



B.K. BIRLA CENTRE FOR EDUCATION

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



PRE BOARD - 2

PHYSICAL ACTIVITY TRAINER (418)

Class: X
Date: 09/12/2025

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 a verbal communication medium? 1
 - a. Facial expression
 - b. Body posture
 - c. Speech**
 - d. Eye contact
- ii. Setting SMART goals means goals should be: 1
 - a. Simple, Managed, Accurate, Realistic, Timely
 - b. Specific, Measurable, Achievable, Relevant, Time-bound**
 - c. Short, Measurable, Active, Real, Timed
 - d. Strict, Meaningful, Achievable, Reactive, Timed
- iii. Which device is used to convert digital signals into analog signals and vice versa for Internet connectivity? 1
 - a. Router
 - b. Modem**
 - c. Switch
 - d. Hub
- iv. Risk-taking in entrepreneurship means: 1
 - a. Avoiding challenges
 - b. Taking decisions without thinking
 - c. Making informed decisions with uncertain outcomes**
 - d. Guaranteeing profit

- v. Sustainable development means: 1
- a. Development that harms nature
 - b. Using resources only for present needs
 - c. Meeting present needs without harming future generations**
 - d. Using all natural resources quickly
- vi. Which of the following is NOT an eco-friendly practice? 1
- a. Using LED bulbs
 - b. Saving water
 - c. Using plastic bags**
 - d. Planting trees

2. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. A facilitator should design activities that are 1
- a. Based only on facilitator's interest
 - b. Suitable for participants' age and ability**
 - c. Very hard for beginners
 - d. Without any rules
- ii. One important safety responsibility is: 1
- a. Letting students use damaged equipment
 - b. Ensuring equipment is safe and in good condition**
 - c. Allowing risky actions
 - d. Ignoring environmental hazards
- iii. A facilitator must maintain records of: 1
- a. Only attendance
 - b. Only equipment used
 - c. Daily performance and attendance**
 - d. None of the above
- iv. A facilitator encourages participants by: 1
- a. Criticizing their mistakes
 - b. Giving positive motivation**
 - c. Punishing them for low performance
 - d. Ignoring their efforts
- v. Before starting any physical activity, the facilitator should: 1
- a. Skip warm-up
 - b. Assess participants' fitness levels**
 - c. Start with heavy exercises
 - d. Not explain any rules
- vi. One key responsibility of a facilitator is to: 1
- a. Ignore injuries
 - b. Monitor participants' progress**
 - c. Focus only on winning
 - d. Avoid giving feedback

3. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. The main purpose of student assessment is to: 1
- a. Punish students
 - b. Measure learning and progress**
 - c. Give marks only
 - d. Make students compete unnecessarily
- ii. Formative assessment is conducted: 1
- a. At the end of a course
 - b. During the learning process**
 - c. Only for final exams
 - d. Randomly without planning

- iii. Summative assessment is used to: 1
- Monitor learning continuously
 - Evaluate learning at the end of a period**
 - Help students learn new topics
 - None of the above
- iv. Which of the following is a criterion-referenced assessment? 1
- Comparing students to each other
 - Measuring students against set standards**
 - Grading on a curve
 - Random testing
- v. Affective domain assessment focuses on: 1
- Knowledge only
 - Skills only
 - Attitudes, values, and feelings**
 - Physical fitness
- vi. A good evaluation system should be: 1
- Fair, valid, reliable, and comprehensive**
 - Only easy for students
 - Only difficult to challenge students
 - Random and flexible
- 4. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)**
- i. The key difference between free play and structured play is: 1
- Free play has no learning outcome
 - Free play is self-directed; structured play is guided**
 - Structured play is always harmful
 - Free play is competitive only
- ii. An example of free play is: 1
- Teacher-led sports drill
 - Children choosing games during recess**
 - Formal physical education class
 - Written classroom assignments
- iii. Free play helps in the development of: 1
- Only physical skills
 - Social, emotional, and cognitive skills**
 - Only memorization skills
 - None of the above
- iv. Which of the following best describes the role of a facilitator in free play? 1
- Dictating every activity
 - Observing and ensuring safety**
 - Grading performance
 - Providing strict rules
- v. One major benefit of free play for children is: 1
- Developing creativity and imagination**
 - Preparing only for exams
 - Following strict schedules
 - Learning only teamwork

- vi. Free play is primarily characterized by: 1
- a. Structured rules and strict supervision
 - b. **Voluntary and unstructured activities**
 - c. Competitive sports only
 - d. Teacher-directed drills

5. Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. The main purpose of inventory management is to: 1
- a. Increase costs
 - b. **Ensure availability of resources when needed**
 - c. Reduce production
 - d. Ignore stock levels
- ii. Which of the following is a key task in inventory management? 1
- a. Randomly ordering materials
 - b. **Maintaining records of stock**
 - c. Ignoring expiry dates
 - d. Selling all items immediately
- iii. Monitoring in inventory management helps to: 1
- a. **Track usage and prevent shortages**
 - b. Waste resources
 - c. Ignore stock levels
 - d. Reduce accountability
- iv. Which inventory method records stock when it is received and issued? 1
- a. Periodic inventory system
 - b. **Perpetual inventory system**
 - c. Manual counting only
 - d. Random inventory check
- v. Safety stock in inventory management refers to: 1
- a. Maximum stock allowed
 - b. **Extra stock kept to prevent shortages**
 - c. Stock that is expired
 - d. Stock that is not needed
- vi. Monitoring inventory regularly ensures: 1
- a. Overuse and wastage of resources
 - b. **Timely replenishment and optimal stock levels**
 - c. Complete elimination of stock
 - d. Random usage

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 helps improve understanding, reduces misunderstandings, and builds trust. It ensures effective communication by showing attention, respect, and interest in the speaker.

7. Mention two ways to manage stress effectively. 2

ANSWER- Stress can be managed through regular physical exercise and practicing relaxation techniques like deep breathing or meditation. Proper time management also reduces pressure.

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

ANSWER - Cloud storage stores data online so it can be accessed anytime from any device. It also keeps files safe. Example: Google Drive.

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

ANSWER - A good entrepreneur shows creativity and innovation. They are also confident risk-takers who can solve problems and manage resources effectively.

10. Why is sustainable development important? 2

ANSWER - Sustainable development ensures that natural resources are used wisely so future generations can meet their needs. It protects the environment and promotes long-term growth.

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 - A facilitator plans and organizes activities, ensures safety, motivates participants, and teaches correct techniques. They also supervise performance during sports sessions.

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

ANSWER - Continuous assessment helps track student progress, identify strengths and weaknesses, and adjust teaching methods. It ensures steady improvement in physical fitness and skills.

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

ANSWER - Two methods are **skill tests** (checking performance in activities) and **observation** (teacher watching behavior, effort, teamwork). These give a clear idea of student ability.

14. Define free play and mention one benefit. 2

ANSWER - Free play is voluntary, unstructured activity chosen by children. It develops creativity, self-expression, and problem-solving skills.

15. Why is monitoring important during physical activities? 2

ANSWER - Monitoring prevents injuries, ensures safe participation, checks correct technique, and helps maintain discipline. It also allows quick correction of mistakes.

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

ANSWER - Maintaining proper stock records and conducting regular checks are important practices. Storing equipment safely and tracking usage prevents loss and damage.

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 - A physical activity facilitator plans age-appropriate activities and ensures all equipment is safe. They supervise students to prevent injuries and teach correct techniques. Another key responsibility is motivating learners and giving constructive feedback. They must also maintain records of participation and performance. Together, these responsibilities help create a safe, engaging, and effective learning environment

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

ANSWER - Students can be assessed through **skill tests**, which measure their performance in specific activities. **Observation** helps judge teamwork, discipline, and effort. **Fitness tests** check endurance, strength, and flexibility. **Written tests or questionnaires** evaluate theoretical knowledge of rules, safety, and health concepts. These assessment methods give a complete picture of student progress.

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

ANSWER - Regular evaluation identifies each student's strengths, weaknesses, and learning needs. It motivates students to improve their fitness, skills, and attitude. Continuous feedback helps them correct mistakes early and develop confidence. Evaluation also promotes discipline, goal-setting, and responsibility—key aspects of holistic development. Overall, it supports balanced physical, cognitive, and emotional growth.

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

ANSWER - Free play refers to unstructured, voluntary activities chosen by children based on their interests. It promotes social development by encouraging communication, cooperation, and sharing. Children learn to solve conflicts and build friendships. Emotionally, free play boosts confidence, reduces stress, and allows self-expression. It helps children explore ideas freely and develop creativity in a relaxed environment.

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

ANSWER - Effective inventory management includes keeping accurate records of all equipment and materials. Regular stock checks ensure items are available and in good condition. Storing equipment properly prevents damage and increases lifespan. Maintaining safety stock avoids shortages during important sessions. Monitoring usage helps plan timely purchases and avoid wastage. These practices ensure smooth functioning of physical activities.

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