



B.K. BIRLA CENTRE FOR EDUCATION

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



PRE BOARD - 1

PHYSICAL ACTIVITY TRAINER (418)

Class: X

Date: xx/xx/2025

Duration: 2 Hrs

Max. Marks: 50

GENERAL INSTRUCTIONS: Please read the instructions carefully.

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

SECTION A: OBJECTIVE TYPE QUESTIONS

1. Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 marks)

- | | | |
|------|---|---|
| i. | Which of the following is an example of <i>active listening</i> ? | 1 |
| | a. Interrupting the speaker to give your opinion | |
| | b. Avoiding eye contact during conversation | |
| | c. Nodding and asking questions to clarify | |
| | d. Checking your phone while someone is speaking | |
| ii. | Which of the following is a <i>time management technique</i> ? | 1 |
| | a. Procrastination | |
| | b. Multitasking without a plan | |
| | c. Creating a daily to-do list | |
| | d. Ignoring deadlines | |
| iii. | Which of these is a cloud storage service? | 1 |
| | a. MS Word | |
| | b. Google Drive | |
| | c. Adobe Photoshop | |
| | d. VLC Media Player | |

- iv. Which one is a characteristic of an entrepreneur? 1
- Risk aversion
 - Fear of failure
 - Innovation**
 - Dependence on others
- v. Which of the following is a renewable source of energy? 1
- Coal
 - Natural Gas
 - Solar Energy**
 - Petroleum
- vi. Which of the following is a good way to manage stress? 1
- Ignoring the problem
 - Practicing deep breathing and relaxation**
 - Overeating to feel better
 - Shouting at others
- 2. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)**
- i. What is one of the key roles of a physical activity facilitator? 1
- Writing textbooks
 - Planning and conducting physical activities**
 - Selling sports equipment
 - Taking attendance only
- ii. A physical activity facilitator must ensure: 1
- High academic scores
 - A fun and safe environment during activities**
 - Students sit quietly
 - No outdoor game
- iii. Facilitators must focus on: 1
- Punishing poor performers
 - Encouraging all students to participate**
 - Only training athletes
 - Teaching only theory
- iv. Which skill is MOST important for a facilitator? 1
- Drawing
 - Cooking
 - Communication**
 - Singing
- v. What should a facilitator do if a student gets injured during play? 1
- Ignore the injury
 - Report and provide basic first aid**
 - Ask the student to rest at home
 - Send them to class immediately
- vi. A physical activity facilitator should regularly: 1
- Cancel physical education classes
 - Watch TV in the staff room
 - Assess students' participation and progress**
 - Compete with students
- 3. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)**
- i. What is the main purpose of student assessment? 1
- Punishment
 - To identify strengths and areas for improvement**
 - To make students nervous
 - To give extra homework

- ii. Which of the following is a method of student evaluation in physical education? 1
- Essay writing
 - Practical performance tests**
 - Cooking test
 - Singing competition
- iii. What should an assessment be based on? 1
- Personal opinions
 - Student's popularity
 - Set criteria and performance**
 - Mood of the facilitator
- iv. Evaluation should be: 1
- Biased
 - Based on favouritism
 - Fair and objective**
 - Delayed as much as possible
- v. Why is feedback important after assessment? 1
- To criticize students
 - To encourage learning and improvement**
 - To confuse students
 - To praise the teacher
- vi. Continuous assessment helps in: 1
- Only ranking students
 - Monitoring progress over time**
 - Giving random grades
 - Final exams only
- 4. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)**
- i. What is "free play"? 1
- Structured games with strict rules
 - Unstructured physical activity chosen by students**
 - Only indoor games
 - Watching others play
- ii. One major benefit of free play is: 1
- Increased homework
 - Development of creativity and social skills**
 - Higher competition
 - Fixed results
- iii. Which environment best supports free play? 1
- Silent classroom
 - Library
 - Open playground or safe outdoor area**
 - Cafeteria
- iv. Free play helps in improving: 1
- Memorization
 - Exam results only
 - Physical fitness and emotional well-being**
 - Math skills only

- v. What role should a teacher/facilitator play during free play? 1
- Strictly control all activities
 - Leave the area
 - Supervise and ensure safety**
 - Play their own game
- vi. Free play promotes which of the following skills? 1
- Copying others
 - Risk-taking without control
 - Teamwork and leadership**
 - Laziness
5. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)
- i. What is meant by inventory management in sports? 1
- Buying more than needed
 - Managing and tracking sports equipment and supplies**
 - Teaching new sports
 - Organizing tournaments
- i. Why is monitoring of physical activity sessions important? 1
- To cancel them
 - To punish students
 - To ensure effectiveness and safety**
 - To advertise the school
- ii. Which tool is commonly used for keeping records of sports inventory? 1
- Chalk and blackboard
 - Inventory register or spreadsheet**
 - Whistle
 - Stopwatch
- iii. What should be done if sports equipment is damaged? 1
- Hide it
 - Throw it away secretly
 - Report and record the damage**
 - Continue using it
- iv. Monitoring attendance in physical activities helps in: 1
- Giving punishments
 - Reducing play time
 - Understanding participation levels**
 - Wasting time
- v. Good inventory management ensures: 1
- Equipment shortage during class
 - Loss and wastage of items
 - Proper use and availability of resources**
 - More paperwork only

