

A**SAMAGRA SHIKSHA KERALA****E 7001****Annual Evaluation 2024-2025****Health and Physical Education, Art Education,****Std : 7****Work Integrated Education****Time: 2 Hrs****Total Score : 45**

Instructions

- In the question paper, the subjects Health and Physical Education, Art Education and Work Integrated Education are arranged in three sections.
 - Each category carries 15 marks.
 - The first 15 minutes is cool off time.
 - Answers for all the three sections should be written on separate sheets of paper mentioning name, subject, class, division and roll number.
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Health and Physical Education**Attempt any 4 questions from 1 to 5****(4 x 1 = 4 score)**

1. On which of the following surfaces are athletic events held?
a) Synthetic b) Turf
c) Wooden surface d) Concrete surface
2. The injury caused to the ligament is
a) Fracture b) Sprain
c) Dislocation d) Blisters
3. The activity to be done before sports activities.
a) Cooling down b) Stress
c) Recovery d) Warming up
4. The method used to determine the body composition of a person.
a) BMI b) Shuttle Run
c) Push up d) Sit and Reach
5. The nutrient component that helps in body nutrition
a) Carbohydrates b) Minerals
c) Meat d) Fat

Attempt any 4 questions from 6 to 10**(4 x 2 = 8 score)**

6. List the various surfaces and the games played in them.
7. What are the values gained by engaging in physical activities that include all kinds of people from the society?

8. What are muscle cramps?

9. Write down the benefits of playing the game 'Hit Hit'.

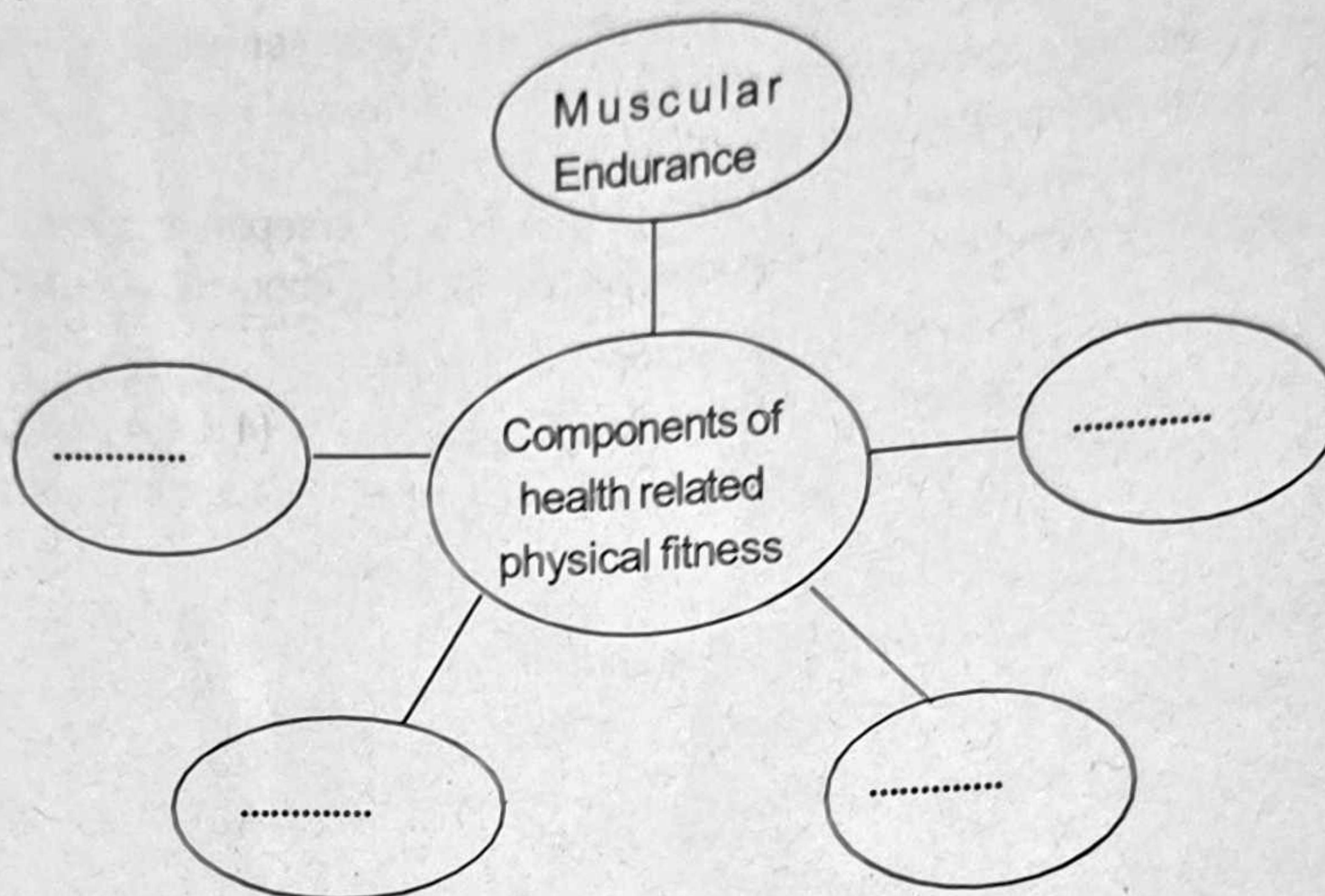
10. Explain 'Yoga Olympiad'.

