly' as used in the first line of the extract. <br> (i) The holiday weekend passed pleasantly. <br> (ii) The city of Rionero in Volture is pleasantly situated 27 m . <br> (iii) The stadium is pleasantly airy. <br> (iv) I was pleasantly surprised when I received invite for the party. | 6 | information |
| 02 | Read the given extract and answer the questions that follow: The train pulled out of the station. Pranjol buried his nose in his detective book again. Rajvir too was an ardent fan of detective stories, but at the moment he was keener on looking at the beautiful scenery. It was green, green everywhere. Rajvir had | 4 | Understanding |


|  | never seen so much greenery before. Then the soft green paddy fields gave way to tea bushes. It was a magnificent blue. Against the backdrop of densely wooded hills, a sea of tea bushes stretched as far as the eye could see. Dwarfing the tiny tea plants were tall sturdy shade trees and amidst the orderly rows of bushes busily moved doll-like figures. In the distance was an ugly building with smoke billowing out of tall chimneys. <br> 2.1 What was Rajvir an ardent fan of? <br> 2.2 Who were the doll-like figures? <br> 2.3 How has a building at a distance been described? <br> 2.4 Where was Rajvir headed towards? <br> OR <br> You are Rita/ Ritesh of 27, ASRC Road, Hyderabad. Your sister, while coming back from her school was bitten by a stray dog. A large number of stray dogs are wandering on the roads. They are a great nuisance and pose threat to passers- by, especially school children. Write a letter to the editor of a newspaper complaining about the problem of stray dogs in your locality. Also suggest some solutions to solve this problem. |  |  |
| :---: | :---: | :---: | :---: |
| 03 | What is the importance of breads for the Goans? | 5 | HOTS |
| 04 | Scientists contribute to make the world a better place. Griffin is an antithesis to this statement. Justify. | 5 | HOTS |
| 05 | Read the following extract and answer the questions that follow: <br> No use to say 'O there are other balls': <br> An ultimate shaking grief fixes the boy <br> As he stands rigid, trembling, staring down <br> All his young days into the harbour where <br> His ball went. <br> 5.1 The boy remembers his $\qquad$ days. <br> 5.2 How does the boy feel when he loses his ball? <br> 5.3 Where has the boy lost his ball? <br> 5.4 Where is the boy standing? <br> 5.5 The boy who has lost ball is in the state of... | 5 | Analytical Skills |
| 06 | 'Amanda is alone but not lonely in the world she envisions.' Justify the statement with reference to any one image she pictures in her mind. <br> OR <br> The forest undergoes tremendous transformation overnight. Discuss with reference to the poem" The Trees". | 5 | Critical Thinking and Problem Solving |
| 07 | GRAMMAR <br> The following passage has not been edited. There is one error in each line. Write the incorrect word and the correction against each line. <br> 1)In Himalayas, the desert is turning green $\qquad$ <br> Climate change in an Indian region of $\qquad$ <br> Ladakh has shrunk glaciers or has made $\qquad$ rainfall and temperature unpredictable. Water has $\qquad$ . needed to irritating the fields. $\qquad$ $\qquad$ <br> 2) In the prisoner's room a candle is $\qquad$ | 10 | Evaluation |



ARMY PUBLIC SCHOOL GWALIOR CLASS - X
ACADEMIC SESSION 2023-24 WORKSHEET (SELF -ASSESSMENT)
Subject: Hindi
Assignment No. : 7
Allotment Date: 30 December 2023

