

**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: English**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

S. NO.	QUESTIONS	MARKS	NATURE
Q.1	<p>Read the passage carefully and answer the following questions.</p> <p>1. Adventure sports or extreme sports are recreational activities that are known to involve a high degree of risk. These risks could be in the form of speed, height, or a high level of physical exertion, and involve the use of highly specialized sports equipment. Hence, adventure sports require skills and physical prowess. These sports are usually competitive in nature. These are bold undertakings that involve hazardous action, and their outcome is almost always uncertain. These are all about excitement. While some people do it for sheer fun, some others do it to test. The idea of unbounded freedom draws many to sport.</p> <p>2. Adventure sports encompass a very wide range of activities that require unusual physical and mental challenges. Some of these are skydiving, bungee jumping, surfing, skiing, sand – boarding ng, snowboarding, jet – boating, white – water rafting and scuba diving Adventure sports are undertaken at various places depending on the topography and weather conditions. Many of them are undertaken in hilly and mountainous areas. On snow-covered mountains, it is possible to carry out activities like skiing and sledging. Hang – gliding involves piloting a flexible wing aircraft by shifting one’s weight on to it.</p> <p>Lahaul and Spiti, Solan and Billing in Himachal Pradesh are known for paragliding. Hot air ballooning is another adventure sport that is gaining popularity in India. This involves sailing across high altitudes in a basket hanging from a giant nylon balloon filled with hot air. The Western Ghats and Aravalli Hills also provide good opportunities for rock climbing. Adventure water sports like kayaking, sailing, surfing, watching are practiced in coastal areas. Bird watching, camping and wildlife safaris have drawn a lot of sportspersons as well as other people too.</p> <p><b>A.1. Answer the following questions very briefly.</b></p> <p>1. What are adventure sports or extreme sports?  .....  .....</p> <p>2. What do these sports involve?  .....  .....</p> <p>3. What are the basic requirements of these sports?  .....  .....</p> <p>4. Why do people undertake hazardous sports? Give two reasons.</p>	5 M	Understanding

	<p>.....</p> <p>.....</p> <p>5. Why do people find these sports exciting?</p>		
Q.2	<p>Attempt ANY ONE from i and ii. Write an application to the Principal for 4 days leave. OR Write an application to your Principal for fee concession.</p>	5	Communication skill
Q.3	<p style="text-align: center;">Grammar</p> <p>Choose the correct answer from the given options.</p> <p>1. What _____ last Sunday afternoon. a) have you done b) are you doing c) will you do d) did you do</p> <p>2. They _____ take a bus, they can walk to the museum. a) mustn't b) don't have to c) shouldn't d) have to</p> <p>3. The cat _____ scratching the tree. is b) are c) am d) were</p>	1x3	Analytical
Q.4	<p>Put the verbs into the correct tense.</p> <p>1. I (just /finish) _____my homework. (simple past or past perfect). a) 2.Tomorrow I think I (start) _____ my new project. [simple future/future perfect]</p>	2	Interdisciplinary
Q.5	<p>Answer the questions in 30-40 words each.</p> <p>1. Why was the king advised to listen to his soldiers?</p> <p>2. Describe the hermit in one or two sentences.</p> <p>3 What are the functions of feelers or antennae for an ant?</p> <p>4. Who looks after the grubs and how?</p> <p>5. What jobs are new ants trained for?</p>	5	Evaluation



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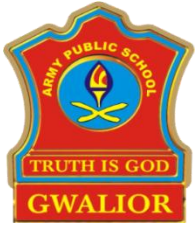
**Subject: Hindi**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

