



# B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS  
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL  
POST MID TERM 2025-26



Class: IX  
Date: .11.25  
Admission no:

## MARKING SCHEME

Time: 1hr  
Max Marks: 25  
Roll no:

## PHYSICAL ACTIVITY TRAINER (418)

### INSTRUCTION:

1. All questions are compulsory.
2. Question Nos. 1-9 in Section A carry 1 mark each.
3. Question Nos. 10-13 in Section B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question No. 14-15 in Section C is case based question carrying 4 marks. Answer to question should not exceed 120 words.

### SECTION A

**Q1. Which of the following is the most important reason to teach children proper handwashing habits?** 1

a) It improves their handwriting      b) It prevents the spread of infections  
c) It helps them stay awake in class      d) It increases their appetite

**Q2. A child who sleeps very late at night and wakes up tired is likely to experience which of the following?** 1

a) Better concentration in class      b) Improved immunity  
c) Fatigue and reduced attention span      d) Faster growth and development

**Q3. Which of the following is considered a healthy hygiene practice for school children? 1**

a) Sharing water bottles with friends      b) Bathing regularly and keeping nails trimmed  
c) Wearing the same socks for a week      d) Avoiding breakfast to save time

**Q4. A balanced diet for children should include:** 1

a) Only carbohydrates and fats      b) Junk food in small amounts only  
c) Nutrients from all food groups – carbohydrates, proteins, fats, vitamins, and minerals  
d) Mostly sweets and snacks for quick energy

**Q5. Which of the following is an example of a good safety habit for children? 1**

a) Running on staircases      b) Touching electrical switches with wet hands  
c) Informing an adult when feeling unwell or unsafe      d) Playing on the road after school

**Q6. Which of the following is the main purpose of safety management in schools? 1**

a) To punish students for mistakes      b) To ensure a safe and secure environment  
c) To increase academic scores      d) To reduce extracurricular activities

**Q7. Emergency response refers to:** 1

a) Ignoring an accident until help arrives      b) Taking quick and appropriate action during a crisis  
c) Waiting for teachers to solve every problem      d) Calling parents for every small issue

**Q8. Which of the following is a part of preventive safety management? 1**

a) Conducting regular mock drills      b) Spreading rumors during emergencies  
c) Blocking exits for security      d) Running during a fire drill

**Q9. Which of these is an example of a school emergency requiring an immediate response?1**

a) A class test      b) A cultural event      c) Fire in the building      d) Morning assembly

## **SECTION B**

**Q10. Explain any two factors that influence a child's health and hygiene. 2**

**A:** A child's health is influenced by **nutritious food**, which supports growth and immunity, and **clean hygiene practices**, such as handwashing and bathing, which prevent infections and promote overall well-being.

**Q11. Why is balanced nutrition important for children? Give two reasons. 2**

**A:** Balanced nutrition provides **energy for daily activities**, supports **proper physical and brain development**, and strengthens **immunity**, helping children stay active, healthy, and protected from common illnesses.

**OR**

**Describe two good health-care habits children should follow daily.**

**A:** Children should follow **regular handwashing** to prevent germs and **brushing teeth twice a day** to maintain oral hygiene, reducing infections and supporting overall long-term health.

**Q12. Why is proper storage of sports equipment important? 2**

**A:** Proper storage keeps equipment **clean, safe, and undamaged**, prevents accidents, increases the **life of equipment**, and ensures students can access the right materials easily during activities.

**Q13. Mention any two safety measures children should follow in the playground. 2**

**A:** Children should **use equipment properly** without pushing others and **follow teacher instructions** to avoid injuries. These simple steps ensure safe, enjoyable play for everyone.

## **SECTION C**

**Q14. Explain the importance of proper storage facilities for sports equipment. 4**

**A:** Proper storage facilities for sports equipment are essential to maintain safety, organization, and longevity of the materials used by students. When equipment is stored correctly in designated racks, shelves, or cupboards, it remains clean, protected, and ready for use. This prevents wear and tear, reduces breakage, and ensures that schools do not need frequent replacements. Safe storage also helps avoid accidents, such as students tripping over misplaced items or getting injured by sharp or damaged equipment. Clearly labeled storage areas help students and teachers easily find and return items, promoting responsibility and discipline. Overall, good storage practices create a safe, efficient environment that supports smooth conduct of sports and physical activities.

**OR**

**Describe any four safe acts and safety measures that children should follow in the playground.**

**A:** To ensure safety in the playground, children must follow simple but important safe acts. First, they should always **use playground equipment correctly**, avoiding risky behaviour like jumping from heights or pushing others. Second, students must **wait for their turn** and play patiently, as rushing or overcrowding equipment can cause injuries. Third, children should **follow all instructions from teachers or supervisors**, as adults monitor hazards and guide safe play. Fourth, wearing **appropriate footwear** and being aware of the surroundings helps prevent slips, falls, and collisions. Additionally, children should report broken equipment or unsafe areas immediately. By

following these measures, the playground becomes a safe, enjoyable, and injury-free space for all students.

**Q15. Describe the importance of proper storage facilities for sports equipment and explain two safety measures to be followed in the playground. 4**

**A:** Proper storage facilities for sports equipment are essential to maintain safety, cleanliness, and organization in a school. When equipment is stored in labelled racks, cupboards, or designated rooms, it stays protected from damage and remains in good condition for longer use. Safe storage also prevents accidents such as students tripping over scattered items or getting hurt by broken equipment lying around. In the playground, children should follow basic safety measures to avoid injuries. First, they must use all equipment correctly and avoid rough behaviour like pushing or overcrowding. Second, they should follow the teacher's instructions and stay alert to their surroundings. These practices ensure a safe, disciplined, and enjoyable play environment for everyone.

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