

FIRST TERM EVALUATION 2022-23

Health & Physical Education ,Art Education ,Work Education

Class : VII

Instructions

1. There are three sections : Health & Physical Education , Art Education and Work Education .
2. Each section carries 15 scores .
3. First 15 minutes is cool off time .
4. Answer each section in each separate answer sheet . Don't forget to write your Name , Subject , Class , Division and Roll number in all sheets .

HEALTH AND PHYSICAL EDUCATION

Questions 1 to 5. Answer any four

(1X4=4)

1. Which state in India hosted the 44th Chess Olympiad?
(Karnataka, Tamil Nad, Delhi, Punjab)
2. Which activity is done to ensure physical fitness and health?
(Exercise, Routine, Rest, Studies)
3. The ability to use the strength of muscles are called.....
(muscular strength, cardio respiratory endurance, muscular endurance, flexibility)
4. Which device is used to measure the height scientifically?
(Barometer, Stadiometer, Stethoscope, Thermometer)
5. Which type of exercise is done along with music for a long time?
(walking, aerobic exercise, jogging, breathing exercise)

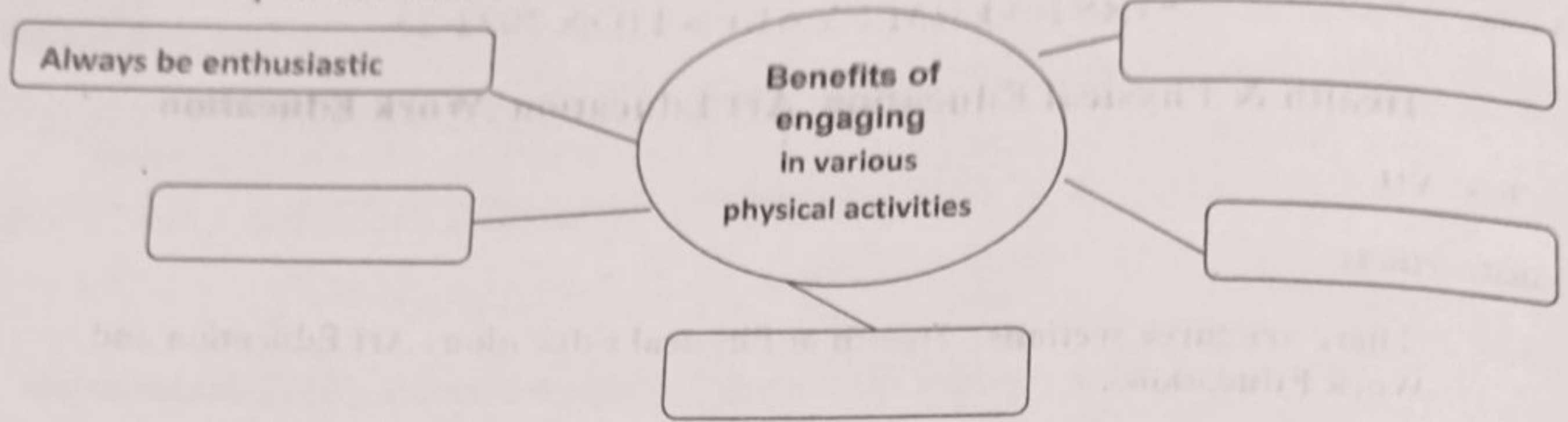
Questions 6 to 10. Answer any four

(4X2=8)

6. Write any four factors that influence physical fitness.
7. What is meant by Cardio-Respiratory Endurance?
8. Write any four physical exercises that can be included in your routine.
9. Which body type is suitable for the sports items given below.
 - A. Football
 - B. Marathon
 - C. Sumo Wrestling
 - D. Shot put

(Endomorph , Mesomorph , Ectomorph)

10. Complete the word web



Questions 11 & 12. Answer any one

(1X3=3)

11. BMI is an equation accepted and approved for body proportion. If Vishnu of standard VII is 160 cm height and he weighs 50 kg, then what would be his BMI ?
12. What is mean by Daily Routine?
Prepare a model time table of daily routine including your physical activities.

ART EDUCATION

Questions 1 to 6. Answer any for of the following

(1x4 = 4)

1. The sketches used for stories, poems and other such literary works are called ?
[a) cartoon b) illustration c) collage d) sculpture .]
2. Appu is trying to use the violet colour for the picture he has drawn. which are the colours mixed to make violot colour ?
(a) yellow + blue b) red + black c) blue + red d) orange + yellow .)
3. Name the factor that controls the speed of a song?
(Raga , Tala , Sruthi , Bhava)
4. Which is the musical instruments that is included in ' Talavadyas '
(Veena , Flute , Chenda , Tamburu)
5. Which is the dance form that is originated from Kerala?
(Bharatanatyam , Thiruvathira , Kathak , Odissi)
6. Name the drama field in which Artist Sujathan is famous for ?
(a) Ranga padam b) Music direction c) Make up d) Play back singing)

Questions from 7 & 8 answer any one.

7. Write the names of any two classical dance forms originated in Kerala, Write atleast two features of them. (2x1 = 2)
8. Edassery Govindan Nair's poem 'kochanujan' has been decided to be screened as short film. If so, what are the steps to be taken for making it as a reality?

Questions From 9 to 12 answer any 2.

9. What are the visual colour changes that occur in nature during rainy season. Mention the colour changes that you observed. (2 x 3 = 6)
10. List out the names of 3 popular play back Singers as well as Music Composers from kerala film industry.
11. Write a short paragraph on the dance form- kadhakali
12. When an actor transforms into a character what are the preparations that should be done prior to it?

