

Health and Physical Education, Art Education, Work Education
Class: 7 **Time :2 hours**

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 separate sheets. Don't forgot to write your Name, Subject, Class and Roll number in all the sheets.

Health and Physical Education

Questions 1 to 5. Answer any four.

(4 x 1 = 4)

1. Name the instrument used to measure body weight.

a) Disc type weighing machine	b) Meter scale
c) Stadio meter	d) Thermometer
2. The ability of heart and lungs for getting oxygen while engaging in prolonged physical exercises or other activities is called

a) cardio respiratory endurance	b) flexibility
c) agility	d) speed
3. The method used to measure the flexibility of joints.

a) Sit and Reach	b) Sit-up
c) Push-up	d) Pull-up
4. A physical activity practised with or without music for a long time is

a) Aerobics	b) Cycling
c) Yoga	d) Swimming
5.helps us to get away from lifestyle diseases.

a) Video game	b) Watching films
c) Sleep	d) Physical activities

Questions 6 to 10. Answer any four.

(4 x 2 = 8)

6. How will you find Body Mass Index?
7. State whether the given statements are true or false.

a) Playing near a water body which is static and deep, may cause for a fall into the water.
b) It never causes a breathing problem even if one keeps food in the mouth while swimming.

8. Name two safety equipments used for swimming.
9. What are the benefits of "thrikonasanam"?
10. What are the physical activities that help increase and maintain physical fitness?

Questions 11 to 12. Answer any one.

(1 x 3 = 3)

11. Describe the positive changes a person gain by engaging in games and physical activities.
12. Explain three benefits of swimming.

Art Education

Questions 1 to 6. Answer any four.

(4 x 1 = 4)

1. Name the Malayali sculptor who was the Chairman of Kendra Lalithakala Academy.
(Balan Nambiar, Meera Mukharji, Pulak Biswas, A.S Nair)
2. Who was the famous singer in Akbar's court?
(Tansen, Humayoon, Babar, Jahangir)
3. Which among the following is the classical dance of Kerala?
(Kathakali, Odessey, Kathak, Manipuri)
4. The form of drama which provides dramatical experience through dialogues without having a direct vision of characters.
(Radio drama, Mime, Chavittunadakam, Dance drama)
5. Name the art form which picturises current events in a humorous way.
(Portrait, Sculpture, Caricature, Cartoon)
6. The picture of a genius who was the musician and a ruler of Travancore is given below.
Write his name.



(Swathi Thirunal, Irayimman Thampi, Kunchan Nambiar, Udayavarma Kolathiri)

Questions 7 to 8. Answer any one.

(1 x 2 = 2)

7. Write any two media used for painting pictures.
8. Write the names of two main branches of Indian Music.

(2 x 3 = 6)

Questions 9 to 12. Answer any two.

9. Art teacher is trying to make a sculpture in the classroom. Teacher asked students to bring natural materials needed for making a sculpture. What things may the children collect?
10. Who are known as 'trio' in Karnatic Music?



11. Select the classical dance forms of Kerala from the following pictures.



Bharatanatyam



Keralanadanam



Kathakali

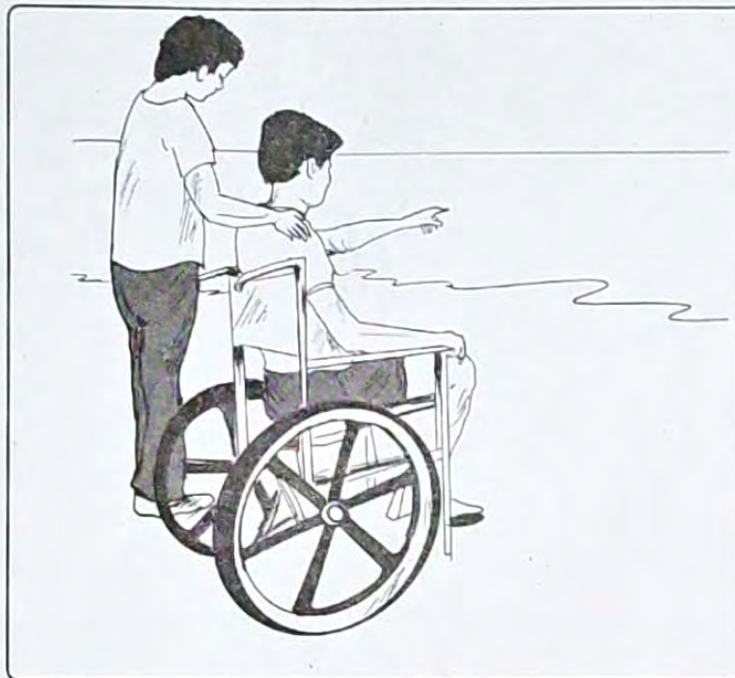


Kathak



Mohiniyattam

12. Based on the picture given below, write a short play with suitable dialogues.



Questions 13 to 14. Answer any one.

(1x3=3)

13. Write the first line of three familiar cinematic songs having different rhythms.
14. While returning from school, it rained unexpectedly. Appu did not have an umbrella. Imagine Appu coming wet in rain and the background. Picturise your imagination and colour it.

Work Education

Questions 1 to 5. Answer any four.

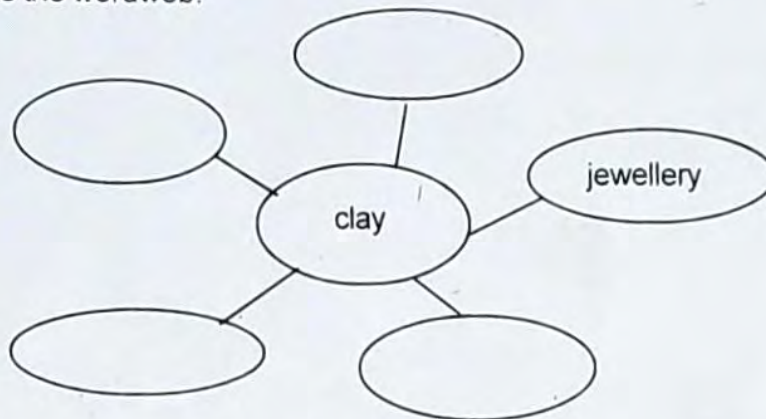
(4x1=4)

1. Which is the long lasting material used in stencil printing?
(Chart paper, A4 sheet, X-ray sheet, Colour paper)
2. The colour of the carbon paper used for copying the design for fabric painting and embroidery works.
(Yellow, Blue, Black, Red)
3. Which among the following is different from others?
(Plantain fibre, Coconut fibre, Jute, Silk)
4. Name the preserved food item made of fruits.
(Fruit salad, Jam, Juice, Payasam)
5. The product made with soaked paper and gum is.....
(Plaster of paris, Clay, Papier mesh, Gypsum)

Questions 6 to 10. Answer any four.

(4x2=8)

6. Write the names of any four decorative stitches used in embroidery.
7. Complete the wordweb.



8. Write the names of four office stationery items.
 9. Match the following.
- | A | B |
|----------------|---------------|
| a) Stencil | • Flower pots |
| b) Clay | • Cleaning |
| c) Papier mesh | • X-ray sheet |
| d) Compost pit | • Egg tray |
10. List the names of any four materials used in embroidery.

Questions 11 to 12. Answer any one.

(1x3=3)

11. Prepare a poster related to waste management.
12. Name any four natural materials used to make decorative items. Describe the method of preparation of any one decorative item.