

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

Class VII

Time 2 hours

**Instructions**

1. This is divided in to three Section - Health & Physical Education, Art Education and Work Education.
2. Each Score 15
3. Cool off time in 15 minutes
4. Answers should be written in separate sheet with Name, Subject, Class Division and Roll numbers

**HEALTH AND PHYSICAL EDUCATION****(Questions 1-4) Choose the correct answer.**

1. The ability of muscles to work continuously with out fatigue is called \_\_\_\_\_  
(Muscular Strength, Muscular Endurance, Speed, Flexibility)
2. The capacity to perform some co-ordinated skill is called \_\_\_\_\_  
(Muscular strength, Cardio vascular endurance, Co-ordinated movements, Flexibility)
3. What is the method adopted to push the water out from the belly of a drowned person ?  
(Prone, Sit with a turned head, Supine with the turned head , Prone with a turned head)
4. Which is the safest place for learning Swimming ?  
(River, Swimming Pool, Stream, Sea)

**(Questions 5 - 10) Answer any four.**

5. What are the methods adopted to save a drowned person ?
6. What is Body composition ?
7. Define Muscular strength ?
8. What are the benefit of practising " Trikonasana " daily ?
9. The following are the pictueres of the safety equipments used to save a drowning person. Name them



**Answer any one**

- 10 Imagine, as part of a 'school picnic' you visit a beach. You see a life guard rescuing a person from drowning in waves, What are the steps taken by the life guard to rescue the person.
- 11 Explain the difference between muscular strength and muscular endurance with example ?

**ART EDUCATION**

**(Questions 1 - 4) Answer All.**

1. When you look at football goal posts, What is the difference you have noticed between the nearer post and the farther post ?
- a) The further goal post appears small  
b) The nearest goal post appears small  
c) Both appears same  
d) None of these
2. Select the two Classical styles of Indian music
- a) Pope music  
b) Karnatic Music  
c) Hindustani Music  
d) Fuji Music
3. Which is the traditional classical dance form of Kerala ?
- a) Bharathanatyam  
b) Mohiniyattam  
c) Kuchuppudi  
d) Kathak
4. When does a character attain personality.
- a) An actor performs according to his wish.  
b) An actor performs with high emotion.  
c) An actor shows pity ?  
d) An actor attributes peculiar movements and features to the character?

**(Questions 5 - 8) Answer any two.**

5. Select three cartoonists from the following list
- a) Gopikrishnan  
b) Changampuzha  
c) M. Mukundan  
d) O.V. Vijayan  
e) Shankar  
f) Sugathakumari
6. Match the following
- |                |   |                  |
|----------------|---|------------------|
| Swara          | - | Hindustani Music |
| North Indian   | - | Karnatic Music   |
| Purandaradasar | - | Seven            |
7. Name the state which, Bharathanataym, Mohiniyattam, Kuchuppudi belongs to ?

8. What is the role of the following people in drama ?

- a) Costume designer      b) Choreographer  
c) Sound Designer

(Design Dressing, Dance Training, Sound Mixing, Preparation of Backgrounds)

(Questions 9 -12) Answer any one.

9. Raja Ravi Varma had drawn many pictures based on Indian Epics and puranas.

Select five of them from the given list.

- a) Seetha Apaharanam      b) Last Supper  
c) Shakunthala              d) Gypsie  
e) Oath of Bhishma        f) Panchali Vasthrakshepam  
g) Lady with a lamp        h) Seetha Swayamvaram

10. Write the missing swaras

Sa	-	Shadjam	RI	.....	
Ga	-	.....	Ma	-	.....
Pa	-	.....	Dha	-	Dhaivatham
Ni	-	.....			

11. What are the instructions that should be kept in mind while performing a group dance ?

12. We are going to picturise a Relief Camp. Write suitable conversation and name the character. (Five or six exchanges)

## WORK EDUCATION

(Questions 1 - 3) Choose the correct answer.

- 1 Attaching small branches of a plant to the same species is called \_\_\_\_\_  
(Budding, Layering, Grafting, Tissue Culture)
- 2 Which is the embroidery stitching used for stitching letters and numbers ?  
(Chain Stitch, Back Stitch, Stem Stitch, Star Stitch)
- 3 Which part of the plant does not help in the Vegetative Propogation ?  
(Branch, Seed, Leaf, Root)

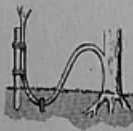
(Questions 4 to 8) Answer any for.

- 4 Name any four decorative items that can be made from eco- friendly materials ?
- 5 Observe the pictures given bellow and write down their Names.

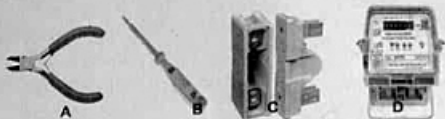
A



B



6. These are some of the devices used for electric wiring . Observe and write the names.



(Tester, Energy meter, wire cutter, Nose pliers, Fuse)

7. When we make tray with metal sheet, describe how to rivet the edges ?
8. Which are the stitches used in embroidery to stitch leaf, stem, flower and pollengrains

(Questions 9-10) Write any one .

9. Classify the preservation method of the following items  
Gooseberry, Dry Chilli, Cherry, Mango, Lemon, Tapioca, Jack Fruit,  
Billimbi (IlibanPuli)

Dried Up	In Saline	In Suger Syrup

10. Describe with suitable picture how can we make a rectangular box by using A4 -Paper.