| S.NO. | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 1 | आप यमुना पब्लिक स्कूल में हिंदी विभाग के सचिव हैं \| आपके विद्यालय में आयोजित दोहा गायन प्रतियोगिता के लिए विद्यार्थियों को आमंत्रित करते हुए एक सूचना तैयार कीजिए। | 5 | Information |
| 2 | हिंसा प्रधान फिल्मों के समाज पर पड़ते दुष्प्रभाव पर अपने विचार प्रकट करते हुए 'अमर उजाला ' समाचार -पत्र के संपादक को पत्र लिखिए (शब्द सीमा लगभग १०० शब्द ) | 5 | Communication Skills |
| 3 | 1 निम्नलिखित वाक्यों को ध्यानपूर्वक पढ़िए और रचना के आधार पर उनका भेद लिखिए। <br> 1. जैसे ही महात्मा जी आए वैसे ही भीड़ उनके स्वागत में खड़ी हो गई <br> 2.चुनाव निकट आते ही नेताओं को जनता के दुख दर्द याद आने लगे। <br> 3. वर्षा समाप्त हुई और इंद्रधनुष निकल आया। <br> 4 जो परिश्रमी होते हैं, वे काम से नहीं डरते। <br> 5 बत्ती हरी होते ही गाड़ियाँ चल पड़ी। <br> 2- निम्नलिखित मुहावरों के अर्थ लिखकर उचित वाक्यों में प्रयोग कीजिए <br> फूटी आँख न सुहाना - <br> कलेजा ठंडा होना - <br> तराजू पर तौलना - <br> गले का हार होना - <br> कान पर जूँ न रेंगना - | 5 | Interdisciplinary |
| 4 | समाज में रिश्तों की क्या अहमियत है \|इस विषय पर अपने विचार प्रकट कीजिए। | 5 | Analytical Skill |
| 5 | निम्नलिखित में से किसी एक विषय पर 150 शब्दों में अनुच्छेद लिखिए। | 6 | Critical Thinking and Problem Solving |


|  | (क ) सत्संगति के लाभ <br> अथवा <br> (ख) शहरों में यातायात समस्या <br> 6 <br> आशय स्पष्ट कीजिए- <br> 1.बस आस की एक किरण थी जो समुद्र की देह पर डूबती किरणों की <br> तरह कभी भी डूब सकती थी। <br> 2."पर्वत प्रदेश में पावस" कविता में मानवीकरण अलंकार का प्रयोग किस <br> प्रकार किया गया है? स्पष्ट कीजिए । <br> 3.कवि के "पर्वत प्रदेश में पावस" कविता में पहाड़ और तालाब की तुलना <br> किससे की है? | Evaluation |  |
| :--- | :--- | :--- | :--- | <br> \title{

ARMY PUBLIC SCHOOL GWALIOR <br> \title{
ARMY PUBLIC SCHOOL GWALIOR CLASS - X CLASS - X ACADEMIC SESSION 2023-24 <br> WORKSHEET (SELF -ASSESSMENT)
}

Subject: Mathematics
Allotment Date: 30 December 2023

| S. NO. | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 1 | 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 <br> (a) 52 <br> (b) 56 <br> (c) 48 <br> (d) 63 | 1 | Understanding |
| 2 | A quadratic polynomial, whose zeroes are -3 and 4 , is <br> (a) $x^{2}-x+12$ <br> (b) $x^{2}+x+12$ <br> (c) $2 x^{2}-2 x-6$ <br> (d) $2 x^{2}+2 x-24$ | 1 | Understanding |
| 3 | If $P(E)=0.07$, then what is the probability of 'not $E$ '? <br> (a) 0.93 <br> (b) 0.95 <br> (c) 0.89 <br> (d) 0.90 | 1 | Evaluation |
| 4 | The pairs of equations $x+2 y-5=0$ and $-4 x-8 y+20=0$ have: <br> (a) Unique solution <br> (b) Exactly two solutions <br> (c) Infinitely many solutions <br> (d) No solution | 1 | Application |
| 5 | The sum of two numbers is 27 and product is 182 . The numbers are: <br> (a) 12 and 13 <br> (b) 13 and 14 <br> (c) 12 and 15 <br> d) 13 and 24 | 1 | AnalyticalThinki <br> ng |
| 6 | The $(n-1)^{\text {th }}$ term of an A.P. is given by $7,12,17,22, \ldots$ is (a) $5 n+2$ <br> (b) $5 n+3$ <br> (c) $5 n-5$ <br> (d) $5 n-3$ | 1 | Analytical Thinking |




