

Pt. YadRam Sec Public School
Bhajanpura Delhi- 110053
Worksheet 2026-2027
Class -7th Science
Chapter-8 Measurement of Time and Motion

Q1. Choose the correct option:-

1. Which of the following clocks would show the time with more precision?

a) Hourglass b) Quartz clock c) Water clock d) Sundial

2. The average speed at which a vehicle covers 400 km in 5 h is?

a) 80 km/min b) 80 km/h c) 80 m/h d) 80 km/sec

Q2. Fill in the blanks:

a) The time taken by the pendulum to complete one oscillation is called its ____.

b) The motion of a simple pendulum is an example of ____ motion.

c) The standard unit of time is ____.

Q3. True or False:

a) Speed is the distance covered in unit interval of time.

b) An odometer is an instrument used to record the speed of a vehicle.

c) Quartz clocks are much more accurate than pendulum clocks.

Q4. Give one word for the following:

a) SI unit of speed _____

b) The distance covered in a unit of time _____

Q5. What is the difference between water-flowing-out type and floating-bowl type of water clock?

Q6. A train travels at a speed of 25 m/s and covers a distance of 360 km. How much time does it take?

Q7. Define speed. Give its SI unit and calculate the speed of an object that has travelled 750 km in 12 hours.

Q8. Draw a diagram of a simple pendulum and explain its working?

Q9. Explain in detail the working of a sundial. What are the disadvantages of a sundial?

Q10. A train travels 180 km in 3 h. Find its speed in:

a) Km/h

b) m/s