



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:
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

2 Marks Short Answer Questions
(Answer in 30–40 words)

6. Define the role of an early years physical activity facilitator. (2)

ANS - An early years physical activity facilitator is responsible for guiding young children in physical activities that support their growth and development. They encourage active participation and help build healthy habits.

7. List any two responsibilities of a physical activity facilitator. (2)

ANS - Two responsibilities of a facilitator are:

- Planning age-appropriate activities
- Ensuring safety of children during activities

Section-C

3 Marks Questions (Answer in 50–70 words)

8. Explain the importance of safety in physical activities for young children. (3)

ANS - Safety is important in physical activities to prevent injuries and ensure children feel secure. Safe environments and proper supervision help children participate confidently. It also promotes trust and encourages regular participation.

9. Describe three responsibilities of a physical activity facilitator. (3)

ANS - A facilitator plans activities suitable for children's age and ability, ensures safety during play, and encourages participation. They also motivate children and create a positive and supportive environment.

10. How does a facilitator promote inclusive participation among children? (3)

ANS - A facilitator promotes inclusion by designing activities for all ability levels, encouraging teamwork, and avoiding discrimination. They support each child and ensure everyone gets equal opportunities to participate.

Section-D

4 Marks Questions (Answer in 80–100 words)

11. Explain the role and responsibilities of an early years physical activity facilitator in detail. (4)

ANS - An early years physical activity facilitator plays an important role in promoting children's physical, social, and emotional development. They plan and organize age-appropriate activities, ensure safety, and create a fun environment. They encourage participation, develop motor skills, and build confidence. The facilitator also observes children's progress and supports their individual needs. Effective communication with children and parents is also an important responsibility.

12. Discuss how a facilitator can plan and organize effective physical activities for young children. (4)

ANS - A facilitator can plan effective physical activities by understanding children's age and abilities. They

should select safe and engaging activities, arrange proper space and equipment, and ensure clear instructions. Activities should be fun, inclusive, and well-organized. The facilitator should also supervise children, provide encouragement, and make necessary adjustments to meet individual needs for better participation.