क्रम सं.	प्रश्न	अंक	प्रकृति
1.	निम्न शब्दों के अर्थ लिखिए- उन्मुक्त, पिंजरबद्ध, पुलकित, कटुक, स्वर्ण श्रृंखला, क्षितिज, नीड़, विघ्न, होड़ा होड़ी, आकुल	5	Informative Communication Skills
2.	निम्नलिखित प्रश्नों के उत्तर दीजिए- प्रश्न 1-हर तरह की सुख सुविधा पाकर भी पक्षी पिंजरे में बंद क्यों नहीं रहना चाहते? प्रश्न 2- भाव स्पष्ट कीजिए- या तो क्षितिज मिलन बन जाता /या तनती सांसों की डोरी प्रश्न 3- पक्षियों को पिंजरे में बंद करने से केवल उनकी आजादी का हनन ही नहीं,अपितु पर्यावरण भी प्रभावित होता है। इस विषय में अपने विचार लिखिए।	6	Critical Thinking and Problem Solving
3.	प्रश्न 1- भाषा किसे कहते हैं? इसके कितने रूप हैं? प्रश्न 2. व्याकरण किसे कहते हैं? इसका क्या कार्य है?	4	Interdisciplinary
4.	निम्नलिखित अपठित गद्यांश को पढ़कर नीचे लिखे प्रश्नों के उत्तर दीजिए- डॉ. कलाम दृढ़ इच्छाशक्ति वाले वैज्ञानिक थे। वे भारत को विकसित देश बनाने का सपना संजोए हुए थे। उनका मानना था कि भारतवासियों को व्यापक दृष्टि से सोचना चाहिए। हमें सपने देखने चाहिए। सपनों को विचारों में बदलना चाहिए। विचारों को कार्यवाही के माध्यम से हकीकत में बदलना चाहिए। डॉ. कलाम तीसरे ऐसे	1x4=4	Understanding

	<p>वैज्ञानिक हैं, जिन्हें भारत का सर्वोच्च सम्मान 'भारत रत्न' दिया गया। उन्हें 'पद्मभूषण' तथा 'पद्मविभूषण' से भी सम्मानित किया गया। भारत को उन पर गर्व है। इतनी उपलब्धियाँ प्राप्त करने के बावजूद अहंकार कलाम जी को छू तक नहीं पाया। वे सहज स्वभाव के एक भावुक व्यक्ति थे। उन्हें कविताएँ लिखना, वीणा बजाना तथा बच्चों के साथ रहना पसंद था। वे सादा जीवन उच्च विचार में विश्वास रखते थे। कलाम साहब का जीवन हम सभी के लिए प्रेरणादायक है। कलाम जी तपस्या और कर्मठता की प्रतिमूर्ति हैं। राष्ट्रपति पद की शपथ लेते समय दिए गए भाषण में उन्होंने कबीरदास जी के इस दोहे का उल्लेख किया था - 'काल करे सो आज कर, आज करे सो अब'।</p> <p>प्रश्न (1) डॉ. कलाम को क्या क्या बेहद पसंद था ?</p> <p>प्रश्न (2) डॉ. कलाम को किन-किन सम्मानों से सम्मानित किया गया ?</p> <p>प्रश्न (3) डॉ. कलाम कैसे स्वभाव के व्यक्ति थे? प्रश्न</p> <p>(4) डॉ. कलाम भारत को क्या बनाने का सपना संजोए हुए थे?</p>		
5.	<p>(क). स्वर्ण श्रृंखला में स्वर्ण शब्द गुणवाचक विशेषण है।</p> <p>गुणवाचक विशेषण के पांच उदाहरण लिखिए।</p>	5	Evaluation
6.	<p>(क) महाभारत की रचना किसने की?</p> <p>(ख) देवव्रत की प्रतिज्ञा के कारण भीष्म के नाम से प्रसिद्ध हुए?</p> <p>( ग ) भीष्म काशीराज की कन्याओं के स्वयंवर में किस उद्देश्य से गए थे?</p> <p>(घ) अंबा ने एकांत में भीष्म से क्या कहा?</p>	6	Analytical



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**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF -ASSESSMENT)**