(1 x 3 = 3 scores)

Attempt any one question from 11 and 12

11. What is 'PRICE' in first aid? Explain.

12. Complete the word web on health related physical fitness components.



Art Education

Attempt any 4 questions from 1 to 5

(4 x 1 = 4 scores)

1. The painting style developed by George Seurat and Paul Signac.

a) Pointillism

b) Surrealism

c) Impressionism

d) Dadaism

2. The image of a ritual dance form of Kerala is given below. Identify the dance form.



a) Parichamuttukali

b) Theyyam

c) Kummatikali

d) Padayani

3. Given below is the picture of a famous folk singer who won the National Award for the Best female singer in 2020. Identify the singer.



- a) S. Janaki
b) P.Suseela
c) Nanjiyamma
d) K.S.Chithra
4. A collection of pictures drawn to help in visualising a scene before it is shot is called -----
a) Editing
b) Story board
c) Cinematography
d) Make up
5. The stage where the performance space is surrounded by audience is
a) Sandwich
b) Proscenium
c) Arena
d) Back stage

Attempt 3 questions from 6 to 10

(3 x 2 = 6 scores)

6. Write the names of any two musicians from the Trinity of Carnatic music.
7. Write the names of any two famous Indian cave paintings.
8. Identify the expressions seen on the images given below.



A



B

9. What is a moving picture. Give one example.
10. Are you familiar with finger puppets in the puppet theatre? Name two other types of puppets used in the puppet theatre.

Attempt any one question from 11 to 15

(1 x 5 = 5 score)

11. The pictures of the famous Kathakali artist Padmashri Kalamandalam Gopi Asan's Navarasas are given below. Identify the 'rasa' from the brackets and write them down.



A

B

C

D

E

(Roudra, Adbudha, Bhayanaka, Shantha, Shringara)

12. Mikku visits the beach with his parents. He is overjoyed on seeing the changing colours of the evening sky. Draw the picture and colour it.
13. What things should be taken care of while singing group songs. Write any five.
14. Haven't you seen the mask used in Pulikali? Name any 5 such kind of masks used in different occasions.
15. Write the differences between cinema and drama.

Work Integrated Education

Attempt any 4 questions from 1 to 5

(4 x 1 = 4 score)

1. Which of the following is most suitable to make the salad nutritious?
- a) Pudina
 - b) Coriander leaves
 - c) Microgreens
 - d) Drumstick leaves
2. is known as the 'king of fibres'.
- a) Cotton
 - b) Wool
 - c) Silk
 - d) Rayon
3. Name the process in which nutrients are supplied in liquid form to the plants in vertical farming.
- a) Irrigation
 - b) Green wall
 - c) Live wall
 - d) Fertigation

