



ASSIGNMENT NO. 4

SUBJECT: SCIENCE

CLASS-VII

OCTOBER '2026

Chapter-8: Measurement of Time and Motion

Choose the correct option

1. Which of the following is NOT an ancient time measuring device?
a). Sundial b). Water clock c). Smartwatch d). Hourglass
2. One oscillation of a pendulum is when the bob moves:
a) From one side to mean position b) From mean to one extreme
c) From one extreme to other and back d) None of these.

The question below consists of an assertion and a Reason. Use the following key to choose the appropriate answer.

- (a) Both A and R are true and R is the correct explanation of A.
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

3. **Assertion (A):** The basic unit of time is second.
Reason (R): Quartz clock gives more accurate measurement of time as compared to balance wheel clocks.
4. **Assertion (A):** The distance moved by an object in unit time is called its speed.
Reason (R): Faster vehicles have higher speeds.

Answer the following questions:

1. A vehicle moves at 90 km/h. How much time will it take to travel 180 km?
2. A pendulum completes 20 oscillations in 32 seconds. Find its time period?
3. A cyclist travels 20 km in the first hour, 30 km in the second hour, and 50 km in the third hour. What is the average speed?
4. Explain with the help of an activity how can we measure the time period of simple pendulum.
5. Why do we need accurate measurement of time in sports?
6. A train covers 500 m in 25 seconds. Find its speed in m/s and km/h.
7. Differentiate between uniform and non-uniform motion.
8. How the ancient time measuring devices are different from the modern-day devices.