



B.K. BIRLA CENTRE FOR EDUCATION

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

PERIODIC TEST-2 2025-26 PHYSICAL ACTIVITY TRAINER (418)

Class: IX
Date: 08-11-2025
Admission no:

Time: 1hr
Max Marks: 25
Roll no:

INSTRUCTION:

All questions are compulsory.

- Question Nos. 1-9 in Section A carry 1 mark each.
- Question Nos. 10-14 in Section B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question No. 15-16 in Section C is case based question carrying 4 marks. Answer to question should not exceed 120 words.

SECTION A

- Which of the following everyday activities is most closely related to the concept of a *sorting game*?
a. Arranging utensils in the kitchen according to size
b. Watching television with family
c. Watering plants in the garden
d. Walking from home to school
- Playing *hopscotch* resembles which type of everyday activity? 1
a. Jumping across puddles on a rainy day
b. Stirring food while cooking
c. Sweeping the floor with a broom
d. Writing homework in a notebook
- If a child is asked to match socks from a laundry basket, this activity is functionally similar to which game? 1
a. Puzzle-solving game b. Memory card game (matching pairs) c. Guessing game d. Dice game
- Which everyday activity best illustrates the principle of a *strategy game*? 1
a. Planning the shortest route to school while avoiding traffic
b. Sweeping fallen leaves in the garden
c. Singing along with music
d. Drawing shapes with crayons
- While organizing a sports event in school, what should be the *first step* in planning? 1
a. Announcing winners in advance
b. Preparing certificates
c. Identifying objectives and available resources
d. Arranging refreshments for players

6. In a relay race, organizing students into equal teams mainly demonstrates which principle of sports management? **1**
 a. Fair play and balance b. Spectator engagement c. Time management d. Record keeping
7. Which of the following is the most important consideration for selecting a venue for outdoor sports? **1**
 a. Size and safety of the ground
 b. Number of microphones available
 c. Type of chairs for the audience
 d. Availability of indoor classrooms nearby
8. When organizing sports activities, preparing a *fixture or schedule* is essential because it helps to: **1**
 a. Decide the referee's salary
 b. Ensure fair play and timely matches
 c. Reduce the number of players needed
 d. Avoid the use of score sheets
9. Which of the following roles is primarily responsible for *enforcing rules* during a sports activity? **1**
 a. Event coordinator b. Referee or umpire c. Team captain d. Audience

SECTION B

10. How is arranging books on a shelf by height or colour similar to a game? **2**
11. In what way does cooking a meal reflect the qualities of a strategy game? **2**
12. Why is preparing a fixture important while organizing sports activities? **2**
13. How does dividing players into balanced teams contribute to effective sports organization? **2**

SECTION C

14. How can cleaning a room be compared to a game? **4**
15. What is the role of teamwork in organizing sports activities? **4**

OR

Why is time management important while organizing sports activities?

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