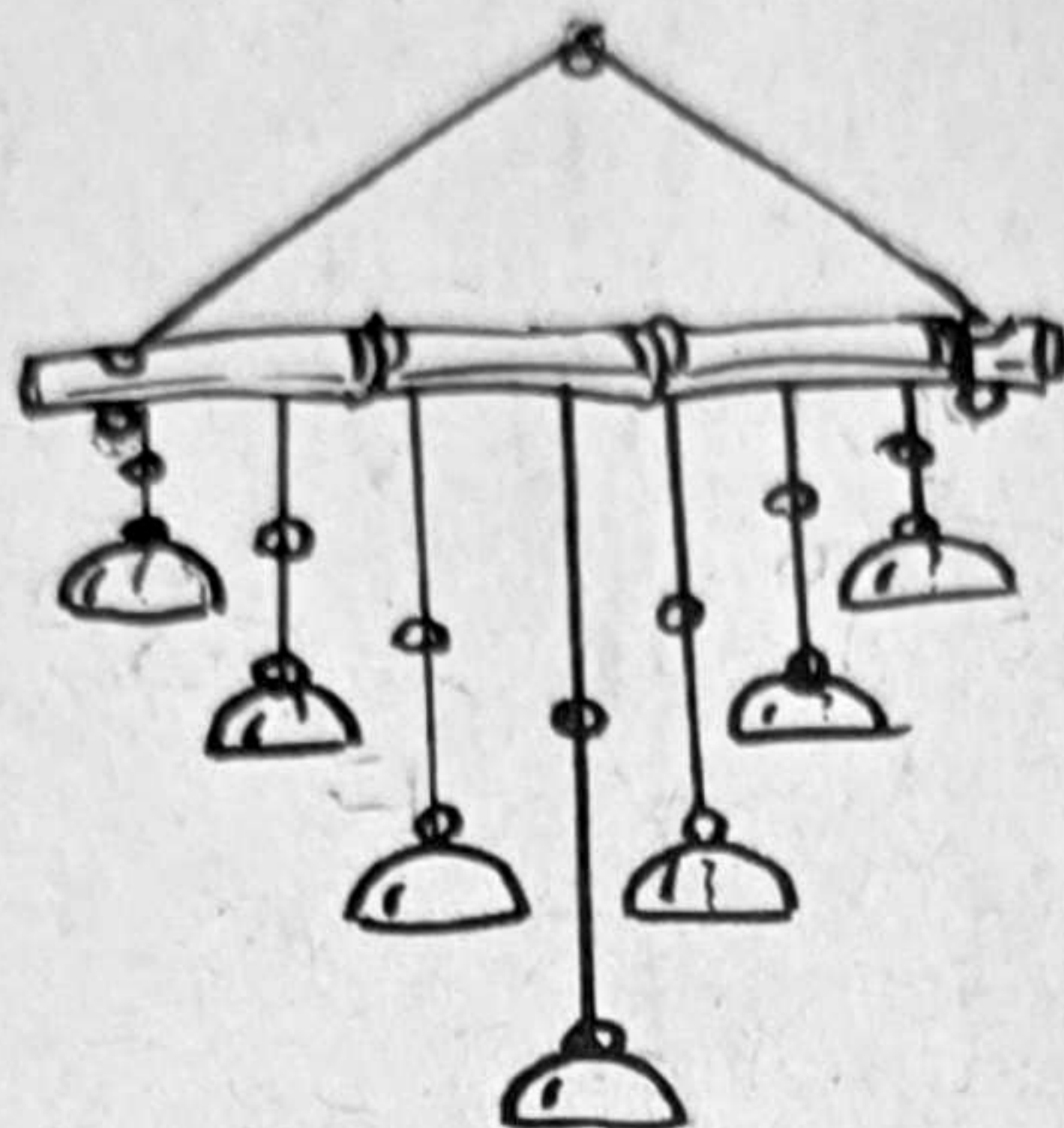
4. The currency of our country is 'Rupee'. Yuan is the currency of
- | | |
|-------------|---------------|
| a) China | b) Bangladesh |
| c) Pakistan | d) America |

5. Which is the raw material used to make strawboards?
- | | |
|---------------|---------------|
| a) Paper pulp | b) Plastic |
| c) Coir pith | d) Straw pulp |

