



B.K. BIRLA CENTRE FOR EDUCATION

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



SUBJECT : PHYSICAL ACTIVITY TRAINER(418)

Class : IX

Duration: 2 Hrs

Date : 23/09/2024

Max. Marks: 50

Admission No.:

GENERAL INSTRUCTIONS:

- (i) This question paper consists of 46 questions in two section A and Section B
- (ii) Section A consists of objective type of question and section B consists of Subjective type of questions.
- (iii) All the questions of particular sections must be attempted in the correct order.
- (iv) Section-A Objective type of questions carries 24 marks.
- (v) Section-B Subjective type of questions carries 26 marks.

Section – A

Q.1	Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 Marks)	
I	Who initiates the process of communication? (A) Feedback	1
II	Which of the following is not a self-management skill? (A) Polishing your skills (B) Learning new skills	1
III	Which of the following is a group of words arranged together having a complete meaning? (A) Language	1
IV	Which of the following is not an example of strengths of a person? (A) Leadership	1
V	Which of these is used to mark a pause in a sentence? (A) Punctuation	1
VI	Which of the following brings a positive impact on your physical and mental health? (A) Socializing	1

Q.2	Answer the following 5 questions out of 6 (1x5=5 Marks)	
I	What is the primary objective of physical education in schools? A) Entertainment	1
II	Physical education contributes to which of the following aspects of development? A) Only physical	1
III	Which of the following is a social benefit of physical education? A) Increased muscle strength B) Improved flexibility	1
IV	Physical activities help improve which brain function in children? A) Memory and concentration	1
V	What value is typically developed in children through participation in sports? A) Aggression	1

VI	Which of the following best describes the emotional benefits of physical education? A) Increased stress B) Emotional instability C) Better mood and reduced anxiety D) Decreased confidence	1
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	Q.3 Answer the following 5 questions of 6 (1x5=5 Marks)	
I	Write down the number of physical fitness components-----.	1
II	Regular physical activity in children helps prevent which of the following? A) Obesity and lifestyle diseases B) Height increase C) Loss of hair D) Poor eyesight	1
III	Which skill is enhanced through games and physical activities? A) Only academic knowledge	1
IV	What is the role of physical education in personality development? A) It does not help in personality development	1
V	What is the most important factor when planning physical activities for children? A) Popularity of the activity B) Age and developmental stage	1
VI	Which type of activity is most suitable for preschool-aged children (3-5 years)? A) Weightlifting	1

	Q.4 Answer the following 5 question out of 6 (1x5= 5 marks)	
I	Why is it important to plan age-appropriate physical activities? A) To avoid academic distractions	1
II	Which activity is appropriate for early childhood (ages 6-8)? A) Intense strength training B) Marathon running	1
III	Which of the following is an example of a fine motor skill activity? A) Jumping B) Running	1
IV	What should physical activity for teenagers (13-18 years) focus on? A) Playful and imaginative activities	1
V	How long should children aged 5-17 be physically active each day, according to WHO reco	1
VI	Which of the following is NOT suitable for toddlers (1-3 years)? A) Crawling and climbing B) Balancing activities	1

	Q.5 Answer the following 5 questions out of 6(1x5=5 marks)	
I	In planning activities, why is variety important? A) To confuse the child	1
II	Play based learning means----- fun, engaging-----.	1
III	How does physical education support academic performance? A) It distracts students from studies	1

IV

Identify the equipment:




1



(i)-----



(ii)-----

V	What is the role of physical education in personality development? A) It does not help in personality development	1
VI	Name of the equipment <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   (i)----- </div> <div style="text-align: center;">  (ii)----- </div> </div>	1

PART-B SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the 5 questions 20-30 words on Employability Skills (2×3=6 marks)

Q.6	How environment affects perspectives in communication? ANS - The environment influences communication by affecting how messages are s	2
Q.7	List any four positive results of self-management. ANS	2
Q.8	Discuss any two types of non-verbal communication.	2
Q.9	Do you judge yourself on the basis of other people's standards or expectations or your own views? ANS- I try to judge myself based on my own values, goals, and personal gro	2
Q.10	Write the steps to identify your strengths.	2

Answer any 4 out of the given 6 questions 20-30 words each (2x4=8 marks)

Q.11	How does physical education help in the physical development of a child? ANS- Physical education helps in the physical development of a child by impro	2
Q.12	<i>Mention two emotional benefits of participating in physical education activities.</i> ANS- <i>Two emotional benefits of participating in physical education are:</i>	2
Q.13	How does physical education support social development in children? ANS - Physical education supports social development in children by teaching team	2
Q.14	Why is it important to plan age-appropriate physical activities for children? ANS - It is important to plan age-appropriate physical activities to ensure children's	2
Q.15	Give two examples of suitable physical activities for preschool children (ages 3-5). ANS- Two suitable physical activities for preschool children are:	2
Q.16	<i>How can physical activities be adapted for children with different abilities?</i> ANS -Physical activities can be adapted by modifying rules, using supportive equip	2

Answer any 3 out of 5 questions 50-80 words each (3x4=12 marks)

Q.17	Explain the importance of planning physical activities based on the age and develop mental stage of a child.	4
Q.18	Write down the importance of props and equipment's in games/sports in detail. ANS- Importance of props and equipment in games/sports (short):	4
Q.19	Write in detail about importance of planning. ANS- ☐ Provides Direction:	4
Q.20	Explain in detail about the mantras of Physical education. ANS- ☐ Consistency is Key:	4
Q.21	What is physical education? ANS- Physical Education is a subject that teaches people how to keep their bodies	4

