St. Andrews Scots School

Adjacent Navniti Apartments,
I.P. Extension, Patparganj, Delhi – 110092
Session: 2025 – 2026
(Worksheet-10)

Class: VII   **Subject: Science**   **Chapter: Motion and Time**

Q.1. Define:
  a) Simple Pendulum
  b) Non-uniform motion
  c) Mean position
  d) Oscillation
  e) Motion

Q.2. Fill in the blanks:
  a) _____ is the SI unit of speed.
  b) The distance-time graph for object at rest is a _____ line.
  c) 1 millennium is _____ years.
  d) All the clocks and watches use the principle of _____ motion.
  e) _____ is the most accurate clocks based on vibrations of atoms for measuring time.

Q.3. Answer the following questions in one word.
  a) Who discovered simple pendulum?
  b) Which type of motion is exhibited by simple pendulum?
  c) Name the instrument which measures the speed of vehicle.
  d) What is the speed of the earth in its orbit around the sun?

Q.4. State whether the following statement is true or false.
  a) The basic unit of time is second.
  b) The distance-time graph of standing vehicle is a straight line parallel to x-axis.
  c) Periodic events are used for the measurement of time.
  d) The number of oscillation made by a pendulum in 1 second is called its frequency.

e) The graphical presentation of data is called pie charts.

Q.5. Very Short Questions Answers:

a) State the factors on which the time period of a simple pendulum depend.

b) In an experiment to measure the time-period of a simple pendulum, the time for 20 complete oscillations was found to be 36 seconds. What is the time period of this pendulum?

c) A car travelling from city A to city C completes the journey in 3 hours, whereas a person travelling on a bike completes the journey in 5 hours. What is the speed of the man on the bike if the car is travelling at 45 kmph?

d) A cyclist travels at a speed of 20 km/hour. How far will he travels in 50 minutes?