



**INDIAN SCHOOL DARSAIT**  
**CLASS –VII (SCIENCE)**  
**Topic: Motion and Time**



**Resource person: Sujisha Sumith**  
**Date:**

**Name of the student :**  
**Roll No :**

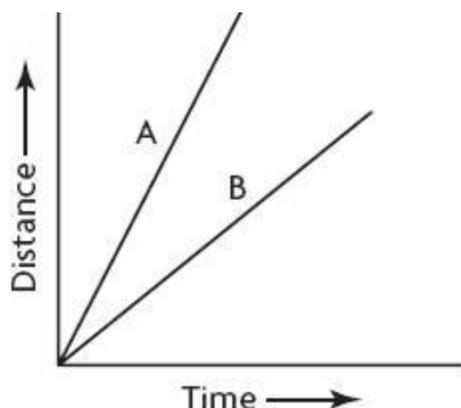
**Choose the correct option from the given brackets**

- Which of the following instruments measures time most accurately  
a. Sundial   b. quartz watch   c. pendulum clock   d. water clock
- The graph of distance v/s time for uniform motion is  
a. Straight line  
b. Curved line  
c. Zig Zag  
d. None of these
- The distance time graph of a car plotted with time on X axis and distance on Y axis. The graph is a straight line parallel to X axis. Which of the following is true about the car?  
a. It is in uniform motion   b. It is in non uniform motion  
c. It is not moving   d. It is moving very fast
- Give **one word** for the following:  
i) Distance moved in a unit time  
ii) a substance whose crystals can vibrate very fast at a very precise rate.  
iii) The time taken by a pendulum for one to and fro motion  
iv) The devise used to measure the speed of moving vehicle
- Complete the **analogy**:  
Distance: ----- :: ----- : Second

**Answer the following**

- A cheetah runs a distance of 200 metre in 10 second. What is the speed of cheetah in  
a) m/s   b) km/h

7. Following figure shows the distance time graph for two racing cars A and B. Which one of them won the race?



8. Differentiate between uniform and non uniform motion.
9. Represent the following with a distance time graph.
- a car moving on a crowded street.
  - a car moving on a straight road with constant speed.
10. The distance between two stations is 240Km. A train takes 4 hours to cover this distance. Calculate the speed of the train.
11. A simple pendulum takes 40 seconds to complete 20 oscillations. What is the time period of the pendulum?
12. Draw a distance time graph from the given table showing distance covered by a car. Does the car have uniform motion?

Time(seconds)	Distance(metre)
0	0
1	15
2	30
3	45
4	60
5	75