Attempt any 4 questions from 6 to 10

(4 x 2 = 8 score)


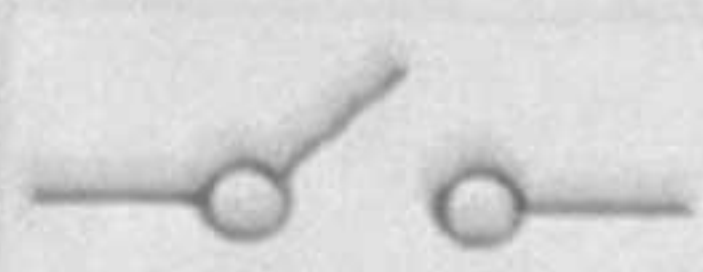
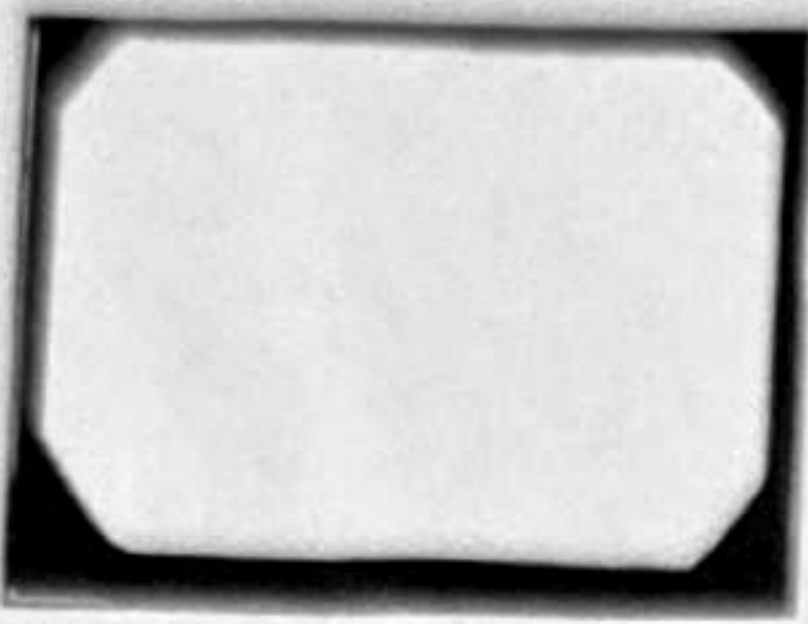
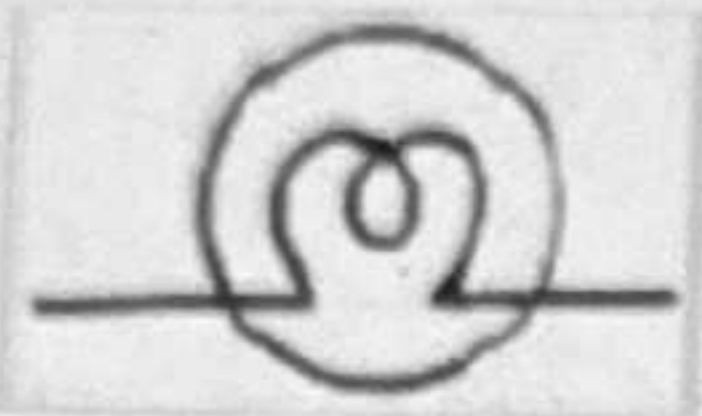
6.



Write the name of any four materials required to make the wall hanging given in the above picture.

7. Manu who was participating in the cookery competition was wearing polyester clothes. His teacher asked him to wear cotton clothes. Explain why?
8. Binu's school decided to prepare vermicompost. What are the points to be taken care of while preparing vermi compost?
9. Everybody enjoys travelling. You have decided to travel to a tourist destination. What things will you include in a brochure to present before the class?

