

MID-TERM EXAMINATION 2026-27

PHYSICAL ACTIVITY TRAINER (418)

(Marking Scheme)

Class : X
Date : / /
Admission No.:

Duration: 2 Hrs
Max. Marks: 50
Roll No.:

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of 21 questions in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. Out of the given (5+16) 21 questions, a candidate has to answer (5+10) 15 questions in the allotted (maximum) time of 2 hours.
5. All questions of a particular section must be attempted in the correct order.
6. Section A: Objective Type Questions (24 Marks)
 - a. This section has 05 questions.
 - b. Marks allotted are mentioned against each question/part.
 - c. There is no negative marking.
 - d. Do as per the instructions given.
7. Section B: Subjective Type Questions (26 Marks)
 - a. This section has 16 questions.
 - b. A candidate has to do 10 questions.
 - c. Do as per the instructions given.
 - d. Marks allotted are mentioned against each question/part.

Section-A

I. Answer any 4 out of the 5 questions

1. Which of the following is an example of self-management? [1]
 - a) Blaming others for mistakes
 - b) Managing time effectively
 - c) Ignoring responsibilities
 - d) Avoiding work Going on vacations can help reduce:
2. Which software is mainly used to create presentations? [1]
 - a) MS Word
 - b) MS PowerPoint
 - c) MS Paint
 - d) Notepad
3. Which of the following is an input device? [1]
 - a) Printer
 - b) Monitor
 - c) Keyboard
 - d) Speaker
4. Which key combination is used to copy selected text? [1]
 - a) Ctrl + X
 - b) Ctrl + C
 - c) Ctrl + V
 - d) Ctrl + Z

II. Answer any 5 out of the given 6 questions

1. The main aim of physical activity in early childhood is: [1]
a) Competition
b) Healthy growth and development
c) Punishment
d) Homework
2. A physical activity facilitator should always ensure: [1]
a) Safety
b) Noise
c) Delay
d) Carelessness
3. Warm-up activities help to: [1]
a) Increase injury
b) Prepare the body for exercise
c) Make students tired
d) Reduce flexibility
4. Which quality is most important for a facilitator? [1]
a) Patience
b) Anger
c) Laziness
d) Carelessness
5. Which quality is most important for a facilitator? [1]
a) Patience
b) Anger
c) Laziness
d) Carelessness
6. Which is an indoor physical activity? [1]
a) Swimming
b) Running
c) Yoga
d) Cricket

III. Answer any 5 out of the given 6 questions

1. Children learn best through: [1]
a) Play
b) Fear
c) Punishment
d) Competition only
2. The first aid box should be: [1]
a) Locked away
b) Easily available
c) Empty
d) Hidden
3. Physical activity improves: [1]
a) Health
b) Laziness
c) Stress only
d) None of these
4. Assessment is used to: [1]
a) Measure learning

- b) Punish students
- c) Waste time
- d) None

5. Evaluation helps teachers: [1]

- a) **Improve teaching**
- b) Ignore students
- c) Increase homework
- d) Reduce attendance

6. Observation is a method of: [1]

- a) **Assessment**
- b) Entertainment
- c) Punishment
- d) None

IV. Answer any 5 out of the given 6 questions

1. Continuous assessment means: [1]

- a) Once a year
- b) **Regular assessment**
- c) Never assessing
- d) Monthly holidays

