



B.K. BIRLA CENTRE FOR EDUCATION

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

ANNUAL EXAMINATION 2026
PHYSICAL ACTIVITY TRAINER (418)

Class: IX
Date: 16.02.26
Admission no:

Time: 3 hours
Max Marks:50
Roll no:

INSTRUCTIONS:

- All questions are compulsory except where internal choice has been given.
- Question Nos. 1 -14 in Section A carry 1 mark each. You are expected to answer them as directed.
- Question Nos. 15-22 in Section B are very short answer Type-I questions carrying 2 marks each. Answer to each question should not exceed 30 words.
- Question Nos. 23 - 27 in Section C are long answer Type - I question carrying 4 marks each. Answer to each question should not exceed 120 words.

SECTION - A

1. Which of the following best describes the physical domain of early childhood development? 1
A. Development of problem-solving and reasoning skills
B. Development of emotional regulation and empathy
C. Development of senses, gross motor skills, and fine motor skills
D. Development of self-care and independent living skills
2. According to social-emotional development milestones, parallel play is most commonly observed at what age? 1
A. By 6 months B. By 1 year C. By 2 years D. By 4 years
3. Adaptive development in early childhood primarily refers to: 1
A. Emotional expression and empathy B. Language and communication abilities
C. Self-care skills and safety awareness D. Intellectual and academic skills
4. Which of the following is a limitation of readiness testing as discussed in the text? 1
A. It focuses too much on physical education
B. It ignores cognitive development
C. It may unfairly label children due to socio-economic and cultural differences
D. It eliminates the need for preschool education
5. In behavioral factors influencing behavior, self-efficacy refers to: 1
A. Belief that a behavior is socially approved
B. Belief in one's own ability to perform a behavior
C. The usefulness of technology
D. Ease of using a system or tool

6. Which of the following is the main purpose of planning everyday activities? 1
- A. To increase competition among individuals
 - B. To help individuals stay organized and manage time effectively
 - C. To eliminate the need for breaks
 - D. To increase physical exhaustion
7. Which of the following is an important precaution while playing flag football? 1
- A. Playing without footwear
 - B. Ignoring hydration breaks
 - C. Ensuring the playing field is safe and hazard-free
 - D. Playing without knowing the rules
8. A timetable is best described as: 1
- A. A list of sports equipment
 - B. A chart showing physical fitness levels
 - C. A schedule outlining activities over a period of time
 - D. A set of rules for sports
9. According to WHO guidelines, children aged 1–2 years should engage in physical activity for at least: 1
- A. 60 minutes per day
 - B. 90 minutes per day
 - C. 120 minutes per day
 - D. 180 minutes per day
10. Which of the following helps children remain physically active throughout their lives? 1
- A. Limiting physical education in schools
 - B. Providing quality physical education in primary and secondary schools
 - C. Encouraging only competitive sports
 - D. Reducing play time in schools
11. Which of the following activities is MOST commonly associated with a winter camp? 1
- A. Swimming B. Hiking in forests C. Skiing and ice-skating D. Cycling
12. In a knock-out tournament, a team that loses a match: 1
- A. Gets a second chance automatically
 - B. Continues to the next round
 - C. Is eliminated from the tournament
 - D. Plays a consolation match
13. According to the concept of child health and well-being, protective factors primarily help by 1
- A. Eliminating all risk factors in a child’s life
 - B. Providing a physical and psychosocial environment that promotes resilience and healthy development
 - C. Replacing the need for health services
 - D. Preventing biological development

14. Which of the following playground safety rules BEST reduces the risk of accidental injury among children? 1

- A. Allowing children to play freely without supervision
- B. Encouraging competitive play on all equipment
- C. Ensuring children use equipment properly and avoid rough-housing
- D. Permitting backpacks near play equipment.

SECTION - B

15. What is global warming and mention one major human cause of it. 2

16. Why are recreational activities important in the school curriculum? 2

17. Explain the importance of warm-up in structuring a physical activity session. 2

18. What is meant by planning age-appropriate physical activity? 2

19. Why is age-appropriate physical activity important for young children? 2

OR

Give two examples of age-appropriate physical activities for toddlers.

20. What is Sports Day? 2

21. Mention any four activities conducted on Sports Day. 2

22. What is meant by storage facility for sports equipment? 2

SECTION - C

23. Explain the concept of weekly planning and its merits in time management and teaching. 4

24. Explain cognitive numeracy skills and state their importance in daily life. 4

25. How can an activity be organized through games? Explain with reference to “Throwing with Force” activity. 4

26. Explain the value of drills in developing athletic skills. 4

27: Explain the types of vitamins and their importance in the human body. Include examples, functions, sources, and deficiency effects in your answer. 4

OR

Why is proper store room management important in sports, and what measures should be taken to ensure the safety, maintenance, and organization of sports equipment? Explain in about 120 words.

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