



**BK BIRLA CENTRE FOR EDUCATION**  
SARALA BIRLA GROUP OF SCHOOLS  
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL



**PERIODIC TEST-1 (2026-27)**  
**PHYSICAL ACTIVITY TRAINER**

**Class: XII**  
**Date: 16-06-2026**  
**Admission no:**

**Duration: 1 Hrs**  
**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)
12. State any two safety measures in physical activities. (2)
13. What is inclusive physical activity? (2)
14. Mention two qualities of a good facilitator. (2)

**Section-C**

**(3 × 1 = 3 marks)**

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

**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 (4)

**\*\*\*\*\*ALL THE BEST\*\*\*\*\***