



SUMMATIVE ASSESSMENT- I 2026-2027

Health and Physical Education, Art Education
Work Integrated Education

Class : 7

Time : 2 hrs 15 minute

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 and C. Work Integrated Education
- Follow the instructions while answering the questions and its sub questions in all the sections.

A. Health and Physical Education

Total score : 15

Read each of the questions given below and answer them.

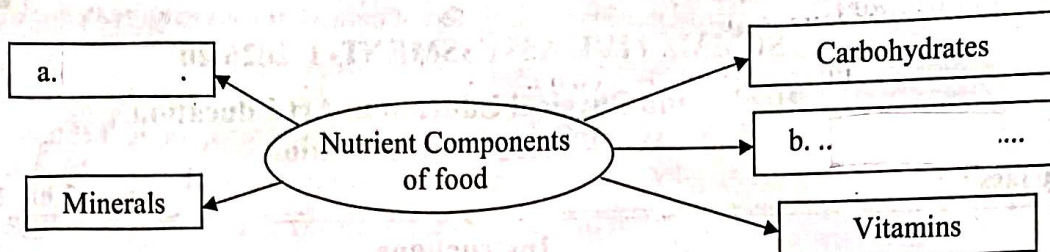
- What are the benefits of physical activity? (score 1)
 - It facilitates the functioning of organs.
 - Decline in mental health
 - Increased laziness and lethargy
 - To achieve better health

☒ A. Both a and d are correct
☐ B. Only b is correct
☒ C. Both b and c are correct
☐ D. Only c is correct
- Find sports items related to cardiorespiratory endurance. (score 1)
 - High Jump
 - Long-distance running
 - Swimming
 - Shotput

☐ A. Both a and b are correct
☒ B. Both b and c are correct
☐ C. Only a is correct
☐ D. Both a and d are correct

3. Complete the Word Web.

(score 2)



4. Yogasanas are an important part of a healthy life style. Write the names of different Yogasanas that can be included in your daily routine.

(score 2)

5. Question 5 to 7 include A and B options. You only need to answer anyone of them.

5A. What is the full form of B.M.I? Describe the method of calculating a person's B.M.I.

(score 2)

OR

5B. Flexibility is the range of the joints and muscles to move freely. Write any two physical activities that help to increase flexibility.

6A. Find the odd one out.

(score 2)

- i) Steamed rice cake (puttu), chickpeas (kadala), appam, chapathi
- ii) Chickpeas (kadala), green gram, egg, spinach

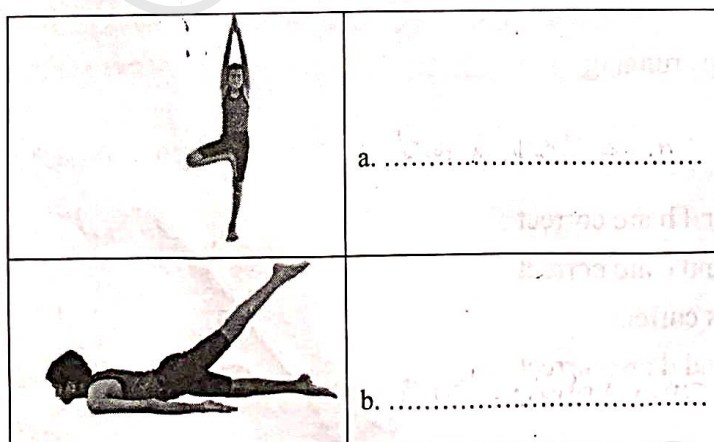
OR

6B. Write whether the following statements are true or false.

- i) There is no need to take rest while doing exercise.
- ii) Muscular endurance is the ability of muscles to perform activities continuously without fatigue.

7A. Identify the following yogasanas and write their names.

(score 2)



OR

7B. Body posture is the condition in which different parts of the body are properly aligned while sitting, standing or walking. Write any two causes of postural deformities.

8. Fill in the blanks.

(score 3)

Primary Function	Nutrients
a. Energy yielding	a.
b.	b. Protein
c. Boosting immunity	c.

