



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL
PERIODIC TEST-2 2025-26

PHYSICAL ACTIVITY TRAINER (418)

MARKING SCHEME

Class: IX

Date: .11.25

Admission no:

Time: 1hr

Max Marks: 25

Roll no:

INSTRUCTION:

1. All questions are compulsory.
2. Question Nos. 1-9 in Section A carry 1 mark each.
3. Question Nos. 10-14 in Section B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question No. 15-16 in Section C is case based question carrying 4 marks. Answer to question should not exceed 120 words.

SECTION A

1. Which of the following everyday activities is most closely related to the concept of a *sorting game*? 1

- a) Arranging utensils in the kitchen according to size b) Watching television with family
c) Watering plants in the garden d) Walking from home to school

2. Playing *hopscotch* resembles which type of everyday activity? 1

- a) Jumping across puddles on a rainy day b) Stirring food while cooking
c) Sweeping the floor with a broom d) Writing homework in a notebook

3. If a child is asked to match socks from a laundry basket, this activity is functionally similar to which game? 1

- a) Puzzle-solving game b) Memory card game (matching pairs) c) Guessing game d) Dice game

4. Which everyday activity best illustrates the principle of a *strategy game*? 1

- a) Planning the shortest route to school while avoiding traffic b) Sweeping fallen leaves in the garden
c) Singing along with music d) Drawing shapes with crayons

5. While organizing a sports event in school, what should be the *first step* in planning? 1

- a) Announcing winners in advance b) Preparing certificates
c) Identifying objectives and available resources d) Arranging refreshments for players

6. In a relay race, organizing students into equal teams mainly demonstrates which principle of sports management? 1

- a) Fair play and balance b) Spectator engagement c) Time management d) Record keeping

7. Which of the following is the most important consideration for selecting a venue for outdoor sports? 1

- a) Size and safety of the ground b) Number of microphones available
c) Type of chairs for the audience d) Availability of indoor classrooms nearby

8. When organizing sports activities, preparing a *fixture or schedule* is essential because it helps to: **1**

- a) Decide the referee's salary **b) Ensure fair play and timely matches**
c) Reduce the number of players needed d) Avoid the use of score sheets

9. Which of the following roles is primarily responsible for *enforcing rules* during a sports activity? **1**

- a) Event coordinator **b) Referee or umpire** c) Team captain d) Audience

SECTION B

10. How is arranging books on a shelf by height or color similar to a game? **2**

A: Arranging books resembles a **sorting or sequencing game**, as it involves categorizing items based on rules, developing observation, organization, problem-solving, and decision-making skills through a playful everyday activity.

11. In what way does cooking a meal reflect the qualities of a strategy game? **2**

A: Cooking reflects a **strategy game** since it requires planning steps, sequencing actions, managing time, and combining resources, much like strategizing moves in a game to achieve a successful outcome.

13. Why is preparing a fixture important while organizing sports activities? **2**

A: Preparing a fixture ensures fair scheduling, avoids conflicts, saves time, and provides equal opportunities. It helps in smooth coordination, transparency, and systematic conduct of the entire sports event.

14. How does dividing players into balanced teams contribute to effective sports organization? **2**

A: Balanced teams promote fair play, enhance competition, and prevent bias. They encourage teamwork, boost motivation, ensure equal participation, and create an enjoyable, disciplined environment for all participants during sports activities.

SECTION C

15. How can cleaning a room be compared to a game? **4**

A: Cleaning a room can be compared to a game because it involves sorting, organizing, and completing tasks step by step. For example, while picking up toys, children can treat it like a "collecting game," where each toy represents points. Arranging clothes in the cupboard can be like a "matching game," grouping similar items together. This playful approach turns a regular chore into a fun activity, making it less tiring. It also teaches children skills such as responsibility, time management, and organization. By thinking of cleaning as a game, children enjoy the process, work faster, and stay motivated. Everyday tasks become meaningful learning experiences when linked to play.

16. What is the role of teamwork in organizing sports activities? **4**

A: Teamwork plays a central role in organizing sports activities because multiple responsibilities must be managed together. Coordinators, referees, volunteers, and players all contribute to the success of the event. For example, one team may handle registrations, another prepares the ground, while others manage scoring and refreshments. This division of work reduces stress and ensures no single person is overburdened. Effective teamwork also encourages communication, cooperation, and problem-solving skills. It sets an example for players, as teamwork is also a value in sports. A well-organized event depends on how smoothly teams coordinate their duties. When everyone works together with shared responsibility, sports activities become enjoyable, systematic, and memorable for participants and spectators.

OR

Why is time management important while organizing sports activities?

A: Time management is crucial in sports organization because it ensures events start and end as scheduled. A well-planned timetable avoids delays, prevents overlapping matches, and keeps participants engaged. When time is managed properly, players get enough rest between games, spectators enjoy a smooth flow of events, and referees can work without pressure. It also builds discipline, which is a key value in sports. Without proper time management, confusion, stress, and dissatisfaction can arise. For example, in a school sports day, allotting fixed slots for races, games, and prize distribution helps in conducting the program smoothly. Thus, effective time management promotes fairness, enjoyment, and success in sports activities.

*****All the best*****