



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

Duration: 2 Hrs

Date: 06/ 01/ 2026

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 an example of <i>active listening</i> ? 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	1
ii.	Which of the following is a <i>time management technique</i> ? a. Procrastination b. Multitasking without a plan c. Creating a daily to-do list d. Ignoring deadlines	1
iii.	Which of these is a cloud storage service? a. MS Word b. Google Drive c. Adobe Photoshop d. VLC Media Player	1

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)

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)

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)

- 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
- Why is monitoring of physical activity sessions important? 1
 - To cancel them
 - To punish students
 - To ensure effectiveness and safety
 - To advertise the school
- Which tool is commonly used for keeping records of sports inventory? 1
 - Chalk and blackboard
 - Inventory register or spreadsheet
 - Whistle
 - Stopwatch
- What should be done if sports equipment is damaged? 1
 - Hide it
 - Throw it away secretly
 - Report and record the damage
 - Continue using it
- Monitoring attendance in physical activities helps in: 1
 - Giving punishments
 - Reducing play time
 - Understanding participation levels
 - Wasting time
- 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.

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)

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)

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*******