



INDIAN SCHOOL SOHAR
FORMATIVE ASSESSMENT 1:2015-16

Class:VIII
Date: 10-05-2015

ENGLISH

Time:40 mins
Marks. 20

SECTION A:READING

(5)

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

Like meditation, yoga is an extremely popular and effective method for becoming a more relaxed, easy going person. For centuries yoga has been used to clear and free the mind, giving people feelings of ease. It is easy to do and takes only a few minutes a day. People of any age and fitness level can participate. You can work and progress at your own speed and comfort level. Although yoga is physical in nature, its benefits are both physical and emotional. On the physical side yoga strengthens the muscles and spine, creating flexibility and ease of motion. On the emotional side, yoga is a tremendous stress reliever. It balances the body, mind-spirit connection, giving you a feeling of ease and peace.

Yoga is practiced by engaging in a series of stretches, both gentle and challenging. The effects of yoga are truly amazing. After only a few minutes, you feel more alive and open, peaceful and relaxed. The rest of your day is easier and more focused.

1.1. Choose the correct option.

(1x2=2)

- a) Yoga can be done _____.
- | | |
|------------------------|--------------------------|
| i)only by children | ii) only by adults |
| iii)only by old people | iv) by people of any age |
- b) Yoga is a tremendous _____.
- | | |
|----------------------|-----------------|
| i) stress reliever | ii) work reduce |
| iii) strength reduce | iv) time reduce |

1.2. Answer the following questions briefly:

(1x2=2)

- a)What is yoga?
b)What are the effects of yoga?

1.3. Find a word from the passage which means the same as the following.

- a)To advance or develop towards a better state _____.

(1)

SECTION B: WRITING& GRAMMAR

(8)

2. You are Yashika / Yash. Next week it is your birthday. You have decided to celebrate your birthday. Write a letter in about 50 words, to your friend Priya / Prem to invite him / her on your birthday party.

(4)

3. Do as directed:

(4)

a. Join the following pairs of sentences using an appropriate conjunction.

(1x2=2)

- i. Peter was ill. He did not come to school.
- ii. Sangeeta was singing. Sam was playing the guitar.

b. Complete the sentences with suitable adjectives.

(1/2x2=1)

- i. There is a _____ Oak tree behind our school.
- ii. She lives in an _____ house with eight bedrooms and a swimming pool.

c. Fill in the blanks with suitable compound words.

(1/2x2=1)

- i. It was such a _____ story that no one believed it.
- ii. The old man does not stir out of his house without a _____.

SECTION C: LITERATURE

(7)

4. Read the given extract and answer the questions that follow:

*I come from haunts of coot and hern,
I make a sudden sally,
And spark out among the fern,
To bicker down a valley.*

a) Who does 'I' refer to here ?

(1)

b) Coot and hern means _____.

(1)

5. Give the meaning of the following words and frame meaningful sentences of your own:

(2)

a) swagger

b) plodder

6. Answer the following quest

a) What was the super surprise that greeted the two children on Christmas day?

(1½)

b) Why do you think Chicago police had been looking for Bob whom they nicknamed 'Silky Bob'?

(1½)
