



B.K. BIRLA CENTRE FOR EDUCATION

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



POST MID TERM 2025-26 PHYSICAL ACTIVITY TRAINER (418)

Class: IX
Date: 09.01.25
Admission no:

Time: 1hr
Max Marks: 25
Roll no:

INSTRUCTION:

1. All questions are compulsory.
2. Question Nos. 1-9 in Section A carry 1 mark each.
3. Question Nos. 10-13 in Section B are very short answer questions carrying 2 marks each. Answer to each question should not exceed 30 words.
4. Question No. 14-15 in Section C is case based question carrying 4 marks. Answer to question should not exceed 120 words.

SECTION A

Q1. Which of the following is the most important reason to teach children proper handwashing habits?

1

- a) It improves their handwriting b) It prevents the spread of infections
c) It helps them stay awake in class d) It increases their appetite

Q2. A child who sleeps very late at night and wakes up tired is likely to experience which of the following?

1

- a) Better concentration in class b) Improved immunity
c) Fatigue and reduced attention span d) Faster growth and development

Q3. Which of the following is considered a healthy hygiene practice for school children?

1

- a) Sharing water bottles with friends b) Bathing regularly and keeping nails trimmed
c) Wearing the same socks for a week d) Avoiding breakfast to save time

Q4. A balanced diet for children should include:

1

- a) Only carbohydrates and fats b) Junk food in small amounts only
c) Nutrients from all food groups – carbohydrates, proteins, fats, vitamins, and minerals
d) Mostly sweets and snacks for quick energy

Q5. Which of the following is an example of a good safety habit for children?

1

- a) Running on staircases b) Touching electrical switches with wet hands
c) Informing an adult when feeling unwell or unsafe d) Playing on the road after school

Q6. Which of the following is the main purpose of safety management in schools?

1

- a) To punish students for mistakes b) To ensure a safe and secure environment
c) To increase academic scores d) To reduce extracurricular activities

Q7. Emergency response refers to: **1**
a) Ignoring an accident until help arrives b) Taking quick and appropriate action during a crisis
c) Waiting for teachers to solve every problem d) Calling parents for every small issue

Q8. Which of the following is a part of preventive safety management? **1**
a) Conducting regular mock drills b) Spreading rumors during emergencies
c) Blocking exits for security d) Running during a fire drill

Q9. Which of these is an example of a school emergency requiring an immediate response? **1**
a) A class test b) A cultural event c) Fire in the building d) Morning assembly

SECTION B

Q10. Explain any two factors that influence a child's health and hygiene. **2**

Q11. Why is balanced nutrition important for children? Give two reasons. **2**

OR

Describe two good health-care habits children should follow daily.

Q12. Why is proper storage of sports equipment important? **2**

Q13. Mention any two safety measures children should follow in the playground. **2**

SECTION C

Q14. Explain the importance of proper storage facilities for sports equipment. **4**

OR

Describe any four safe acts and safety measures that children should follow in the playground.

Q15. Describe the importance of proper storage facilities for sports equipment and explain two safety measures to be followed in the playground. **4**

*****All the best*****