B. Art Education

Total Score : 15

1. Folk songs are songs that reflect different regional characteristics, lifestyles, and celebrations. Select and write the musical instruments that are not used in folk songs from the options given below. (score 1)

i) Guitar ii) Thudi iii) chenda iv) Violin

A. i, iii and iv are not used.

B. i and iv are not used.

C. Only i is not used.

D. None of these are used.

2. Select and write the appropriate reason for the statement given below. (score 1)

Statement: The colour of the sky is red in the evening because

A. of air pollution.

B. blue and green are scattered in the atmosphere.

C. orange and red are scattered in the atmosphere.

D. colours are not always consistent in the light coming from the sun.

There are A and B options for questions 3, 4 and 5. Answer only one of them.

3A. Masks make the wearer and the viewer curious and excited. Draw and colour a mask with a special expression for a theatre performance. (score 2)

OR

3B. The art movement 'Impressionism' is named after the painting, 'Impression, Sunrise'. Write two characteristics of this movement.

- 4A. There are folk songs that are seasonal, regional, instrumental and occupational. Write examples for each of these. (score 2)

OR

- 4B. Sounds that are pleasant to listen to are called sounds. Musical instruments are classified into Nakhajam, Vayujam, Charmajam, and Lohajam according to the way they produce sound. Write examples for each of these.

- 5A. The first stage of a cinema is idea. From the idea, a story evolves, and based on the story, a script is developed. Write a story that does not exceed half a page from the clues given below.

Appu - newspaper boy - a gold chain on the road - teacher - appreciates. (score 2)

OR

- 5B. Many of you must have created reels and videos. You are assigned the duty of video documentation as part of Environment Day celebrations at school. Describe the preparations and various steps you require for it.

6. i) Spectators can sit and watch from all four sides of the tennis court and the football ground. What is the name of a stage where audience can sit on all four sides and watch the drama?
ii) Name any two other arts or sports event that can be enjoyed by sitting around a stage in this way. (score 2)

7. Ritual art forms recreate myths and reveal different cultural traditions. Prepare a brief description of any ritual art form in your locality. (score 2)

8. The 2026 World Cup Football tournament was held in the United States, Canada and Mexico. Imagine that India is also among the countries selected to host the next World Cup Football tournament. Let us design some promotional activities related to this as part of the activities of the school arts club. Choose any one of the fields of Painting, Music, Drama or Cinema, and prepare an attractive activity. (score 3)

C. Work Integrated Education

Total score : 15

1. Choose the correct statement from the options given below. (score - 1)
- i) A plan is a scale diagram that shows how a building would look like after the completion of construction.
- ii) The approximate expense for construction can be calculated with the help of the plan.
- ☒ A. Statement (i) & (ii) are correct, Statement (i) is the Reason for statement (ii).
- B. Statement (i) & (ii) are correct, Statement (ii) is the Reason for statement (i).
- C. only Statement (i) is correct.
- D. only Statement (ii) is correct.

2. Find the corresponding from A, B, & C. (score - 1)

A	B	C
a. cotton	1. man-made (synthetic)	i. queen of fibers
b. silk		ii. When produces a burnt chemical odour
c. polyester	2. plant origin	iii. can absorb water thrice its weight
d. wool	3. animal origin	
		iv. king of fibers

- A. a - 2 - iv | b - 1 - ii | c - 2 - i | d - 3 - iii
- B. a - 2 - iii | b - 3 - i | c - 1 - iv | d - 3 - ii
- C. a - 2 - iv | b - 3 - i | c - 1 - ii | d - 3 - iii
- D. a - 1 - iv | b - 3 - ii | c - 2 - i | d - 2 - iii
3. Richu has decided to grow flowers and vegetables on the balcony of his new house. Can you suggest a suitable farming method for Richu? Explain the reason. (score - 2)
4. Jithu is installing pipes for a rainwater harvesting system at home. Suggest the necessary accessories to the situation given below. (score - 2)
- A. Pipes of the same diameter should be connected together.
- B. Pipes of different diameter should be connected together.
5. The site plan is prepared to show the exterior view of the residence and the arrangements of its room. Do you agree with this statement? Why? (score - 2)

6. The Eco Club of your school has built a kitchen garden using vertical farming, a modern farming method. What information should be included while preparing a report on this activity?

(score - 3)

Answer any one of the questions 7A & 7B

- 7A. Anu & Manu made a potli bag by using old cloths to promote the reuse of waste materials. Describe the steps involved in making a potli bag to be presented at the product exhibition in the school.

(score - 4)

OR

7B.



- a) What type of farming method is shown in the picture?
b) Describe the stages of construction of this farming method.