


SUMMATIVE ASSESSMENT- II 2025-2026
**Health and Physical Education, Art Education
 Work Integrated Education**

Class : 7

 Time : 2 hrs 15 minutes
 Total Score : 45

Instructions

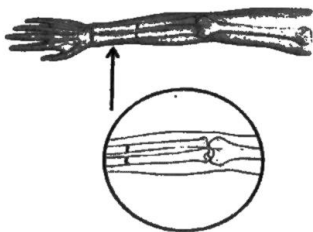
- The first 15 minutes is cool-off time. Read the questions and plan the answer during this time.
- There are three sections in the question paper. A. Health and Physical Education B. Art Education C. Work Integrated Education
- Follow the instructions while answering the questions and its sub questions in all the sections.

A. Health and Physical Education

 Time: 40 minutes
 Score: 15

Read carefully and answer the questions given below.





- Which of the following yoga posture is done while standing upright? (1 score)
 - Ardhashalabhasana
 - Sarvangasana
 - Vrikshasana
 - Ardhahalasana
 - a and b are correct
 - a and d are correct
 - Only c is correct
 - Only b is correct
- Identify the type of injury from the picture. (1 score)



- Contusion
 - Fracture
 - Abrasion
 - Burn
- PRICE is an important first aid method. In what emergency situations can this method be used? (2 score)

4. Observe the picture and complete the table.

(2 score)

Picture	Name of the Yogasana
	a).....
	b).....
	c).....
	d).....

Questions 5 to 7 have internal choices A and B. Answer any one.

5. A. Physical activities and games provide mental recreation. Write down the other benefits of engaging in such activities.

(2 score)

OR

B. Read the statements and explain the reason.

Do warming up exercises before physical activities and cooling down exercises after physical activities.

6. A. Contraction and relaxation of muscles help us move. But in certain situations painful and involuntary contractions occur in our muscles. This is called Muscle cramp. Write the main reasons for this.

(2 score)

OR

B. What are the precautions to be taken to avoid Muscle cramps?

7. A. Sprain is an injury that occurs to a ligament. Write the main symptoms of sprain.

(2 score)

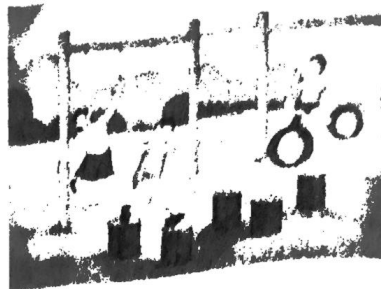
OR

B. Describe the first aid given for wounds and contusions that occur during games.

- 8 The physical activities shown in the pictures help us develop the abilities needed to face certain emergency situations. Explain. (3 score)



Pic 1



Pic 2

B. Art Education

Time: 40 minutes

Score: 15

Answer questions 1 and 2

(2x1 = 2 score)

1. From the statements given below about Sufi dance, pick out which is incorrect.
 - a. The main attraction of the Sufi dance is its steps, which involve the performance whirling around continuously for an hour or so.
 - b. This dance form is performed with a pot carried on the head.
 - c. The Sufi dance is a traditional art form practiced in Egypt and Turkey.
 - d. The Sufi dance represents the idea that movement can help raise the mind and body to a state of intense concentration.
 - (i) Statements a and b are wrong
 - (ii) Statement b is wrong
 - (iii) Statements b and c are wrong
 - (iv) All statements are correct
2. Traditional wall paintings have been made with naturally, obtained colours. Find out the natural raw materials used to make the various colours used in traditional murals.

a. Laterite stone	i) White colour
b. Lime stone	ii) Black colour
c. Neela Amari	iii) Yellow colour
d. Burnt ashes form lamp wicks	iv) Blue colour

 1. a (iv), b (iii) c (ii) d (i)
 2. a (iii), b (iv) c (i) d (ii)
 3. a (iii), b (i) c (iv) d (ii)
 4. a (ii), b (iv) c (i) d (iii)

3 Answer all the questions from 3 to 6.

(4 x 2 = 8 score)

3. In what ways does the stage setting of a play influence the audience? Explain with example.
4. Korambakkali is a traditional agrarian dance form performed in the fields by Paniya and Adiya tribes during the time of planting paddy plants. Write the names of two other agrarian dance forms in our region and note down its characteristics.

5.



Pic 1



Pic 2



Pic 3



Pic 4

Write the names of the musical instruments shown in the pictures given above and find out which musical group they belong to?

6. If the background music of a movie you watched is removed, what change would it create in the emotional experience of the film?
- How important is music in cinema? Write your opinion.

Write any one from questions 7 A and 7 B

(1 x 5 = 5 score)

- 7A. Typography and calligraphy are methods of depicting and writing letters in an attractive way. Write the word 'മലയാളം' in typography and the word 'FRIENDS' in calligraphy.

OR

- 7B. Dinu went to a music gallery with his father. He was amazed to see musical instruments that were made differently and had attractive shapes. After reaching home, out of his curiosity he drew the picture of a chenda and tried to make it. Similarly draw the picture of a musical instrument you like, prepare a list of the materials needed to make it and describe the method of making it.

C. Work Integrated Education

Time: 40 minutes

Score: 15






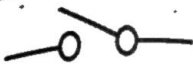
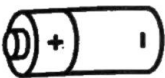

Choose the correct one from the statements given below.

(Score 1)

1. i) A tourist destination helps for the progress of that region.
ii) In tourist destinations, along with sightseeing, the production, distribution and exchange of various products also take place.
- A) Only statement i is correct
B) Only statement ii is correct
C) Statement i is the reason for statement ii
D) Statement ii is the reason for statement i

(Score 1)

2. Match suitably and choose the correct answer

a) Battery	1) 	i) 
b) Bulb	2) 	ii) 
c) Cell	3) 	iii) 
d) Switch	4) 	iv) 

A) a-3-i, b-2-iii, c-1-iv, d-4-ii

B) a-4-iii, b-3-iv, c-2-i, d-1-ii

C) a-2-ii, b-4-iv, c-1-iii, d-3-i

D) a-3-ii, b-1-iv, c-4-i, d-2-iii

3. Meenu wants to publish the School Nature Club activities of this year as a digital content in the School wiki.

a) Which tools can Meena choose for this purpose?

(Score 1)

(Geogebra, Audacity, Kdenlive, Marble)

b) Write the uses of the selected tools.

(Score 1)

4. "The best digital content is created through collaboration". Do you agree with this statement? Explain your answer.

(Score 2)

5. a) What is the importance of microbial inoculants in the effective functioning of a biofertilized production unit?

(Score 1)

b) Why is a vermicompost unit covered with a wet sack?

(Score 1)

6. What change can the 'Travel for Life' Pledge of the Tourism Department bring about in the attitude of tourists?

(Score 3)

Answer either 7A or 7 B.

7A. Earthworms known as "nature's plough", help in the formation of organic manure. (Score 1)

i. Which kind of earthworms are usually deposited in a vermicompost unit? (Score 2)

ii. What are the stages in the construction of a vermicompost unit? (Score 1)

iii. When are wastes deposited in the compost unit?

OR

7B. During a classroom experiment to identify different types of fabrics, when a sample piece was burned, the fabric melted and emitted a burnt hair – like odour. (Score 2)

i. Identify the sample piece. Write its characteristics. (Score 1)

ii. Name other fabrics that will produce a similar odour in such a test (Score 1)

iii. The sample piece is made of which kind of fibre (plant / animal)