



B.K. BIRLA CENTRE FOR EDUCATION

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

PERIODIC TEST -1 2026-27
PHYSICAL ACTIVITY TRAINER

Class: X

Date:

Admission no:

Time: 1hr

Max Marks: 25

Roll no:

Section-A

1. The primary role of a Physical Activity Facilitator is to: (1)
a) Focus only on competition
b) Promote holistic development
c) Train only athletes
d) Conduct exams
2. Which skill is MOST important while dealing with young children? (1)
a) Strict discipline
b) Communication
c) Ignoring emotions
d) Punishment
3. Which of the following is a cognitive benefit of physical activity? (1)
a) Muscle growth
b) Better concentration
c) Increased height
d) Faster running
4. Safety in physical activity primarily depends on: (1)
a) Expensive equipment
b) Proper supervision
c) Large playground
d) Weather only
5. Inclusive education means: (1)
a) Teaching only talented students
b) Ignoring weak students
c) Including all children equally
d) Separate classes for all
6. Motivation in children can be improved by: (1)
a) Criticism
b) Rewards and encouragement
c) Punishment

- d) Ignoring performance
7. Which is NOT a responsibility of a facilitator? (1)
- a) Ensuring safety
 - b) Planning activities
 - c) Causing stress**
 - d) Monitoring students
8. Physical activity helps in emotional development by: (1)
- a) Increasing anger
 - b) Building confidence**
 - c) Causing fear
 - d) Avoiding teamwork
9. Which method helps maintain discipline? (1)
- a) Harsh punishment
 - b) Clear instructions
 - c) Ignoring rules
 - d) Shouting
10. Warm-up is important because it: (1)
- a) Wastes time
 - b) Prevents injuries**
 - c) Makes children tired
 - d) Is optional

Section-B

2 Marks Short Answer Questions (Answer in 30–40 words) (2 × 4 = 8 marks)

11. Define the role of a Physical Activity Facilitator. (2)

ANS - A Physical Activity Facilitator is responsible for planning, organizing, and conducting physical activities to ensure children's physical, mental, and social development.

12. State any two safety measures in physical activities. (2)

ANS - Proper warm-up before activity
Use of safe and appropriate equipment
Adequate supervision
Safe playing environment

13. What is inclusive physical activity? (2)

ANS - Inclusive physical activity means involving all children, including those with different abilities, in the same activities without discrimination.

14. Mention two qualities of a good facilitator. (2)

- **ANS** - Good communication skills
- Patience
- Leadership qualities
- Positive attitude

Section-C

(3 × 1 = 3 marks)

15. Explain how physical activity contributes to the overall development of children. (Give at least 3 points) (3)

ANS - Physical activity contributes to overall development by:

- **Physical development:** Improves strength, flexibility, and fitness
- **Mental development:** Enhances concentration and learning ability
- **Social development:** Promotes teamwork and cooperation

Section-D

4 Marks Questions (Answer in 80–100 words) (4 × 1 = 4 marks)

16. As a Physical Activity Facilitator, design a short activity plan for children aged 6–8 years. Include:
Objective ,Activity , Safety measures , Expected outcomes

ANS - **Objective:** To improve coordination and teamwork

Activity: Simple relay race with cones

Safety Measures:

- Proper warm-up
- Use of safe equipment
- Supervision by facilitator

Expected Outcomes:

- Better coordination
- Improved teamwork
- Increased confidence