St. Andrews Scots Senior Secondary School

9th Avenue, I P Extension, Patparganj, Delhi – 110092

Session: 2026-2027

Worksheet-8

Class-VII	Subject-Science	Chapter- Measurement of Time and Motion

Q1. Define these terms:

a) Sundial
b) Speed
c) Motion
d) Pendulum

Q2. Fill in the blanks:

a) A _____is an instrument on a vehicles dashboard that shows its speed at given moment.
b) An _____ is an instrument that records the total distance travelled by a vehicle.
c) If a car travels a distance of 120 km in 2 hours, it's calculated speed is _____.
d) Average speed = _____.
e) The frequency of pendulum is measured in_____.

Q3. Answer the following questions in one word:-

a) Who built the largest sundial in the world?
b) What is the name of the world's largest sundial?
c) Which type of clocks are used in space science for the highest accuracy?
d) Which device is used in sports events to measure very short intervals of time?
e) What is the back - and - forth movement of a pendulum called?

Q4. Answer the following questions:

a) Explain any three ancient time keeping devices with diagrams.
b) A bus travels 60 km in the first hour and 40 km in the next hour. Calculate The total average speed.
c) A van moves at 75 km per hour. How much distance it will cover in 2 hours.
d) A pendulum takes 2 seconds to complete one oscillation. How much time will it take to complete 15 oscillations.