

INTERNATIONAL INDIAN SCHOOL, RIYADH

WORKSHEET - SA - 1, 2015

Class: VII

Subject: English

SECTION - A: READING

Read the following passage carefully and answer the questions that follow:

WALKING

1. Walking is one of the oldest forms of exercise, known to man. It is both enjoyable and healthy. But most of us do not walk enough, because modern science is doing everything possible to eliminate physical exertion. The result is: added pounds of body weight and lessened well being. It is also giving rise to a generation, which is overweight, underworked and overanxious.
2. Walking is one of the most effective forms of exercise. After a busy day at the office, a brisk walk in the fresh air loosens up your nerves. An hour's walk is excellent to counteract mental strain and release tension.
3. No matter how busy you are, your health demands that you find time for walking. Young and old, male and female, all can walk, Statistics prove that people who sit and work long hours are prone to heart - attacks, ulcers and diabetes. It is not only a valuable form of exercise but a sure way of overcoming mental strain. Some of the world's great men like Mahatma Gandhi, Thoreau, Wordsworth, Abraham Lincoln, Aldous Huxley and Truman were regular walkers.
4. It is a fact that the remarkable human body functions best in motion.

Sitting, standing causes a strain on man's spine. One is all too familiar with the fatigue and tension, which results from an all day drive in an automobile or standing in a long line to purchase tickets for a cinema show. But walking harmoniously employs all the muscles of the body, aids the circulation of the blood by speeding the blood towards the heart against the pull of gravity. The heart is also not overburdened. Patients are advised to get in their feet after an operation to avoid clot formation.

5. Then again, in this age of fast paced transportation, ringing phones, and bells, job and social pressures, something wonderful happens to the walker. He is completely free from all disturbance and crowds - no one can reach him because he is completely on his own.

6. This is where walking surpasses the more competitive sports like tennis, basketball, which call for a lot of concentration. Here one can be completely relaxed.

7. Let us not forget the soothing effects that walking has upon the nervous system, creating rhythmic contractions in the muscles and helping to reduce anxiety and frustration. That is why, walking means "walking away your worries".

8. While walking you can also explore your neighbourhood, and the countryside. You can notice so many interesting details which come into focus, when you take time to look. Some walks can be inspiring when you enjoy the wonders of nature.

9. Last, but not the least, is the meditative walk, the most profitable. Pick out a quiet park or neighbourhood and think over your problems, identify them and in the quiet, you are likely to find new solutions.

On the basis of your reading of the above first three paragraphs, complete the summary by using one word only.

One of the oldest exercise, walking is not only healthy for us, it is also

- (a)_____. The efforts of science to (b)_____ the physical
(c)_____ have resulted in increased (d)_____ and
(e)_____ well - being. After a very busy schedule a good walk
(f)_____ up all the nerves and helps in releasing tension.

On the basis of your reading the above passage, complete the following sentences. Write your answer in the answer sheets against the correct blank number.

- (a) Walking is not only a valuable exercise it is _____ .
(b) Walking is even better than many of the sports because _____ .
(c) Walking is walking away your worries as it creates _____ .

Find out words from the passage which have the same meaning as the following words

- (a) to get rid of/keep off (Para 1) (b) tiredness (Para 4)
(c) minimise/lessen (Para 7)

Read the following poem carefully and answer the questions that follow

KING OF BEASTS

Saucer of sand, the circus ring,
A cup of light, clowns tumbling,

Horses with white manes sleek and streaming,
Bits jingling, tinkling, silk skins gleaming.
But there, shut in their iron cage,
Sulky, drowsy, dulled by rage,
The lions beg, or trot or leap,
And cringe like beaten dogs, and creep,
King beasts, who should be free to run
Through the forests striped with shade and sun,
With fierce, proud eyes and manes like fire.
These manes hang dull like rusty wire.
And when the trainer cracks his whip
They snarl and curl a sullen lip,
And only in their dreams are free
To crush and kill man's cruelty.

On the basis of your reading of the poem, write a word or a phrase that the speaker uses to describe the following:

(a) the circus ring _____

(b) the horses _____

(c) the clowns _____

What does the poem tell you about the lions? Complete the table.

	At the circus	In the wild
Behaviour		
Appearance		

SECTION - B: WRITING

1. Use the hints given below to write two or three paragraphs on "The fruit of paradise, Banana"

Not really a tree - world's biggest herb - a remarkable fruit - fruit of the wise men - seen in some parts of India - important in festivals, birthdays and anniversaries - was grown in southern China as early as two hundred BC - reached the parts of Africa - took it to Central America by the Portuguese - were the first to discover its universal appeal - word "banana" comes from the Arabic word "banan" meaning "finger" - every part is useful - raw banana cooked and eaten as a vegetable - ripe fruit is luscious and fleshy - rich in fibre and potassium - abundance of vitamins and minerals - stem and flower are cut and cooked - leaves are used as plates - is completely biodegradable and environment friendly - stands as the symbol of complete utility - present on all auspicious occasions.

2. You are Navin/ Nalini living at Rajdhani Enclave, Baroda . Your uncle has presented a book to you on your birthday. It is related with the art of living. Pointing out the usefulness of the book in life, write a LETTER in about 100 words thanking your uncle for sending this valuable gift.

3. You are Keerthi/ Kiran, the organiser of school excursion. This year you are planning an excursion to Darjeeling. Make an attractive poster inviting students to join the excursion.

SECTION - C: GRAMMAR

1. The following passage has not been edited. There is one error in each of the line. Write the incorrect word and the correction in your answer sheet. The first one has been done for you.