**Subject: Mathematics**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

S. No.	QUESTIONS	MARKS	NATURE
1	$a + b = b + a$ is called (a) commutative law of addition      (b) associative law of addition (c) distributive law of addition      (d) none of these.	1	Informative
2	The multiplicative identity for integers is (a) 1      (b) -1      (c) 0      (d) none of these	1	Informative
3	What is the additive identity for whole no's (a) 1      (b) 0      (c) -1      (d) None of these	1	Understanding
4	Product of even number of negative integers is (a) positive      (b) negative      (c) zero      (d) none of these	1	Critical thinking
5	The pair of integers whose sum is -5 (a) 1, -4      (b) -1, 6      (c) -3, -2      (d) 5, 0	1	Understanding
6	Which of the following statement is true (a) $7-4 = 4-7$ (b) $7-4 > 4-7$ (c) $7-4 < 4-7$ (d) $7-4 = -3$	1	Analytical
7	Multiplication of 2, -5 and 0 gives (a) 10      (b) 0      (c) -10      (d) 7	1	Critical Thinking
8	What integers or number should be added to -5 to get 4? (a) 1      (b) -1      (c) -9      (d) 9	1	Understanding
9	The value of $6 - (-3)$ is	1	Understanding

	(a) 3	(b) -9	(c) -3	(d) 9		
10	Subtract (i) 3 from - 4		(ii) -3 from -4		2	Analytical
11	Verify the following: $18 \times [7 + (-3)] = [18 \times 7] + [18 \times (-3)]$				2	Understanding
12	The temperature at 12 noon was $10^{\circ}$ C above zero. If it decreases at the rate of $2^{\circ}$ C per hour until midnight, at what time would the temperature be $8^{\circ}$ C below zero? What would be the temperature at midnight?				2	Problem Solving
13	In a test (+5) marks are given for every correct answer and (-2) marks are given for every incorrect answer. (i) Radhika answered all the questions and scored 30 marks though she got 10 correct answers.  (ii) Jay also answered all the questions and scored (-12) marks though he got 4 correct answers. How many incorrect answers had they attempted?				3	Understanding
14	An elevator descends into a mine shaft at the rate of 6m/min. If the descent starts from 10 m above the ground level, how long will it take to reach -360 m.				3	Analytical
15	Four friends Roshan, Narun, Mohit and Shaun went for trekking to enjoy their summer vacations. Shaun reached the peak and found he was 1500m above the sea level. All friends were at equal distance from each other.  i) Express the height where Shaun is (in integers)  ii) As they climbed higher the temperature dropped 15 degree below zero. Express it in integers.  iii) Roshan slips from his position and falls into the sea where he reaches 650m below the sea level. He observes a submarine 75 m below him. What is the distance between the sea level and the submarine?				4	Case study
Q.16	A cement company earns a profit of Rs 8 per bag of white cement and loss of 5 Rs per bag on grey cement.				5	Problem Solving

(a)	The company sells 3000 bags of white cement and 5000 bags of grey cement in a month. What is its profit or loss?		
(b)	What is the no. of white cement bags it must sell to have neither profit nor loss, if the no of grey bags sold is 6400 bags.		



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Science**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

S. NO.	QUESTIONS	MARKS	NATURE
Q1	Answer the following questions.  i. What is nutrition?  ii. What is photosynthesis?	1x2=2	Information
Q2	i. Name the pores present on leaves and write their role.  ii. List any two insectivorous plants.	2X2=4	Understanding
Q3	i. The pitcher plant is green which can prepare its own food, but it feeds on insects. Why?  ii. What would happen if there were no heterotrophs on earth?	2x2=4	HOT
Q4	i. What are nutrients?  ii. Which gas is used for photosynthesis and	2x3=6	Interdisciplinary



	<p>why?</p> <p>iii. How do plants absorb atmospheric nitrogen ?</p>		
<b>Q5</b>	i. What are decomposers?	3x3=9	Analytical Skill
	ii. What will happen if leguminous crop will not be grown between two main crops?		Critical Thinking and Problem Solving
	iii. List any three different modes of heterotrophic nutrition in plants.		Evaluation
<b>Q 6.</b>	How plants and animals are interlinked?	5x1=5	Communication Skills



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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Social Science**  
**Allotment Date: 30 April 2024**

