



# B.K. BIRLA CENTRE FOR EDUCATION

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

ANNUAL EXAMINATION 2026  
PHYSICAL ACTIVITY TRAINER (418)  
MARKING SCHEME

Class: IX  
Date:16.02.26  
Admission no:

Time: 3 hours  
Max Marks: 50  
Roll no:

## INSTRUCTIONS

1. All questions are compulsory except where internal choice has been given.
2. Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
3. Question Nos. 15-22 in Section B are very short answer type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question Nos. 23 - 27 in Section C are long answer type - I questions carrying 4 marks each. Answer to each question should not exceed 120 words.

## SECTION A

1. Which of the following best describes the *physical domain* of early childhood development? 1

- A. Development of problem-solving and reasoning skills  
B. Development of emotional regulation and empathy  
**C. Development of senses, gross motor skills, and fine motor skills**  
D. Development of self-care and independent living skills

2. According to social-emotional development milestones, *parallel play* is most commonly observed at what age? 1

- A. By 6 months B. By 1 year C. By 2 years D. By 4 years

3. Adaptive development in early childhood primarily refers to: 1

- A. Emotional expression and empathy B. Language and communication abilities  
**C. Self-care skills and safety awareness** D. Intellectual and academic skills

4. Which of the following is a *limitation* of readiness testing as discussed in the text? 1

- A. It focuses too much on physical education B. It ignores cognitive development  
**C. It may unfairly label children due to socio-economic and cultural differences**  
D. It eliminates the need for preschool education

5. In behavioural factors influencing behaviour, *self-efficacy* refers to: 1

- A. Belief that a behaviour is socially approved  
**B. Belief in one's own ability to perform a behaviour**  
C. The usefulness of technology D. Ease of using a system or tool

6. Which of the following is the main purpose of planning everyday activities? 1

- A. To increase competition among individuals  
**B. To help individuals stay organized and manage time effectively**  
C. To eliminate the need for breaks D. To increase physical exhaustion

7. Which of the following is an important precaution while playing flag football? 1
- A. Playing without footwear B. Ignoring hydration breaks  
C. Ensuring the playing field is safe and hazard-free  
D. Playing without knowing the rules
8. A timetable is best described as: 1
- A. A list of sports equipment B. A chart showing physical fitness levels  
C. A schedule outlining activities over a period of time  
D. A set of rules for sports
9. According to WHO guidelines, children aged 1–2 years should engage in physical activity for at least: 1
- A. 60 minutes per day B. 90 minutes per day C. 120 minutes per day  
D. 180 minutes per day
10. Which of the following helps children remain physically active throughout their lives? 1
- A. Limiting physical education in schools  
B. Providing quality physical education in primary and secondary schools  
C. Encouraging only competitive sports D. Reducing play time in schools
11. Which of the following activities is MOST commonly associated with a *winter camp*? 1
- A. Swimming B. Hiking in forests C. Skiing and ice-skating D. Cycling
12. In a knock-out tournament, a team that loses a match: 1
- A. Gets a second chance automatically B. Continues to the next round  
C. Is eliminated from the tournament D. Plays a consolation match
13. According to the concept of child health and well-being, *protective factors* primarily help by 1
- A. Eliminating all risk factors in a child’s life  
B. Providing a physical and psychosocial environment that promotes resilience and healthy development  
C. Replacing the need for health services D. Preventing biological development
14. Which of the following playground safety rules BEST reduces the risk of accidental injury among children? 1
- A. Allowing children to play freely without supervision B. Encouraging competitive play on all equipment  
C. Ensuring children use equipment properly and avoid rough-housing D. Permitting backpacks near play equipment.

### SECTION B

15. What is global warming and mention one major human cause of it. 2

**A:** Global warming is the gradual rise in Earth's average temperature due to increased greenhouse gases like carbon dioxide, mainly caused by burning fossil fuels and industrial emissions.

**16. Why are recreational activities important in the school curriculum? 2**

**A:** Recreational activities refresh the mind and body, improve physical and psychological health, reduce stress, strengthen senses, and support holistic development and better academic performance.

**17. Explain the importance of warm-up in structuring a physical activity session. 2**

**A:** Warm-up prepares the body for exercise by improving mobility, activating muscles, reducing injury risk, and enhancing performance through controlled joint movements.

**18. What is meant by planning age-appropriate physical activity? 2**

**A:** Planning age-appropriate physical activity means choosing exercises and movements suitable for a child's age, strength, and development so that the activity is safe, enjoyable, and beneficial.

**19. Why is age-appropriate physical activity important for young children? 2**

**A:** Age-appropriate physical activity helps children develop strong muscles, healthy bones, coordination, and emotional well-being without causing injury or excessive tiredness.

**OR**

**Give two examples of age-appropriate physical activities for toddlers.**

**A:** Examples include walking, running, climbing, dancing, playing with balls, and simple outdoor games that allow free movement and help improve motor skills.

