



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



TERM-1 EXAMINATION 2026-27

PHYSICAL ACTIVITY TRAINER (418)

Class : X
Date : 07/09/2026
Admission No.:

Duration: 2 Hrs
Max. Marks: 50
Roll No.:

General Instructions:

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

Section-A

I. Answer any 4 out of the 5 questions

1. Which of the following is an example of self-management? [1]
 - a) Blaming others for mistakes
 - b) Managing time effectively
 - c) Ignoring responsibilities
 - d) Avoiding work Going on vacations can help reduce:
2. Which software is mainly used to create presentations? [1]
 - a) MS Word
 - b) MS PowerPoint
 - c) MS Paint
 - d) Notepad
3. Which of the following is an input device? [1]
 - a) Printer
 - b) Monitor
 - c) Keyboard
 - d) Speaker
4. Which key combination is used to copy selected text? [1]
 - a) Ctrl + X
 - b) Ctrl + C
 - c) Ctrl + V
 - d) Ctrl + Z

II. Answer any 5 out of the given 6 questions

5. The main aim of physical activity in early childhood is: [1]
a) Competition
b) Healthy growth and development
c) Punishment
d) Homework
6. A physical activity facilitator should always ensure: [1]
a) Safety
b) Noise
c) Delay
d) Carelessness
7. Warm-up activities help to: [1]
a) Increase injury
b) Prepare the body for exercise
c) Make students tired
d) Reduce flexibility
8. Which quality is most important for a facilitator? [1]
a) Patience
b) Anger
c) Laziness
d) Carelessness
9. Which quality is most important for a facilitator? [1]
a) Patience
b) Anger
c) Laziness
d) Carelessness
10. Which is an indoor physical activity? [1]
a) Swimming
b) Running
c) Yoga
d) Cricket

III. Answer any 5 out of the given 6 questions

11. Children learn best through: [1]
a) Play
b) Fear
c) Punishment
d) Competition only
12. The First aid box should be: [1]
a) Locked away
b) Easily available
c) Empty
d) Hidden
13. Physical activity improves: [1]
a) Health
b) Laziness
c) Stress only
d) None of these

14. Assessment is used to: [1]
a) Measure learning
b) Punish students
c) Waste time
d) None
15. Evaluation helps teachers: [1]
a) Improve teaching
b) Ignore students
c) Increase homework
d) Reduce attendance
16. Observation is a method of: [1]
a) Assessment
b) Entertainment
c) Punishment
d) None

IV. Answer any 5 out of the given 6 questions

17. Continuous assessment means: [1]
a) Once a year
b) Regular assessment
c) Never assessing
d) Monthly holidays
18. A checklist is used to: [1]
a) Record performance
b) Play games
c) Punish students
d) None
19. Feedback should be: [1]
a) Constructive
b) Negative only
c) Delayed
d) Harsh
20. Which tool is commonly used for student assessment? [1]
a) Rubric
b) Television
c) Calculator
d) Clock
21. Which tool is commonly used for student assessment? [1]
a) Rubric
b) Television
c) Calculator
d) Clock
22. Assessment should be: [1]
a) Fair
b) Biased
c) Random
d) Difficult only

V. Answer any 5 out of the given 6 questions

23. Below the age of 7 years Students which skill related fitness can be assessed? [1]
- a. Action
 - b. Balance
 - c. Coordination
 - d. All of these
24. Points should be kept in mind while analyzing the report- [1]
- a. Event Summary
 - b. Performance analysis
 - c. Incidents reports
 - d. All of these
25. Steps to be Documented Feed Back- [1]
- a. Identifying tools Feed Back
 - b. Determine who will be involved
 - c. both a and b
 - d. None of these
26. What should you start with when documenting feedback? [1]
- a. Negative points
 - b. Criticisms
 - c. Positives
 - d. Complex explanations
27. Why is it important to offer explanations in feedback? [1]
- a. To confuse the recipient
 - b. To show off your knowledge
 - c. To provide context and understanding
 - d. To make the document longer
28. Skill assessment helps measure a person's proficiency in: [1]
- a. Baking cookies
 - b. Riding a bicycle
 - c. Swimming
 - d. All of the above

Section-B

**VI. Answer any 7 out of the given 8 question on Employability skills:
Answer each question in 20-30 words:**

29. State any two ways to improve self-management skills? [2]
30. Write any two advantages of using ICT. [2]
31. Mention any two responsibilities of an Early Years Physical Activity Facilitator. [2]
32. Why is warm-up important before physical activity? Give two points [2]
33. Write any two purposes of student assessment. [2]
34. Mention any two methods used for evaluating students. [2]
35. Write any two Emergency Incident Management. [2]
36. Why are assessments necessary? [2]

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

37. Explain the roles and responsibilities of an Early Years Physical Activity Facilitator. [4]
38. Describe the safety precautions that should be followed while conducting physical activities for young children. [4]
39. Explain the importance of assessment and evaluation in physical activity. Discuss different methods used for assessing students [4]
40. Describe any two responsibilities of facilitator. [4]
41. Prepare a sample assessment report of fitness of Grade 7th student. [4]

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