**Assignment No. : 1**

S. NO.	QUESTIONS	MARKS	NATURE
1	Which are the major components of the environment?	4m	Information
2	Write any six major provinces of the Delhi sultanate during Muhammad Tughlaq's reign.	3x1=3m	Understanding
3	Which are the four major domains of the earth?	4m	HOTS
4	Which are the different types of sources to learn about the past?	3x1=3m	Interdisciplinary
5	<b>Fill in the blanks –</b> 1. _____ was a fourteenth century chronicler. 2. Domain of water bodies is known as _____. 3. Archives are places where _____ are kept.	3x1=3m	Analytical Skill
6	<b>Answer the following questions in about 20-30 words.</b> 1.What is Civil Rights Movement? 2.Name the four examples of human-made environment.	2x2=4m	Critical Thinking and Problem Solving
7	<b>Answer the following questions-</b> 1. On which date the 'World Environment Day' is celebrated every year? 2. Who was considered a "foreigner" in the past?	3x2=6m	Evaluation

	3. What do you mean by a 'Constitution'?		
<b>8</b>	Which are the six fundamental rights of the Indian Constitution?	3m	Communication Skills



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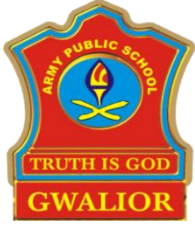
Subject: Sanskrit

Assignment No. : 1

Allotment Date: 30 April 2024

S.NO	QUESTIONS	MARKS	SKILLS/ COMPETENCIES
1.	एकपदेन उत्तरत-  (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 पर्यायवाचीः सन्ति-  (क) जलम् ..... (ख) रविः .....	5	Thinking skill

	(ग) वायुः ..... (घ) संसार ..... (ङ) वसुन्धरा .....		
5.	निम्नलिखितपदानाम् संयोज्य लिखत-  (क) जलम्+अन्नम् = ..... (ख) वायुः+च = ..... (ग) विस्मयः+न = ..... (घ) न+असद्भिः = ..... (ङ) सह+आसीत् = .....	5	<b>Analytical skill</b>
6.	अधोलिखितपदानां लिंगम् लिखत-  सुखी ..... अन्नम् ..... पृथ्वी ..... सत्येन ..... रविः .....	5	<b>Understanding</b>



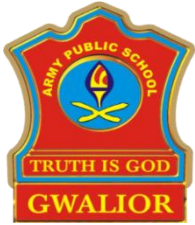
**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF -ASSESSMENT)**



**Subject: Art and Work Education**  
**Allotment Date: 30 April 2024**

**Assignment No. : 1**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	What is the element of line?	2	<b>Understanding</b>
2	What is the line of elements in leaf patterns?	2	<b>Evaluation</b>
3	What are the 5 types of line elements?	2	<b>Understanding</b>
4	What is a leaf pattern?	2	<b>Understanding</b>
5	What is folk art subject?	2	<b>understanding</b>



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Music (Vocal, Dance and Instrumental)**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
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 tali in teen taal? a) 3 b) 4	2	Informative
7.	What is sam symbol in teen tal ? a) x b) 0	2	Informative
8.	At what level is there an empty space in the teen tal ? a) 9 b) 8	2	Informative
9,	At what point is the three rhythms equal? a) 1 b) 4	2	Informative

<b>10.</b>	On which matra is the second beat in three beats a) 5 b) 9	2	Informative
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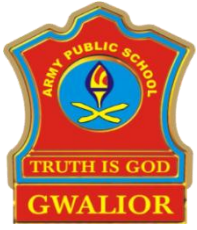


**Subject: Health and Physical Education**  
**Allotment Date: 30 April 2024**

**Assignment No. : 1**

<b>S.NO</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>SKILLS/ COMPETENCIES</b>
<b>1.</b>	<p><b>Tick The Correct Answer</b></p> <p>Q-1- What is the weight of football?</p> <p>a.410gm to 450gm</p> <p>b.310gm to 350gm</p> <p>c.510gm to 550gm</p> <p>d.350gm to 400gm</p> <p>Q-2 Who won the 2018 football cup?</p> <p>a.Brazil</p> <p>b.Portugal</p> <p>c.France</p> <p>d.Argentina</p> <p>Q-3- What colour cards do referee carry in a football match?</p> <p>a.Red and orange</p> <p>b.Yellow and blue</p> <p>c.Red and yellow</p> <p>d.Green and blue</p> <p>Q-4- What is the time duration of football match?</p>	<b>4</b>	<b>Informative</b>