## ARMY PUBLIC SCHOOL GWALIOR <br> CLASS - X <br> ACADEMIC SESSION 2023-24 <br> WORKSHEET (SELF -ASSESSMENT)

Assignment No. : 8
Subject: Science
Allotment Date: 30 December 2023

| S. NO. | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 1 | Q1. What is the magnification of the images formed by plane mirrors and why? <br> Q2. Why covalent compounds have low melting and boiling point? <br> Q3. Define excretion. | $\begin{aligned} & \hline 1 \\ & 1 \\ & 1 \end{aligned}$ | Information |
| 2 | Q4. Why does the flow of signals in a synapse from axonal end of one neuron to dendritic end of another neuron take place but not in the reverse direction? <br> Q5. State ohms law. Represent it graphically. In the given circuit diagram calculate <br> (i) the total effective resistance of the circuit. <br> (ii) the current through each resistor. <br> Q6. Explain the use of an electric fuse. What type of material is used for fuse wire and why? | $\begin{aligned} & \hline 3 \\ & 3 \\ & 3 \end{aligned}$ | Understanding |
| 3 | Q7. Design an activity to demonstrate that a bar magnet has a magnetic field around it. <br> Q8. Give reasons for the following: <br> (i) Element carbon forms compounds mainly by covalent bonding. <br> (ii) Diamond has high melting point. <br> (iii) Graphite is a good conductor of electricity. | $3$ $3$ | HOT |
| 4 | Q9. What is the effect of DNA copying, which is not perfectly accurate, on the reproduction process? How does the amount of DNA remain constant through each new generation is a combination of DNA copies of two individuals? <br> Q10. Write about power of accommodation of human eye. Explain why the image distance in the eye does not change when we change the distance of an object from the eye? | $3$ $3$ | Interdisciplinary |
| 5 | Q11. Why are detergents better cleansing agents than soaps? Explain. <br> Q12. Unsaturated hydrocarbons contain multiple bonds between the two C-atoms and show addition reactions. Give the test to distinguish ethane from ethene. | $\begin{aligned} & 3 \\ & 3 \end{aligned}$ | Analytical Skill |
| 6 | Q12. Draw a rough sketch of the pattern of field lines due to a <br> (i) current flowing into a circular coil and <br> (ii) solenoid carrying current.. <br> (iii) current flowing through a straight conductor. | 5 | Critical Thinking and Problem Solving |
| 7 | Q13. Name the plant Mendel used for his experiment. What type of progeny was obtained by Mendel in $F_{1}$ and $F_{2}$ generations when he crossed the tall and short plants? | 5 | Evaluation |

# ARMY PUBLIC SCHOOL GWALIOR <br> CLASS - X <br> ACADEMIC SESSION 2023-24 <br> WORKSHEET (SELF -ASSESSMENT) 

Subject: Social Science
Assignment No. : 8 Allotment Date: 30 December 2023

| S. NO. | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 1. | A country called DHOLPUR has 6 families (family A, B, C, D, E and X) and the per capita income of this country is 8000 . Find out the income of family X if Family A, B, C, D and E have 2000, 1000, 20000, 3000 and 10000 respectively. <br> Answer the following questions on the basis of the above data: <br> i) What is the income of Family $X$ ? <br> a) 3000 <br> b) 10000 <br> c) 12000 <br> d) 6000 <br> ii) Which of the following inferences in not true: <br> a) Dholpur has unequal distribution of income <br> b) Family C is the richest family <br> c) Both A and B <br> d) Family B is the most literate of all | 1 | Understanding |
| 2. | In which year was the Act of Union signed and between which nations? <br> a) 1704, Ireland and Britain <br> b) 1707, Britain and Scotland <br> c) 1708, Britain and Ireland <br> d) 1709, Scotland and Britain | 1 | Information |
| 3. | Assertion: India needs to produce more high value crops Reason: High value crops can bring a lot of foreign exchange to India. <br> a) Both $A$ and $R$ are true and $R$ is the correct explanation of $A$ <br> b) Both $A$ and $R$ are true but $R$ is not the correct explanation of $A$ <br> c) $A$ is true but $R$ is False <br> d) Both $A$ and are $R$ are false | 1 | Understanding |
| 4. | The process of transformation of things available in our environment involves an interactive relationship between nature, | 1 | Information |