Questions From 13 & 14 answer any 1

13. Mention any three film songs in various rythms. Among them, prepare the short description of any one song (1 x 3 = 3)
14. Prepare a short description on various man made objects as well as natural things that are used to make a Sculpture .

Work Education

From Questions 1 to 5 answer any four.

(one score each)

1. Give the name of hand sewing technique which is used to make cloths beautiful
(fabric painting , glass painting , embroidary , oil painting .)
2. Name the most essential raw material used to prepare the food item paneer?
(coconut oil , milk , maida, egg)
3. From the list below identify the object which is a non conductor of electricity
(Aluminium , iron , plastic , copper)
4. From the list given below which in not an example for natural fibre?
(coir fibre , plantain fibre , nylon jute)

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5. Name Substance used to polish wooden furniture ?
(kerosine , varnish , water , diesel)

(4 x 2 = 8)

From questions 6 to 10 , answer any four

6. Name any four soft drinks that can be used during celebrations / party
7. Name any two useful products that could be made out of coconut shell.
8. Give the names of two organic fertilizers and organic pesticides.

Match following

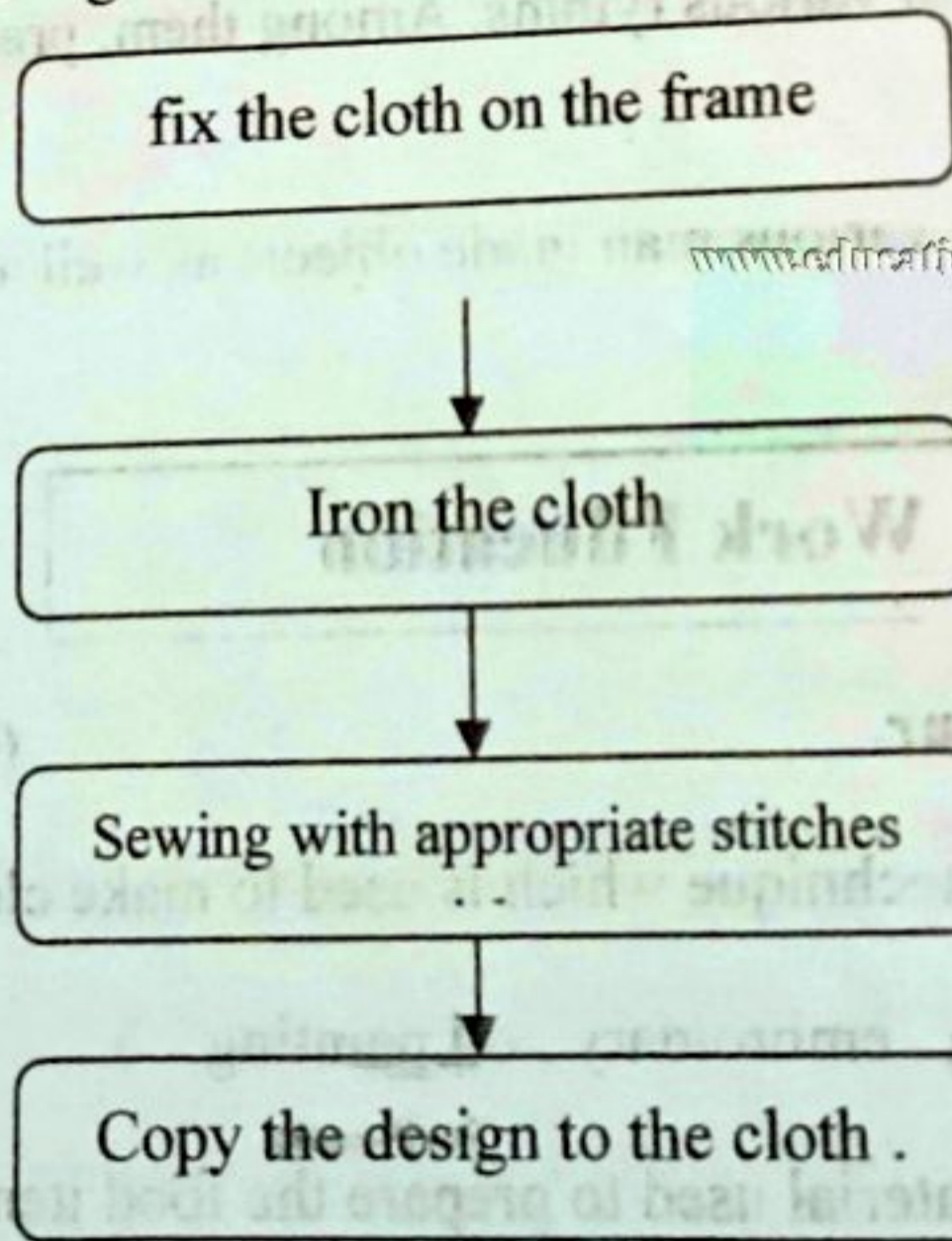
A	B
Calcium	goosberry
Iron	fish
Protein	leafy vegetables
Vitamin	tubers

10. Name any four agricultural tools

(3 * 1 = 3)

From questions 11 & 12 Answer any one of the following

11. Observe the flowchart given below . Identify the activity done . The activities , then arrange them in order



12. After the pandemic period of corona Achu visited his relativ's house at Chennai . He understood the crisis of water scarcity .He sent a message to his friend on the need of fresh water conservation. The message he sent starts so. "In our home town how much water do we waste. " Complete the message that Achu might have written .