

Practice Set – 7

Directions (Q1 – Q4): Read the passage carefully and answer the given questions.

PASSAGE

Sports play a vital role in shaping one's personality and maintaining good health. Engaging in outdoor games teaches teamwork, leadership, and resilience. It helps in handling both victories and defeats with grace. A player learns that success comes through regular practice and that failure is only a step towards improvement. Such lessons are rarely found in textbooks.

In a world increasingly dominated by sedentary digital entertainment, encouraging children to participate in physical sports is essential for their holistic development. Playing in the open air strengthens the body, improves stamina, and keeps the mind fresh and cheerful. Schools should therefore set aside enough time and space for games, and parents should motivate their children to play instead of spending long hours in front of screens. A healthy nation is built by healthy citizens, and sports lay the foundation for it.

Q1. What do outdoor games teach according to the passage?

- A) Anger
- B) Video games
- C) Teamwork, leadership, resilience
- D) Selfishness

Q2. Why is participating in sports essential for children?

- A) Earning money
- B) Skipping school
- C) Holistic development
- D) Fame

Q3. Sports help in handling victories and defeats with?

- A) Pride
- B) Grace
- C) Anger
- D) Sadness

Q4. The modern world is increasingly dominated by?

- A) Books
- B) Animals
- C) Sedentary digital entertainment
- D) Outdoor games

LANGUAGE SKILLS

Q5. Choose the correct synonym for the word:

COMPASSION

- A) Hatred
- B) Apathy
- C) Sympathy
- D) Cruelty

Q6. Choose the correct synonym for the word: PERILOUS

- A) Secure
- B) Calm
- C) Safe
- D) Dangerous

Q7. Choose the correct antonym for the word: FREQUENT

- A) Regular
- B) Usual
- C) Often
- D) Rare

Q8. Choose the correct antonym for the word: DYNAMIC

- A) Active
- B) Vibrant
- C) Energetic
- D) Static

Q9. Fill in the blank with the correct option:

You must apologize _____ him.

- A) with
- B) from
- C) for
- D) to

Q10. Fill in the blank with the correct option:

I agree _____ you on this matter.

- A) on
- B) for
- C) with
- D) to

Q11. Choose the correct meaning of the idiom:

'Add insult to injury'

- A) Cure a disease
- B) Make a bad situation worse
- C) Say sorry
- D) Praise someone

Q12. Choose the correct meaning of the idiom:

'Cost an arm and a leg'

- A) Body parts
- B) Very expensive
- C) Free of cost
- D) Very cheap

Q13. Choose the one-word substitution for the given phrase:

'Animals that eat plants'

- A) Omnivores
- B) Herbivores
- C) Predators
- D) Carnivores

Q14. Choose the one-word substitution for the given phrase:

'A person who travels to space'

- A) Pilot
- B) Astronomer
- C) Scientist
- D) Astronaut

Q15. Choose the correctly spelt word:

- A) Maintenece
- B) Maintenance
- C) Maintainence
- D) Maintainance

Q16. Arrange the jumbled words to form a meaningful sentence:

early / morning / up / I / in / wake / the

- A) Early morning the i in wake up.
- B) I wake up early in the morning.
- C) I morning wake in up early the.
- D) Wake early in morning the i up.

Practice Set – 7 – Answer Key

Quick Answer Key

Q1 C	Q2 C	Q3 B	Q4 C	Q5 C	Q6 D	Q7 D	Q8 D
Q9 D	Q10 C	Q11 B	Q12 B	Q13 B	Q14 D	Q15 B	Q16 B

Explanations

Q1. C — Engaging in outdoor games teaches teamwork, leadership, and resilience.

Q2. C — Participating in physical sports is essential for their holistic development.

Q3. B — It helps in handling both victories and defeats with grace.

Q4. C — The world is increasingly dominated by sedentary digital entertainment.

Q5. C — Compassion means sympathetic pity for others (सहानुभूति/दया). Synonym is 'Sympathy'.

Q6. D — Perilous means full of danger or risk (खतरनाक). Synonym is 'Dangerous'.

Q7. D — Frequent means occurring or done many times at short intervals (अक्सर). Antonym is 'Rare' (दुर्लभ).

Q8. D — Dynamic means characterized by constant change (गतिशील). Antonym is 'Static' (स्थिर).

Q9. D — We apologize 'to' a person 'for' a mistake. (किसी व्यक्ति से माफ़ी माँगने के लिए 'apologize to' का प्रयोग होता है।)

Q10. C — We agree 'with' a person and agree 'to' a proposal. (व्यक्ति से सहमत होने पर 'agree with' आता है।)

Q11. B — It means to act in a way that makes a bad situation worse. (जले पर नमक छिड़कना)

Q12. B — It means something is extremely expensive. (बहुत महँगा)

Q13. B — 'Herbivores' are animals that feed on plants. (शाकाहारी)

Q14. D — 'Astronaut' is a person trained to travel in a spacecraft. (अंतरिक्ष यात्री)

Q15. B — The correct spelling is 'Maintenance' (रखरखाव).

Q16. B — Correct phrasing of time and action. (मैं सुबह जल्दी उठता हूँ।)