|  | ( X ) and institutions. Identify ( X ) <br> a) Resources <br> b) Unlimited Wants <br> c) Technology <br> d) Globalisation |  |  |
| :---: | :---: | :---: | :---: |
| 5. | Which of the following options represent potential measures that can be taken to mitigate the threats posed on the tiger population and biodiversity? <br> i. Banning hunting, giving legal protection to their habitats, and restricting trade in wildlife <br> ii. Prohibiting the visit of public into forest area. <br> iii. Establishing wildlife sanctuaries and National Parks <br> iv. Converting forests into Reserved and Protected forests <br> Options: <br> (a) Statement i and ii are correct. <br> (b) Statement ii, iii \& iv are correct <br> (c) Statement ii is correct. <br> (d) Statement (i), (iii) \& (iv) are correct. | 1 | Understanding |
| 6. | Read the following data and select the appropriate option from the following <br> How much percentage of girls are not attending school? <br> (a) $81 \%$ <br> (b) $61 \%$ <br> (c) $69 \%$ <br> (d) $18 \%$ | 1 | Information |
| 7. | Arrange the following statements in sequential order based on the events that took place in India prior to independence. <br> i. Poorna Swaraj resolution was passed. <br> ii. Boycott of the Simon Commission <br> iii. Quit India Movement launched. <br> iv. Salt march and the beginning of the Civil Disobedience Movement. <br> Options: <br> (a) iv, iii, ii, i <br> (b) ii, i, iv,iii <br> (c) i , iv, iii, ii <br> (d) i, ii, iii, iv | 1 | Understanding |


| 8. | Match the following items given in column A with those in column B: |  |  |  | 1 | Understanding |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Column-I |  | Column-II |  |  |  |
|  | (i) | Call center employee | (a) | 2005 |  |  |
|  | (ii) | Mahatma Gandhi National Rural Employment Guarantee Act | (b) | Railways |  |  |
|  | (iii) | Organised sector | (c) | Tata Iron and Steel Company Limited |  |  |
|  | (iv) | Public sector | (d) | Agriculture and farming |  |  |
|  | (v) | Private sector | (e) | Tertiary sector |  |  |
|  | (vi) | Primary sector |  | Job security |  |  |
|  | a) (i)- <br> b) (i)-(a) <br> c) (i)-(e) <br> d) (i)- | $\begin{aligned} & \text { ), (iii)-(e), (iii)-(c), (iv)-(b), } \\ & \text { ), (ii)-(a), (iii)-(f), (iv)-(b), } \\ & \text { ), (iii)-(a), (iii)-(b), (iv)-(c), } \\ & \text { ), (ii)-(a), (iii)-(f), (iv)-(b), } \end{aligned}$ | $\begin{aligned} & \text { (v)-(f), } \\ & \text { v)-(c), } \\ & \text { (v)-(f), } \\ & \text { v)-(c), } \end{aligned}$ | $\begin{aligned} & \text { (vi)-(d) } \\ & (\mathrm{vi})-(\mathrm{e}) \\ & (\mathrm{vi})-(\mathrm{d}) \\ & (\mathrm{vi})-(\mathrm{d}) \end{aligned}$ |  |  |
| 9. | Study the | able given below and | swe | he questions that follow: | 2 |  |
|  | Type | regimes and cou |  | Growth Rate |  |  |
|  | All de | ocratic regimes |  | 3.95 |  |  |
|  | All di | atorial regimes |  | 4.42 |  |  |
|  | Poor | untries under dictato | ship | 4.34 |  |  |
|  | Poor | untries under demo | racy | 4.28 |  |  |
|  | a) If we c betwee show? <br> b) Which sole aim | sider all democracies and 1950 and 2000, what do <br> pe of regime would peop and why? | d all d es the e pre | ctatorships for the fifty years data given in the table <br> if economic growth is the |  |  |
| 10. | Study the | icture carefully and ans | wer th | e following questions: | 3 |  |



|  | (a) Identify the style of literature. <br> (b) When did this style of literature emerge? <br> (c) What does this image reflect about the society? |  |  |
| :---: | :---: | :---: | :---: |
| 11. | My friend's grandfather had gone to Belgium during the 1950's and 1960's and worked in a chocolate factory. He expressed that 'he witnessed tensions between the Dutch speaking and Frenchspeaking communities during this time in Belgium '. Justify his statement with three reasons. | 3 | Information |
| 12. | Identify the bevarage crop and also explain climatic conditions required for its growth? | 3 | Critical Thinking and Problem Solving |
| 13. | Over the forty years between 1973-74 and 2013-14, while production in all the three sectors has increased, it has increased the most in the tertiary sector. As a result, in the year 2013-14, the tertiary sector has emerged as the largest producing sector in India replacing the primary sector. Why do you think tertiary sector is becoming so popular in India? Substantiate your answer giving any 3 reasons. | 3 | Analytical Skill |
| 14. | Explain the role of Otto Von Bismarck in the Unification of Germany. <br> OR <br> Explain the role of Giuseppe Mazzini in the Unification of Italy. | 5 | HOTS |
| 15. | "Cheap and affordable credit is crucial for the country's development." Explain the statement. <br> OR <br> Self Help Groups (SHGs) are the building blocks of organization of the rural poor. Support the statement with examples. | 5 | Information |
| 16. | (Case-based questions) | 4 | Evaluation |

