Kerala Board



Question Paper

First Term

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SAMAGRA SHIKSHA KERALA

E-7001

FIRST TERMINAL EVALUATION 2024-2025

Health & Physical Education, Art Education, Work Integrated Education

Standard: VII

Time: 2 Hrs

Total Score : 45

Instructions

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

Health & Physical Education

Question 1 to 5. Answer any four. **(4 x 1 = 4)**

1. Any movement with the help of muscles that requires energy utilization is called ____
   (Social activity, Learning activity, Physical activity, Charitable activity)

2. Which team won the Coppa America Football Tournament in 2024?
   (Argentina, Colombia, Canada, Uruguay)

3. Food containing more carbohydrates.
   (Meat, Milk, Egg, Cereals)

4. The ability of the muscle to exert force is called ____
   (Flexibility, Agility, Muscle strength, Speed)

5. Look at the picture and identify which part of the body gets flexibility while doing this exercise?

   (Hand muscles, Front part of the thigh muscles,

   Muscles on the wrist, Shoulder muscles)



Question 6 to 10. Answer any four. **(4 x 2 = 8)**

6. Name two games each that can be played with ball and without ball.
7. Describe the recovery exercises you perform after playing a prolonged game?
8. What are the nutrients in food?
9. Name four minerals essential for human body.
10. Write two activities to achieve the cardiorespiratory endurance?

Question 11-12. Answer any one. **(1x3=3)**

11. Make a list of food items that you eat and write the nutrients included in those food items.

	Food	Nutrients
1	Puttu	Carbohydrate
2	Kadala	
3	Rice	
4		
5		
6		

12. What is the difference between physical activity and exercise?

Art Education

Questions 1-5. Answer any four. **(4 x 1 = 4)**

1. Name the folk song related to place.

   (Nanthuni Paattu, Thiruvathira ppaatu, danadanpaattu, Kadalppattu)

2. Who brought the ritualistic art form 'Gadhika' onto the public stage retaining its artistic value?

   (P.K Kalan, E Krishna Iyer, Guru Gopinath, Dr. Chummar Choondal)

3. Where did the art movement of 'Impressionism' start?

   (China, Paris, Japan, England)

4. A stage which has walls on three sides and has a front curtain which separates it from the audience is called a .....

   (Arena stage, Sandwich stage, Proscenium stage, Black Box theatre)

5. Who is the director of the film ' Teen Kanya'?

   (Aparna Sen ,Satyajit Ray, Girish Karnad, Deepa Mehta)

Question 6 – 10. Answer any three. **(3 x 2 = 6)**

6. Which are the two types of Nadam?

7. There are two styles of Gadhika. Which are they?

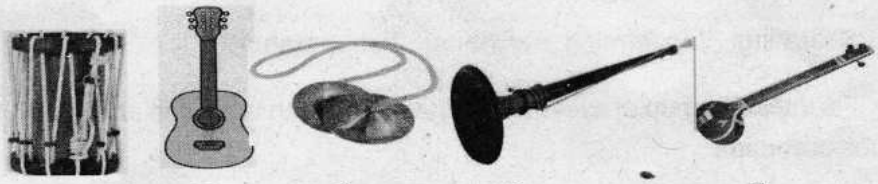
8. Define colour value.

9. What is meant by Frame Rate? Give an example.

10. What are stage properties?

Questions 11- 15. Answer any one. **(1 x5 = 5)**

11. Write which type of Nadam does each of the following musical instruments belong to.



A B C D E

12. Write the names of the ritualistic art forms of Kerala given below.



A ..... B ..... C ..... D ..... E .....

13. Match the following.

A		B
King	-	Cap, Lathi
Farmer	-	Crown, Sword
Police	-	Net, Oar
Fisherman	-	Stethoscope, Syringe
Doctor	-	Spade, Basket

14. Identify the masks given below and write to which country they belong to.



15. You want to make a short film in the school on the theme 'Conservation of Environment'. Write a suitable story.

Work Integrated Education

Questions 1 - 5. Answer any four. **(4 x 1 = 4)**

1. 'If there is a will, there is a way'. _____is the most suitable method of cultivation in limited space.

   (Vertical farming, Step farming, Polyhouse, Tissue culture)

2. _____is the setting up of systems for the distribution of liquids and gases for various purposes .

   (Wiring, Plumbing, Painting, Woodwork)

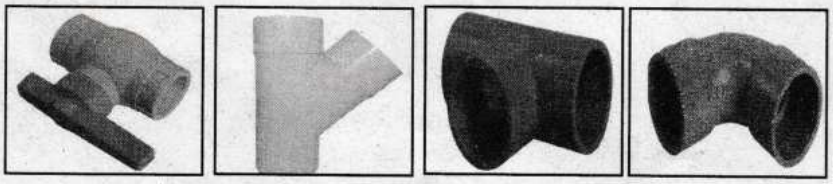
3. Which among the following is suitable for drawing the plan of a house?

   (Google Chrome, Mozilla, Geogebra, Media player)

4. Which among the following factors is suited for the arrangement of rooms in the plan of a house?

   (Firmness of the soil, Roof of the house , Air circulation, Physical surroundings)

5. Identify and name the accessory used to control the flow of water.



Questions 6-10. Answer any four. **(4 x 2 = 8)**

6. Ramu's father is going to build a house. What are the things to be taken care of while preparing the plan of the house?

7. You have learned about vertical farming. What are the materials used for vertical farming?

8 You have learned about the plumbing system for distributing water and fertilizers for farming. What are the precautions to be taken before starting plumbing works?

9 Name four saplings that can be used for vertical farming.

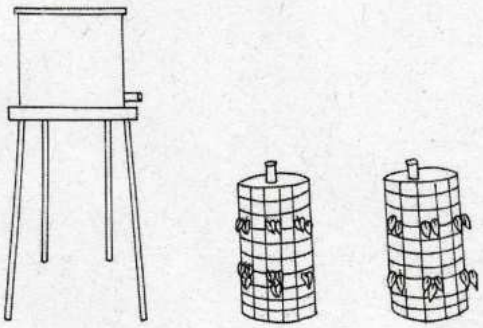
10. Match the following.

A		Adjustable spanner
B		Hacksaw
C		Coupling
D		Reducer

Questions 11 - 12. Answer any one. **(1 x 3 = 3)**

11. Prepare the layout of our beautiful school. Include the position of the buildings, roads and indicators for direction.

12. There are two towers in our school for vertical farming. Draw the sketch of the plumbing system for bringing water from the water tank to the towers. Include necessary pipes and plumbing materials in the sketch.



Model of the water tank and towers.

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