10. Match the following.

- | | | |
|---|---|---------------|
| A |  | Writing board |
| B |  | Patch work |
| C |  | Bulb |
| D |  | Switch |

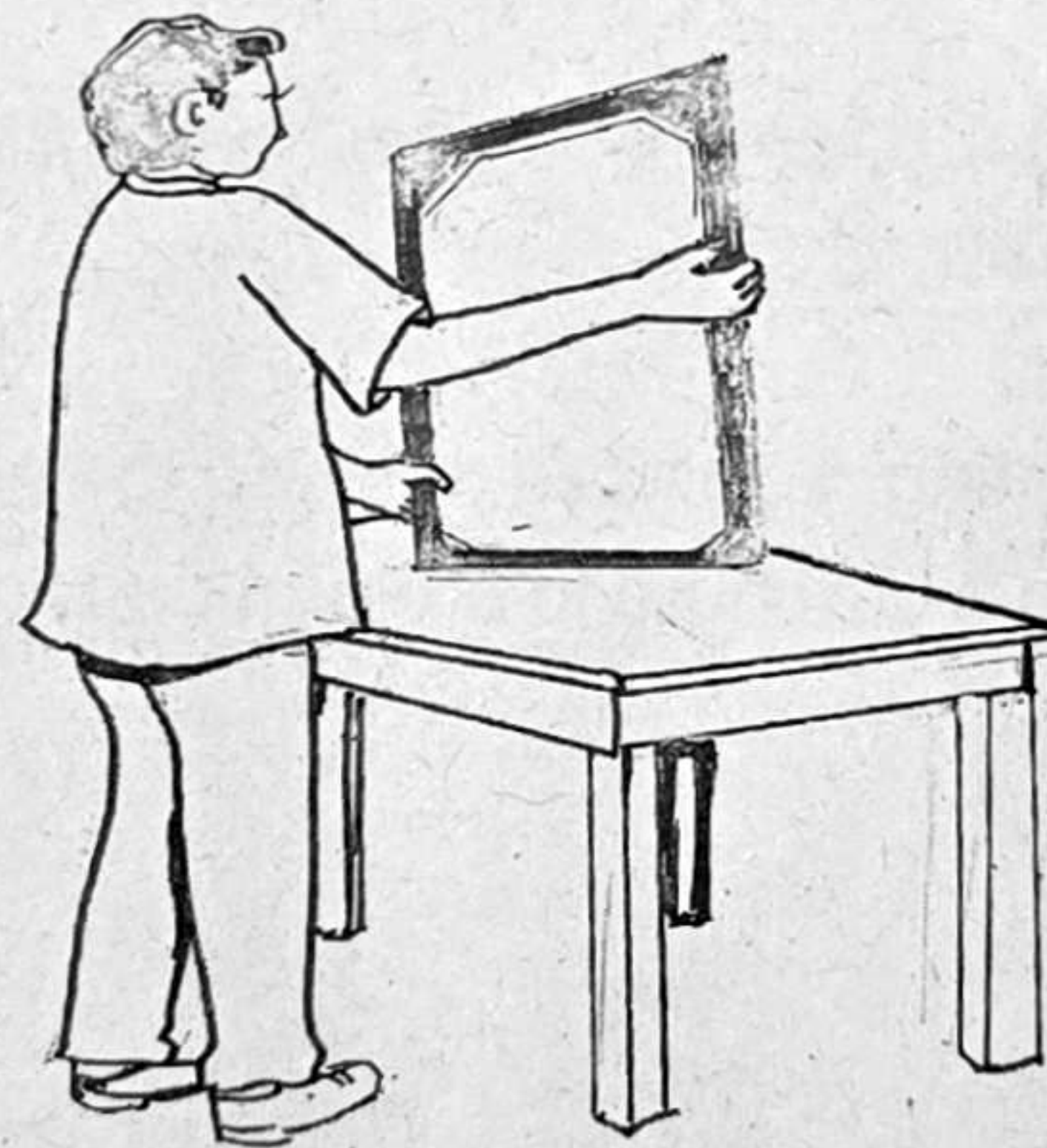
Attempt any one question from 11 and 12

(1 x 3 =3 score)

11. List the materials required to grow nutritious and low cost microgreens.

Explain the steps in the process.

12. Observe the picture given below.



Did you see the writing board that Akhil made by himself. What are the materials needed for making a writing board? Explain the method of preparation.