



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

TERM 1 EXAMINATION 2025-26

PHYSICAL ACTIVITY TRAINER (418)

Class: X

Date: /09/2025

Duration: 2 Hrs

Max. Marks: 50

GENERAL INSTRUCTIONS: Please read the instructions carefully.

1. This Question Paper consists of 21 questions in two sections: Section A & Section B.
2. Section A has Objective type questions whereas Section B contains Subjective type questions.
3. Out of the given (5+16) 21 questions, a candidate must answer (5+10) 15 questions in the allotted (maximum) time of 2 hours.
4. All questions of a particular section must be attempted in the correct order.
5. 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.
6. Section B: Subjective Type Questions (26 Marks)
 - a. This section has 16 questions.
 - b. A candidate must do 10 questions.
 - c. Do as per the instructions given.
 - d. Marks allotted are mentioned against each question/part.

Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

I. Answer any 4 out of the given 5 questions on Employability Skills. (1 x 4 = 4)

1. What does ICT stand for?
 - a. International Communication Training
 - b. Information and Communication Technology
 - c. Internet and Computer Training
 - d. Information for Classroom Teaching
2. Which of the following is a benefit of using ICT in education?
 - a. Increases manual work
 - b. Reduces access to information
 - c. Enhances student engagement and learning
 - d. Discourages creativity
3. Which tool is commonly used in ICT-based classrooms?
 - a. White chalk
 - b. Typewriter
 - c. Interactive whiteboard
 - d. Manual ledger
4. What is the main goal of self-management skills?
 - a. To control others
 - b. To improve how others view you
 - c. To manage your thoughts, emotions, and behaviors effectively
 - d. To avoid responsibility

5. What is the primary purpose of antivirus software on a computer?
- To improve internet speed
 - To enhance graphics performance
 - To protect against viruses and malware
 - Mouse

II. Answer the following 5 questions out of 6.

(1 x 5 = 5)

6. What is the primary role of an Early Years Physical Activity Facilitator?
- To prepare academic lessons for children
 - To promote and support physical development through structured and unstructured play
 - To diagnose physical health conditions
 - To teach advanced sports techniques
7. Which of the following is a key responsibility of a Physical Activity Facilitator in early years?
- Planning and delivering age-appropriate physical activities
 - Conducting formal assessments in math and reading
 - Managing the school's budget
 - Teaching only competitive sports
8. Why is physical activity important in the early years (0–5 years)?
- It improves only physical strength
 - It helps develop motor skills, coordination, and social skills
 - It teaches them how to read
 - It prevents them from playing
9. A facilitator notices a child is not participating in physical activities. What should they do first?
- Ignore the child
 - Punish the child
 - Observe and engage the child gently, considering possible reasons
 - Report the child to authorities immediately
10. Which of the following best describes inclusive practice in physical activity?
- Offering one type of sport to all children
 - Making physical activity optional
 - Adapting activities to meet the diverse needs of all children
 - Limiting participation based on ability
11. What is the recommended amount of physical activity for children under 5, according to most national guidelines?
- 15 minutes per day
 - 30 minutes per week
 - At least 180 minutes (3 hours) per day
 - 1 hour per week

III. Answer the following 5 questions of 6.

(1 x 5 = 5)

12. How much time should be given to warming up
- 7-8 minutes
 - 10-20 minutes
 - 5-6 minutes
 - 2-3 minutes
13. Risk management checks on the facility and equipment is
- Facility Assessment
 - Age-Appropriate Materials
 - Both (a) and (b)
 - None of these
14. Question & Answer Sessions by the Facilitator is related to:
- Dealing with customers/Parents
 - Teacher and student
 - Both (a) and (b)
 - None of these

15. What is a primary responsibility of an Early Years Physical Activity Facilitator?
 - a. Teaching advanced sports techniques
 - b. Promoting physical activity and development in young children
 - c. Organizing professional development workshops for adults
 - d. Managing school administrative tasks
16. Which aspect is NOT a part of the Early Years Physical Activity Facilitator's role?
 - a. Conflict resolution
 - b. Handling emergency incidents
 - c. Classroom curriculum development
 - d. Promoting outdoor play and exploration
17. What is a crucial skill for an Early Years Physical Activity Facilitator when responding to emergency incidents?
 - a. Art and craft activities
 - b. Storytelling techniques
 - c. Conflict resolution tactics
 - d. First aid and CPR knowledge

IV. Answer the following 5 question out of 6. (1 x 5 = 5)

18. What is the main purpose of assessment in education?
 - a. To punish underperforming students
 - b. To sort students into fixed groups
 - c. To monitor learning and inform teaching
 - d. To complete administrative tasks
19. Which type of assessment is conducted during the learning process to improve student performance?
 - a. Summative assessment
 - b. Diagnostic assessment
 - c. Formative assessment
 - d. Standardized testing
20. What is summative assessment typically used for?
 - a. To give ongoing feedback
 - b. To guide lesson planning
 - c. To evaluate student learning at the end of a unit or term
 - d. To monitor daily behaviour
21. Which of the following is an example of formative assessment?
 - a. End-of-year exam
 - b. Final project presentation
 - c. Weekly quizzes with feedback
 - d. Standardized national test
22. A teacher uses student portfolios to track learning progress. What type of assessment is this?
 - a. Summative
 - b. Diagnostic
 - c. Formative
 - d. Norm-referenced
23. What is diagnostic assessment mainly used for?
 - a. To compare students' scores
 - b. To identify students' strengths and learning needs before instruction
 - c. To grade final exams
 - d. To punish students with low grades

V. Answer the following 5 question out of 6. (1 x 5 = 5)

24. Below the age of 7 years Students which skill related fitness can be assessed?
 - a. Action
 - b. Balance
 - c. Coordination
 - d. All of these
25. Points should be kept in mind while analysing the report-
 - a. Event Summary
 - b. Performance analysis
 - c. Incidents reports
 - d. All of these
26. Steps to be Documented Feed Back-
 - a. Identifying tools Feed Back
 - b. Determine who will be involved
 - c. both a and b
 - d. None of these

27. What should you start with when documenting feedback?
a. Negative points b. Criticisms c. Positive d. Complex explanations
28. Why is it important to offer explanations in feedback?
a. To confuse the recipient
b. To show off your knowledge
c. To provide context and understanding
d. To make the document longer
29. Skill assessment helps measure a person's proficiency in:
a. Baking cookies b. Riding a bicycle c. Swimming d. All the above

Section-B

Subjective type of questions carries 26 marks.

Answer any 7 out of the 8 questions 20-30 words on Employability Skills

(2 × 7 = 14)

30. How can we enhance the ability to work independently?
31. Write down the steps of creating a folder in computer.
32. State the four steps of Time Management.
33. What are the factors that affect self-confidence?
34. What do you understand by facilitator?
35. Name the various activities which can be conducted by the Physical Activity Facilitator.
36. Write any two Emergency Incident Management.
37. Why are assessments necessary?

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

(4 × 3 = 12)

38. What are the qualities of a Good Physical Activity Facilitator?
39. Explain the types of assessment.
40. Describe the BMI.
41. Describe any two responsibilities of facilitator.
42. Prepare a sample assessment report of fitness of Grade 7th student.

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