2. A checklist is used to: [1]

- a) **Record performance**
- b) Play games
- c) Punish students
- d) None

3. Feedback should be: [1]

- a) **Constructive**
- b) Negative only
- c) Delayed
- d) Harsh

4. Which tool is commonly used for student assessment? [1]

- a) **Rubric**
- b) Television
- c) Calculator
- d) Clock

5. Which tool is commonly used for student assessment? [1]

- a) **Rubric**
- b) Television
- c) Calculator
- d) Clock

6. Assessment should be: [1]

- a) **Fair**
- b) Biased
- c) Random
- d) Difficult only

V. Answer any 5 out of the given 6 questions

1. Below the age of 7 years Students which skill related fitness can be assessed? [1]

- a. Action
 - b. Balance
 - c. Coordination
 - d. All of these
2. Points should be kept in mind while analyzing the report- [1]
- a. Event Summary
 - b. Performance analysis
 - c. Incidents reports
 - d. All of these
3. Steps to be Documented Feed Back- [1]
- a. Identifying tools Feed Back
 - b. Determine who will be involved
 - c. both a and b
 - d. None of these
4. What should you start with when documenting feedback? [1]
- a. Negative points
 - b. Criticisms
 - c. Positives
 - d. Complex explanations
5. Why is it important to offer explanations in feedback? [1]
- a. To confuse the recipient
 - b. To show off your knowledge
 - c. To provide context and understanding
 - d. To make the document longer
6. Skill assessment helps measure a person's proficiency in: [1]
- a. Baking cookies
 - b. Riding a bicycle
 - c. Swimming
 - d. All of the above

Section-B

VI. Answer any 7 out of the given 8 question on Employability skills: Answer each question in 20-30 words:

1. State any two ways to improve self-management skills.? [2]

ANS - Set clear goals and plan daily tasks. Manage time effectively by following a schedule and regularly reviewing progress to improve discipline and productivity.

2. Write any two advantages of using ICT. [2]

ANS - ICT provides quick access to information and improves communication. It also supports online learning, saves time, and increases efficiency in education and workplaces.

3. Mention any two responsibilities of an Early Years Physical Activity Facilitator. [2]

ANS - Plan safe and enjoyable physical activities for children. Observe children's participation and encourage the development of motor skills through age-appropriate exercises.

4. Why is warm-up important before physical activity? Give two points [2]

ANS - Warm-up prepares muscles and joints for exercise, reducing injury risk. It also increases blood circulation and improves flexibility and overall physical performance.

5. Write any two purposes of student assessment. [2]

ANS - Assessment measures students' learning progress and identifies strengths and weaknesses. It also helps teachers improve teaching methods and provide appropriate support.

6. Mention any two methods used for evaluating students. [2]

ANS - Observation and written tests are common evaluation methods. Practical demonstrations and project work are also used to assess students' knowledge and skills.

7. Write any two Emergency Incident Management. [2]

ANS - Provide immediate first aid to the injured person and contact emergency medical services. Inform school authorities and maintain safety until help arrives.

8. Why are assessments necessary? [2]

ANS - Assessments help measure learning outcomes, identify improvement areas, and guide teachers in planning effective instruction to support students' academic and physical development

VII. Answer any 3 out of the given 5 questions in 50-80 words each

1. Explain the roles and responsibilities of an Early Years Physical Activity Facilitator. [4]

ANS - An Early Years Physical Activity Facilitator plans and conducts safe, fun, and age-appropriate physical activities. They encourage children to develop motor skills, coordination, and teamwork. They ensure a safe learning environment, observe children's progress, maintain equipment, communicate with parents and teachers, and promote healthy habits through regular physical activities.

2. Describe the safety precautions that should be followed while conducting physical activities for young children. [4]

ANS - The activity area should be clean, safe, and free from hazards. Equipment must be suitable and in good condition. Children should wear comfortable clothing and proper footwear. Warm-up and cool-down exercises should be included. Constant supervision should be provided, and first aid equipment should be readily available for emergencies.

3. Explain the importance of assessment and evaluation in physical activity. Discuss different methods used for assessing students [4]

ANS - Assessment and evaluation help measure students' fitness, skill development, and overall progress. They identify strengths and areas needing improvement, helping teachers plan better activities. Common assessment methods include observation, fitness tests, written tests, practical demonstrations, project work, and self-assessment. These methods provide a complete understanding of students' learning and performance.

4. Describe any two responsibilities of facilitator. [4]

ANS - A facilitator plans engaging and age-appropriate activities that encourage participation and learning. They also ensure the safety and well-being of children by supervising activities, maintaining equipment, and providing guidance. Additionally, they observe children's progress, motivate them, and create a positive and supportive learning environment

5. Prepare a sample assessment report of fitness of Grade 7th student.

[4]

ANS -

Student Name	Rahul Sharma
Class	Grade 7
Attendance	Regular
Flexibility	Good
Endurance	Average
Strength	Good
Speed & Agility	Very Good
Overall Fitness	Good
Teacher's Remarks	Active and enthusiastic. Should improve endurance through regular running and aerobic exercises. Maintain a balanced diet and daily physical activity.

*******All the Best*******