Read the case given below carefully and answer the questions that follow:

## NTPC shows the way

NTPC is a major power providing corporation in India. It has ISO certification for EMS (Environment Management System) 14001. The corporation has a pro-active approach for preserving the natural environment and resources like water, oil, gas and fuels in places where it is setting up power plants. This has been possible through-
a. Optimum utilisation of equipment adopting latest techniques and upgrading existing equipment.
b. Minimising waste generation by maximising ash utilisation.
c. Providing green belts for nurturing ecological balance and addressing the question of special purpose vehicles for afforestation.
(i) Which is the major power providing corporation in India? $\mathbf{1}$
(ii) Name the institution which issues ISO certification for 1 Environment Management System.
(iii) Explain the pro-active approach of NTPC for preserving the 2 natural environment.
17. (Map Skill Based Question)
a. Two features ' $A$ ' and ' $B$ ' are marked on the given political outline map of India. Identify these features with the help of the following information and write their correct names on the lines marked near them. (1)
A. The place where the Indian National Congress Session was held.
B. The place where the movement of Indigo planters was started.
b. Locate and label the following with appropriate symbols on the same given political outline map of India. (3)

| (i) Sardar Sarovar | Dam |
| :--- | :--- |
| (ii) Bhilai | Iron and Steel Plant |
| (iii) Pune | Software Technology Park |
| (iv) Kochi | Major Sea Port |
| (v) Indore | Cotton Textile Industry |
| (vi) Naraura | Nuclear Power Plant |



## ARMY PUBLIC SCHOOL GWALIOR CLASS - X

ACADEMIC SESSION 2023-24
WORKSHEET (SELF -ASSESSMENT)
Subject: Computer
Allotment Date: 30 December 2023

| S.NO. | QUESTIONS | MARKS | NATURE |
| :---: | :---: | :---: | :---: |
| 1 | Choose and write the correct option (MCQ):- <br> (i). Which tag is used to add a new row to table : <br> (a) <td> <br> (b) <tr> <br> (c) <colspan> <br> (d) <Table> <br> (ii) A software that prevents external access to a system is called: <br> (a) Firewall <br> (b) Virus checker <br> (c) Router <br> (d) Gateway <br> (iii) Which of these is not a threat to the security of data? : <br> (a) Virus <br> (b) Backups <br> (c) Spyware <br> (d) Creackers <br> (iv) Which tag defines the header cell of the table:- <br> (a) <td> <br> (b) <tr> <br> (c) <th> <br> (d) <table>. | $1 / 2 \times 4=2$ | Information |
| 2 | Fill in the blanks- <br> (i) $\qquad$ tag is used to create Text Area in a form.. <br> (ii) The online backup of data is also called $\qquad$ <br> (iii) Like a computer virus $\qquad$ can also replicate itself. <br> (iv) $\qquad$ are extremely useful to prevent data loss.. | $1 / 2 \times 4=2$ | Understandin g and Problem Solving |


| 3 | Write short notes on following- <br> (i) Plagiarism <br> (ii) Spamming <br> (iii) Form in HTML <br> (iv) Cracker | $1 / 2 \times 4=2$ | Critical |
| :--- | :--- | :--- | :--- |
| $\mathbf{4}$ | Answer the following questions - <br> (i) What is a Computer Virus? <br> (ii) What is Backup? Why it is required?. <br> (iii) Name any two attributes of <INPUT> tag. <br> (iv) What is meant by the term Data Security? | $1 \times 4=4$ | HOT |