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

6. What is the importance of active listening in communication? 2

Answer: Active listening is crucial for effective communication because it ensures that the speaker feels heard and understood. It helps avoid misunderstandings, builds trust, and fosters better relationships by encouraging clarification through questions and feedback.

7. Mention two ways to manage stress effectively. 2

Answer ; • Practicing deep breathing exercises.

- Engaging in physical activities like walking, yoga, or sports to release tension.

8. What is the use of cloud storage? Give one example 2

Answer: Cloud storage allows users to store and access data remotely over the internet, eliminating the need for physical storage devices. An example is Google Drive, where files can be uploaded and shared easily.

9. What are the two qualities of a good entrepreneur? 2

Answer: Cloud storage allows users to store and access data remotely over the internet, eliminating the need for physical storage devices. An example is Google Drive, where files can be uploaded and shared easily.

10. Why is sustainable development important? 2

Answer: Sustainable development is important because it ensures that resources are used efficiently to meet current needs without compromising the ability of future generations to meet their own needs. It promotes long-term ecological, social, and economic stability.

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

11. What is the role of a physical activity facilitator during a sports session? 2

Answer: The role of a facilitator is to plan, supervise, and guide physical activities. They ensure safety, encourage participation, provide instructions, and promote teamwork and skill development in a fun and supportive environment.

12. Why is continuous assessment important in physical education? 2

Answer: Continuous assessment helps track student progress over time, providing regular feedback. It allows for identifying areas of improvement, adjusting teaching methods, and motivating students to enhance their skills and fitness levels.

13. List any two methods used to assess student performance in physical education. 2

Answer:

1. Practical performance tests (e.g., running, swimming).
2. Skill assessments (e.g., evaluating technique in basketball, volleyball).

14. Define free play and mention one benefit. 2

Answer: Free play refers to unstructured play where children choose activities freely, without a specific goal or set of rules. One benefit is the development of creativity, as it encourages children to use their imagination and problem-solving skills.

15. Why is monitoring important during physical activities? 2

Answer: Monitoring ensures that activities are being conducted safely and effectively. It helps prevent injuries, maintains discipline, and ensures that students are participating actively and benefiting from the session.

16. Mention two practices involved in effective inventory management in physical education. 2

Answer:

1. Regularly checking and updating the inventory to ensure equipment is in good condition.
2. Maintaining a detailed inventory record to track equipment usage and stock levels

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

17. Explain four key responsibilities of a physical activity facilitator in a school environment. 4

Answer:

1. Planning and organizing physical activities to ensure they are suitable for students' age and abilities.
2. Supervising students during activities to ensure safety and proper conduct.
3. Assessing students' progress in terms of physical fitness and skills.
4. Providing feedback and encouragement to students to motivate them to improve their performance.

18. Describe four different ways a student can be assessed in physical education. 4

Answer:

1. Skill-based tests: Assessing technical abilities (e.g., dribbling in basketball).
2. Fitness tests: Measuring endurance, strength, or flexibility (e.g., the 12-minute run).
3. Observation: Monitoring participation and effort during class.
4. Self-assessment: Allowing students to reflect on their own progress and performance.

19. How does regular evaluation help in a student's overall development in physical education? 4

Answer: Regular evaluation helps identify strengths and areas for improvement, enabling the facilitator to tailor lessons to individual needs. It promotes continuous progress, boosts motivation, and builds confidence, fostering overall development in physical, mental, and social aspects.

20. What is free play and how does it benefit students socially and emotionally? 4

Answer: Free play is unstructured, voluntary play where children can explore their interests. Socially, it helps develop teamwork, cooperation, and leadership skills. Emotionally, it allows children to build self-confidence, manage stress, and express emotions freely.

21. Explain four key practices involved in managing sports inventory effectively. 4

Answer:

1. Regular audits: Conducting periodic checks to ensure accurate stock records.
2. Maintenance: Ensuring equipment is kept in good condition and repairing when necessary.
3. Efficient storage: Organizing equipment in a way that makes it easy to find and access.
4. Tracking usage: Monitoring how frequently equipment is used and replacing items when needed to avoid shortages.

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