

Science | Worksheet | Grade VII  
Motion and Time

1. Find speed when, distance is 142 km and time is 2 hours.
2. Find out the distance covered when, speed is 960 km/hour and time is 1 hour 50 minutes.
3. A faster moving object covers more distance in \_\_\_\_\_ time.
4.  $Speed = \frac{Distance}{Time}$ . True/ False
5. What is the SI unit of distance?
6. Name an object that shows oscillatory motion.
7. What is the motion of our hands while running?
8. The time period of a given pendulum is not constant. True/ False
9. Aaron ran 500 metre in 100 Seconds. Find the speed in km per hour.
10. What is the motion of a child in a merry-go-round?
11. What is motion?
12. What is circular motion?
13. If the speed of an object keeps changing in equal interval of time, while moving along a straight line, its motion is said to be \_\_\_\_\_.
14. The to and fro motion of an object from the position of rest is called a \_\_\_\_\_.
15. One complete to and fro motion of a pendulum from rest position is called one \_\_\_\_\_.
16. Give an example of vibratory motion.
17. Name the device on vehicles to track the distance covered.
18. The basic unit of time is \_\_\_\_\_.
19. A man runs at the speed of 10 km/h. How much time will he take to cover 750 meters?
20. Define average speed.