



B.K. BIRLA CENTRE FOR EDUCATION

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



PRE BOARD - III

PHYSICAL ACTIVITY TRAINER (418)

Class: X

Date: 06/ 01 / 2026

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)

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|------|---|---|
| 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 | |

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| iv. | Which one is a characteristic of an entrepreneur? | 1 |
| | a. Risk aversion
b. Fear of failure
c. Innovation
d. Dependence on others | |
| v. | Which of the following is a renewable source of energy? | 1 |
| | a. Coal b. Natural Gas c. Solar Energy d. Petroleum | |
| vi. | Which of the following is a good way to manage stress? | 1 |
| | a. Ignoring the problem
b. Practicing deep breathing and relaxation
c. Overeating to feel better
d. Shouting at others | |

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

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|------|---|---|
| i. | What is one of the key roles of a physical activity facilitator? | 1 |
| | a. Writing textbooks
b. Planning and conducting physical activities
c. Selling sports equipment
d. Taking attendance only | |
| ii. | A physical activity facilitator must ensure: | 1 |
| | a. High academic scores
b. A fun and safe environment during activities
c. Students sit quietly
d. No outdoor game | |
| iii. | Facilitators must focus on: | 1 |
| | a. Punishing poor performers
b. Encouraging all students to participate
c. Only training athletes
d. Teaching only theory | |
| iv. | Which skill is MOST important for a facilitator? | 1 |
| | a. Drawing b. Cooking c. Communication d. Singing | |
| v. | What should a facilitator do if a student gets injured during play? | 1 |
| | a. Ignore the injury
b. Report and provide basic first aid
c. Ask the student to rest at home
d. Send them to class immediately | |
| vi. | A physical activity facilitator should regularly: | 1 |
| | a. Cancel physical education classes
b. Watch TV in the staff room
c. Assess students' participation and progress
d. Compete with students | |

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

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|----|---|---|
| i. | What is the main purpose of student assessment? | 1 |
| | a. Punishment
b. To identify strengths and areas for improvement
c. To make students nervous
d. 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.

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| 6. What is the importance of active listening in communication? | 2 |
| 7. Mention two ways to manage stress effectively. | 2 |
| 8. What is the use of cloud storage? Give one example | 2 |
| 9. What are the two qualities of a good entrepreneur? | 2 |
| 10. Why is sustainable development important? | 2 |

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

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| 11. What is the role of a physical activity facilitator during a sports session? | 2 |
| 12. Why is continuous assessment important in physical education? | 2 |
| 13. List any two methods used to assess student performance in physical education. | 2 |
| 14. Define free play and mention one benefit. | 2 |
| 15. Why is monitoring important during physical activities? | 2 |
| 16. Mention two practices involved in effective inventory management in physical education. | 2 |

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

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| 17. Explain four key responsibilities of a physical activity facilitator in a school environment. | 4 |
| 18. Describe four different ways a student can be assessed in physical education. | 4 |
| 19. How does regular evaluation help in a student's overall development in physical education? | 4 |
| 20. What is free play and how does it benefit students socially and emotionally? | 4 |
| 21. Explain four key practices involved in managing sports inventory effectively. | 4 |

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