**20. What is Sports Day? 2**

**A:** Sports Day is a special event where students participate in various sports and physical activities to promote fitness, teamwork, discipline, and a healthy lifestyle.

**21. Mention any four activities conducted on Sports Day. 2**

**A:** Sports Day activities include running races, long jump, high jump, shot put, basketball, football, volleyball, tug of war, along with cultural performances and entertainment.

**22. What is meant by storage facility for sports equipment? 2**

**A:** Storage facility refers to proper arrangement, protection, and maintenance of sports equipment to ensure safety, easy availability, durability, and low-cost store-keeping in physical education departments.

### **SECTION C**

**23. Explain the concept of weekly planning and its merits in time management and teaching. 4**

**A:** Weekly planning refers to the systematic process of writing down activities, tasks, and events to be completed throughout the week. It helps individuals manage time efficiently and maintain balance in daily life. For teachers and students, weekly planning plays a vital role in reducing stress and ensuring successful task completion. When lessons are planned in advance, teachers feel more confident and less anxious during class, leading to effective presentation. Weekly planning helps in fulfilling objectives by providing clear goals and direction. It allows students to focus better, avoid distractions, and complete more work in less time. Moreover, weekly planning offers a broader overview of learning goals and helps teachers set an appropriate learning pace for the entire week.

**24. Explain cognitive numeracy skills and state their importance in daily life.**

**4**

**A:** Cognitive numeracy skills refer to the mental abilities used to understand, analyze, and work with numbers. These skills include problem-solving, estimation, critical thinking, pattern recognition, data interpretation, communication, and analytical thinking. They help individuals make sense of numerical information and draw meaningful conclusions. Numeracy skills are very important in everyday life, such as calculating bills, managing budgets, understanding measurements, and making financial decisions. They are also essential in education and employment fields like science, engineering, finance, and accounting. Strong numeracy skills support problem-solving and critical thinking, enabling individuals to analyze data, make informed decisions, and function effectively in society.

**25. How can an activity be organized through games? Explain with reference to “Throwing with Force” activity.**

**4**

**A:** Activities through games can be organized by proper planning and clear objectives. First, a schedule should be prepared to manage time effectively. Clear goals must be set so that children know what skills they need to develop. In the activity “Throwing with Force,” the aim is to help children practice throwing skills and understand the use of force. A playground is required as infrastructure, along with soft balls, cones, ribbons, and flat rings as equipment. Clear instructions should be given to avoid confusion. Including rewards and varied activities keeps children motivated. Testing and revising the activity ensures it is safe, enjoyable, and effective for large class sizes.

**26. Explain the value of drills in developing athletic skills.**

**4**

**A:** Drills play a vital role in developing athletic skills by building muscle memory, which allows movements to become automatic and efficient. Through repeated and correct practice, athletes train their muscles to respond quickly to mental commands without conscious effort. This is essential in sports like baseball, where actions such as throwing or hitting must be smooth and instinctive. Drills also help improve concentration, mental toughness, and technique. Well-planned drills address specific skill gaps and guide players toward improvement. While a few athletes may excel without structured practice, most players benefit greatly from carefully selected and organized drills. When used wisely, drills enhance performance and lead athletes toward consistent success.

**27: Explain the types of vitamins and their importance in the human body. Include examples, functions, sources, and deficiency effects in your answer.**

**4**

**A:** Vitamins are organic compounds essential for growth, development, and overall health. They are classified into **fat-soluble** (A, D, E, K) and **water-soluble** (B-complex, C, H). Fat-soluble vitamins are stored in the body’s fat and help in vision, bone health, blood clotting, and reproduction. For example, Vitamin A prevents night blindness, Vitamin D strengthens bones, Vitamin E supports the reproductive system, and Vitamin K aids blood clotting. Water-soluble vitamins dissolve in water, help in metabolism, energy production, and immunity. For instance, Vitamin B-complex supports digestion and red blood cell formation, Vitamin C heals wounds, and Vitamin H (Biotin) maintains healthy skin and hair. Deficiency can cause disorders like rickets, scurvy, anemia, and night blindness.

**OR**

**Why is proper store room management important in sports, and what measures should be taken to ensure the safety, maintenance, and organization of sports equipment? Explain in about 120 words.**

**A:** Proper store room management is essential in sports to ensure the **safety, maintenance, and longevity of equipment**. The store room should be **well-ventilated, spacious, and well-lit** to prevent dampness and

allow easy movement of personnel and large equipment. Equipment should be **organized systematically** on shelves, racks, or in lockers, with similar items kept together. **Delicate and small items** require extra care in safety boxes. Regular **cleaning, dusting, and exposure to sunlight and air** prevent damage from fungus, rust, or moisture. Security measures like **double doors, locks, and guarded windows** are important to prevent theft. Annual **verification of equipment**, and proper disposal of damaged or unserviceable items, ensure smooth operations and prevent administrative or health-related problems.

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