



B.K. BIRLA CENTRE FOR EDUCATION

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

MID-APRIL TEST 2025-26
PHYSICAL ACTIVITY TRAINER

Class: X
Date: 16.04.2026
Admission no:

Time: 1hr
Max Marks: 25
Roll no:

Section-A

1. The primary role of a physical activity facilitator in early years is to: (1)
 - a) Teach academic subjects
 - b) Promote active and healthy lifestyles
 - c) Conduct exams
 - d) Manage school finances
2. Which of the following is a responsibility of a facilitator? (1)
 - a) Ignoring children's safety
 - b) Planning age-appropriate activities
 - c) Avoiding communication with parents
 - d) Focusing only on competition
3. A facilitator should ensure activities are: (1)
 - a) Difficult for all children
 - b) Unsafe but exciting
 - c) Inclusive and safe
 - d) Only for skilled children
4. Which skill is most important for a facilitator? (1)
 - a) Cooking
 - b) Communication
 - c) Driving
 - d) Accounting

OR

5. A physical activity facilitator should mainly focus on:
 - a) Winning competitions
 - b) Child development and enjoyment
 - c) Strict discipline only
 - d) Giving homework

Section-B

Answer the following questions in 30–40 words

6. Define the role of an early years physical activity facilitator. (2)
7. List any two responsibilities of a physical activity facilitator. (2)

Section-C

Answer the following questions in 50–70 words.

8. Explain the importance of safety in physical activities for young children. (3)
9. Describe three responsibilities of a physical activity facilitator. (3)
10. How does a facilitator promote inclusive participation among children? (3)

Section-D

Answer the following questions in 80–100 words)

11. Explain the role and responsibilities of an early years physical activity facilitator in detail. (4)
12. Discuss how a facilitator can plan and organize effective physical activities for young children . (4)