	<u>Incorrect</u>	<u>Correct</u>
On my way to a house of Rakesh, I	[Eg:] (a) a	the
met an European. He was the	(b) _____	_____
disciple of the Indian Guru who	(c) _____	_____
lived in an ashram near a Ganga.	(d) _____	_____
The European intended to spend the few	(e) _____	_____
days with his Guru.		

2. Fill up the blanks in the following sentences with 'a', 'an', or 'the'.

1. _____ teacher took _____ History book and _____ English book out of _____ drawer.
2. _____ Flying Mail was _____ hour late on _____ first of April.
3. There was _____ explosion in _____ Town Hall yesterday.
4. Have you seen _____ one -rupee note?
5. He is _____ Indian and she is a European.

3. Complete the following passage by choosing the correct prepositions from the bracket.

Easter is celebrated (a) _____ [on/at] a Sunday. (b) _____ [On/In] this day the Christians go to the church (c) _____ [for/in] the morning. (d) _____ [Beside/Besides] visiting one another people gift easter eggs to each other.

4. Fill in the blanks with suitable prepositions.

1. I am not blind _____ my faults.
2. You must apologize _____ her _____ what you have done.
3. I am now _____ good terms with her.
4. We furnished her _____ a copy of that letter.
5. Criminals are deprived _____ their liberty.

5. Rewrite the sentences following the instructions given in brackets.

- (a) What a fascinating experience it was! (Declarative sentence)
- (b) The head boy will be in charge of this duty. (Interrogative sentence)
- (c) Dhaka is the capital of Bangladesh. (Add a question tag)
- (d) Could you please take a message for me? (Imperative sentence)

6. Re - arrange the following words/ phrases to make meaningful sentences.

- (a) make/ sports/ body/ strong/ the
- (b) the/ hardest/ diamond/ minerals/ of/ is/ all
- (c) children/ noodles/ fond of/ are/ very

(d) flowers/ do not/ from/ pluck/ garden/ this

7. Identify the following sentences and state to which kind the following sentences belong:

- a. He likes chocolates.
- b. Where are you going?
- c. Take the bag.
- d. Ram is playing football.
- e. What a fantastic movie it is!
- f. Manu went to office today.
- g. Do you know the way to the station?
- h. What a terrible accident it is!
- i. How well Mani sings!
- j. Sit down
- k. Please lend me your pen.
- l. How beautifully Seema writes!

2. Change the following sentences as instructed in the brackets.

- a. He likes drawing.(Interrogative sentence)
- b. The picture is very beautiful.(Exclamatory)
- c. Rahul was going to Delhi today.(Interrogative)
- d. Rekha was busy yesterday.(Negative)
- e. I do not like biscuits.(Affirmative)

3. Unjumble the following to form declarative sentences. The first word of each sentences is highlighted.

- a. Dog/faithful/ animal/ is /**the** /a
- b. Coffee/**let's**/go/restaurant/into/have/ the/and
- c. Few pupils/right answer/**only**/gave/a/the
- d. **No one**/likes/to/be/word/doubted/his
- e. His/**the**/manager/into/visitors/the/office/called

SECTION-D :LITERATURE

1. Read the extracts given below and answer the questions that follow.

1. *" He led Mr. Pickwick and the others to the waiting room."*
 - a. Whom does 'he' refer to?
 - b. What did he offer them?
 - c. Who had to pay for the drinks?

2. *" Village people come and crowd in the yard"*
 - a. Why did the village people crowd in the yard?
 - b. What is the mood of the people?
 - c. Name the lesson.

3. *"He tell his wife she should begin to bawl."*
 - a. Who is the speaker?
 - b. Whom does 'she' refer to?
 - c. Why did the speaker say so?
 - d.

4. *"Tacooma shakes his head, No,no. Heard nothing at all."*
 - a. Who was Tacooma?
 - b. When did Tacooma say so?
 - c. Name the author .

5. *"Before death came on ,did Tiger call the name of the lord? Did he whimper?"*
 - a. Who said this?
 - b. Give the meaning of the word 'whimper'.
 - c. Name the lesson.

6. "What kind of a man is Tiger? Doesn't he know that no good man can meet his Blessed Lord sudden-sudden and not shudder and cry out?"

- a. Who is the speaker?
- b. Why did the speaker say so?
- c. Write the meaning of the word 'shudder'.

7. "He should be lurking in shadow."

- a. Whom does 'he' refer to?
- b. Write the meaning of the word 'lurking'.
- c. Why did the poet say so?

8. "But he's locked in a concrete cell, His strength behind bars."

- a. Whom does 'he' refer to?
- b. Where was the tiger locked?
- c. Why did the poet say 'his strength behind bars'?

9. "He stalks in his vivid stripes"

- a. Whom does 'he' refer to?
- b. Give the meaning of the word 'vivid'.
- c. Name the poet and the poem.

10. "The club then made an important decision".

- a) Who was the most important person in the club?
- b) What was the name of the club?
- c) What was the decision made?

11. " We took it to Station Z

And examined it. It told us everything."

- a. Whom does 'we' refer to?
- b. What did he wonder about?
- c. What did they examine?

2. Answer the questions given below.

(a) Why do you think the tiger ignores visitors?

(b) What does Tiger do that shows he is very stupid?

(c) Who is the cleverest of all in the story, "The Pickwick Club"? Why do you think so?

(d) Why did the cabman think that Mr. Pickwick was a spy?

3. Write the character sketch of "CABMAN" from the lesson "THE PICK CLUB" and "ANANCY" from the lesson "BRO TIGER GOES DEAD" by using suitable adjectives.

OR

Write the summary of the poem "TIGER" in about 135 -150 words.

4. Give the meanings of the words by choosing the correct answers.

(a) mournful: [very angry, very sad, very happy]

(b) lurking: [sleeping, hiding, jumping]

(c) cab: [a coach, a car, a rickshaw]