# ARMY PUBLIC SCHOOL GWALIOR CLASS -X <br> ACADEMIC SESSION 2023-24 WORKSHEET (SELF - ASSESSMENT) 

Subject: Music (Vocal, Dance \& Instrument)
Assignment No. 7
Allotment Date: 30 December 2023

| S. NO. | QUESTIONS | MARKS | NATURE |
| :--- | :--- | :--- | :--- |
| $\mathbf{1}$ | How many counting are there in teen Taal? <br> a) 16 <br> b) 15 | 2 | Informative |
| $\mathbf{2}$ | How many division are there in teen taal? <br> a) 4 <br> b) 10 | 2 | Informative |
| $\mathbf{3}$ | How many times dugun is done in teen taal? <br> a) 5 <br> b) 2 | 2 | Informative |
| $\mathbf{4}$ | Kesariya Balma Song is from which city?? <br> a) Rajasthan <br> b) Bihar | 2 | Informative |
| $\mathbf{5}$ | Folk songs are sung on which musical <br> instruments ? <br> A) Guitar <br> B) Dholak | On which instrument is soul beat played? ? | 2 |


| 9, | What type of beat will be played on God's Love Song <br> Congo? <br> a) soul beat <br> b) waltz beat | 2 | Informative |
| :--- | :--- | :--- | :--- |
| $\mathbf{1 0 .}$ | What type of beat will be played on school Song <br> Congo? <br> a) waltz <br> b) soul | 2 | Informative |

# ARMY PUBLIC SCHOOL GWALIOR CLASS - X <br> ACADEMIC SESSION 2023-24 <br> WORKSHEET (SELF -ASSESSMENT) 

## Subject: Work Education

Assignment No. : 7
Allotment Date: 30 December 2023

| S.NO | QUESTIONS | MARKS | Nature |
| :--- | :--- | :--- | :--- |
| $\mathbf{1 .}$ | What is gouache in art? | $\mathbf{2}$ | Understanding |
| 2. | What's in gouache paint? | $\mathbf{2}$ | Understanding |
| $\mathbf{3 .}$ | What gouache mean in english? | $\mathbf{2}$ | Understanding |
| 4. | Which famous artist used gouache? | $\mathbf{2}$ | Understanding |
| $\mathbf{5 .}$ | What is the Difference Between Watercolour and <br> Gouache? | $\mathbf{2}$ | Understanding |

## ARMY PUBLIC SCHOOL GWALIOR <br> CLASS - X <br> ACADEMIC SESSION 2023-24 <br> WORKSHEET (SELF -ASSESSMENT)

## Subject: Health and Physical Education <br> Assignment No. : 7 <br> Allotment Date: 30 December 2023

| S.NO | MULTIPLE CHOICE QUESTIONS(QUESTION 1 TO 4) | $\begin{aligned} & \hline \text { MARKS:- } \\ & \text { 1X10=10 } \end{aligned}$ | SKILLS |
| :---: | :---: | :---: | :---: |
| 1. | Triple jump know as $\qquad$ <br> (a) Hop <br> (b) Step <br> (c) Jump <br> (d) All of these | 1 | Problemsolving |
| 2. | The colour line of standard track is <br> (a) Black <br> (b) Yellow <br> (c) Red <br> (d) White | 1 | Initiative |
| 3. | Width of lanes of standard tack is <br> (a) 1.22 m . <br> (b) 1.45 m . <br> (c) 2.00 m . <br> (d) 2.15 m . | 1 | Problemsolving |
| 4. | Width of take-off board in long Jump is; <br> (a) 45 cm <br> (b) 20 cm <br> (3) 35 cm <br> (d) 30 cm | 1 | Initiative |
| 5. | Fill in the blanks (question 5 to 7) <br> The takeoff line shall not be less than $\qquad$ in the triple jump for men. ( $13 \mathrm{~m}, 10 \mathrm{~m}$.) | 1 | Thinking |
| 6. | The inside diameter of the circle shall be $\qquad$ the shot put.( ( $2.135 \mathrm{~m} ., 2.50 \mathrm{~m}$.) | 1 | Thinking |
| 7. | The inside diameter of the circle shall be $\qquad$ in the discuss throw. (2.135 m., 2.50m.) | 1 | Selfregulation |
| 8. | True \& False (question 8 to 10 ) <br> Athletics is composed of sports involving running, walking, jumping and throwing | 1 | Thinking |
| 9. | In the high jump event, the athlete must run in the start and must jump over a bar without knocking it over. | 1 | Initiative |


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| 10. | Running events are played in an oval | 1 | Problem- <br> solving |

