

First Terminal Evaluation 2018-19
Health and Physical Education, Art Education, Work Education

Class: 7**Time 2 hours**

Instructions

1. Cool off time 15 minutes. Read all the questions carefully.
2. Write answers for all questions in all the three sections
3. Questions are given in three sections. You have to answer three sections in three separate papers. Write your name, subject, class number and class.
4. Two hours is allowed for three sections. Take 40 minutes for each sections.

HEALTH AND PHYSICAL EDUCATION

Choose the correct answer from the brackets 1 to 4

1. Which among the following is suitable to develop muscular strength?
(Jogging, Yoga, Breathing exercise, Resistance training)
2. Which sports event was held in Russia recently?
(Football, Volley Ball, Hockey, Basket Ball)
3. Which among the following is suitable for physical fitness?
(Sleeping, Exercise, Watching TV, Listening Music)
4. William Herbert Sheldon classified human body into three. The people who have lean body is called as
(Endomorph, Mesomorph, Ectomorph, None of these)

Answer any Four from questions 5 - 10

5. What is daily routine?
6. What are the merits of daily exercise?
7. Describe the aerobic exercise?
8. Write any four features of Mesomorph?
9. What is Muscular Strength?
10. What is exercise?

Answer any one from 11 to 12

11. Don't you read about P.U. Chithra, the sports star in your activity book.
Explain how P.U. Chithra attained this merit?
12. What are the activities that can be included in Physical exercise?

ART EDUCATION

Answer all questions from 1 to 6

1. The shadow of a tree formed at 2 p.m. will be longer than the shadow of the tree formed at 5 p.m. Is the statement True or False?
(True / False)
2. Which art of drawing is done with the help of Geometrical figure?
(Fresco, Cubism, Madhubani)
3. Which among the Indian musical form is followed by the people of Kerala?
(Rabeendra Music, Hindustani Music, Karnatic Music)
4. Ri, Sa, Pa, Ma, Ga, Da, Ni, these are the Saptha Swaras.
Write them in to ascending order?
(Ga, Ma, Pa, Da, Ni, Sa, Ri
Sa, Ri, Ga, Ma, Pa, Da, Ni
Ma, Da, Ni, Sa, Ri, Ga, Pa)
5. Name the place where Kerala Kala Mandalam is situated?
(Thrissur, Kannur, Thiruvananthapuram)
6. Write down the drama act form without dialogue?
(Mono - act, Mime, Vachika abhinayam)

Answer any three from 7 to 10

7. You know how to draw a human body. Draw the picture of a running man.
8. Match the following
 - (a) Purandaradasan - One among the Trinity in music
 - (b) Swathi Thirunal - Father of Karnatic Music
 - (c) Irayimman Thampi - Musician among kings
 - (d) Thyga Raja Swamikal - The author of Omanathinkal kidavu
9. Write any two classical dance forms
10. Write any two Rasas from Navarasas

Answer any one from 11 to 12

11. Unni goes through the Paddy field. Write the conversation between Unni and farmer.
Draw the scenery of a paddy field.

12. Identify the art form in the picture given below. Write four lines of song about this art form.



WORK EDUCATION

Choose the correct answer from the bracket for questions 1 and 2

1. The embroidery stitchings, Bullin stitch and French Nut are used for
(For stitching pollengrains, For stitching petals, For stitching leaves,
For stitching fruits)
2. Which among the following is grafted to an ordinary plant that is grown in a plant pot.
(Low yielding plant, Other species plant, High yielding plant, Same yielding plant)

Answer the following

3. Which type of cloth is used for cross stitching?
4. Which instrument / tool is used for polishing the surface of coconut shell when we are making handicrafts?
5. What are the plants used for grafting?

6. Classify the following into organic and non organic



(a)



(b)



(c)



(d)

Answer any one of the following from 7 to 8

7. Which handicraft can be made from Coconut shell, knife, gum, cloth, hammer?
Describe the way of making the handicraft.
8. What are the materials used for making peticoat with hand stitch?
What are the different types of stitches used for?

Write the answer in not less than two sentences

9. Which are the daily routines related to personal hygiene?