	<p>a.80 minutes</p> <p>b.90 minutes</p> <p>c.70 minutes</p> <p>d.95 minutes</p>		
<b>2</b>	<p><b><u>Fill in the blanks</u></b></p> <p>Q-5- Football world cup 2022 organising by _____ (Qatar,france)</p> <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>	<b>3</b>	<b>Understanding</b>
<b>3</b>	<p><b><u>True False</u></b></p> <p>Q-8- 12 players from each team allowed to play at a time?</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p> <p>Q-9 Portugal won their world cup title in 2014?</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p> <p>Q-10- Cristiano ronaldo plays for Portugal?</p> <p><b>A.</b> True</p> <p><b>B.</b> False</p>	<b>3</b>	<b>Knowledge</b>



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



**Subject: Computer**  
**Allotment Date: 30 April 2024**

**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	Fill in the blanks-	4 x0.5=2	Understanding

	<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>		
<b>3</b>	<p>Write True or False against the statements:-</p> <p>(i) Non –positional system does not depend upon the position 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>	$4 \times 0.5 = 2$	Interdisciplinary
<b>4</b>	<p>Answer the following questions -</p> <p>(i) Write the steps to convert from octal to decimal equivalent.</p> <p>(ii) Convert <math>(45)_2</math> to binary equivalent.</p> <p>(iii) What is hexadecimal number system? Convert 4BD8 to binary equivalent.</p> <p>(iv) Convert <math>(1642)_{10}</math> to octal number system.</p>	$1 \times 4 = 4$	<p>Critical</p> <p>Thinking and</p> <p>Problem</p> <p>Solving</p>



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Karate**

**Assignment No. : 1**

**Allotment Date: 30 April 2024**

<b>S. NO</b>	<b>QUESTIONS</b>	<b>Marks 10</b>
<b>1</b>	<p>What is the meaning of Kumite?</p> <p>a) Fight b) Leg Fight c) Pre – decided techniques of offense and defense d) None of these</p>	<b>1</b>
<b>2</b>	<p>Which Japanese word is used at the time of wish in Kata?</p> <p>a) Os b) Ous c) Osu d) Oos</p>	<b>1</b>
<b>3</b>	<p>What is the Japanese name of middle block?</p> <p>a) Jodan age uke b) Chudan sota uke c) Gaidan barai uke d) None of these</p>	<b>1</b>
<b>4</b>	<p>Which stance is used for attention position?</p> <p>a) Zenkotsudachi b) Heikodachi c) Soto heikodachi d) Sanchin dachi</p>	<b>1</b>

<b>5</b>	<p>Which position is used at kicking time?</p> <p>a) Hidari heikodachi  b) Migi heikodachi  c) Hidari and migi heikodachi  d) None of these</p>	<b>1</b>
<b>6</b>	<p>How many basic punches?</p> <p>a) 10  b) 20  c) 3  d) 4</p>	<b>1</b>
<b>7</b>	<p>In heikodachi dachi legs should be</p> <p>a) Parallel to your shoulder  b) Inside the shoulder  c) Outside the shoulder  d) None of these</p>	<b>1</b>
<b>8</b>	<p>How many basic blocks?</p> <p>a) 1  b) 2  c) 3  d) 4</p>	<b>1</b>
<b>9</b>	<p>Which punch is used for face attack?</p> <p>a) Jodan tsuki  b) Chudan tsuki  c) Gaidan tsuki  d) Nidan tsuki</p>	<b>1</b>
<b>10</b>	<p>What is the starting position of kicking ?</p>	<b>1</b>

	<ul style="list-style-type: none"><li>a) Heikondachi</li><li>b) heikadachi</li><li>c) Zenkotsudachi</li><li>d) None of these</li></ul>	
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