



# B.K. BIRLA CENTRE FOR EDUCATION

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

TERM 1 EXAMINATION 2025-26

PHYSICAL ACTIVITY TRAINER (418)

Class: IX

Date: /09/2025

Duration: 2 Hrs

Max. Marks: 50

## GENERAL INSTRUCTIONS:

1. This question paper consists of 46 questions in two section A and Section B
2. Section A consists of objective type of question and section B consists of Subjective type of questions.
3. All the questions of particular sections must be attempted in the correct order.
4. Section-A Objective type of questions carries 24 marks.
5. Section-B Subjective type of questions carries 26 marks.

### Section-A

*Section A consists of Multiple Choice Type questions of 1 mark each*

1. *Answer any 4 out of the given 6 questions on Employability Skills.* (1 x 4 = 4)

- I. Who initiates the process of communication?  
a. Feedback                      b. Sender                      c. Receiver                      d. Communication Channel
- II. Which of the following is not a self-management skill?  
a. Polishing your skills                      b. Learning new skills  
c. Managing your desk work                      d. Assembling a Lego kit
- III. Which of the following is a group of words arranged together having a complete meaning?  
a. Language                      b. Sentence                      c. Phrase                      d. Paragraph
- IV. Which of the following is not an example of strengths of a person?  
a. Leadership                      b. Artist                      c. Stage fear                      d. Graceful dancer
- V. Which of these is used to mark a pause in a sentence?  
a. Punctuation      b. Question marks      c. Comma                      d. Exclamation mark
- VI. Which of the following brings a positive impact on your physical and mental health?  
a. Socializing                      b. Positive thinking      c. Singing                      d. Over protection

2. *Answer the following 5 questions out of 6.* (1 x 5 = 5)

- I. What is the primary objective of physical education in schools?  
a. Entertainment                      b. Physical fitness and overall development  
c. Winning competitions                      d. Time pass
- II. Physical education contributes to which of the following aspects of development?  
a. Only physical                      b. Physical and mental  
c. Physical, mental, social, and emotional                      d. Only emotional

- III. Which of the following is a social benefit of physical education?
  - a. Increased muscle strength
  - b. Improved flexibility
  - c. Teamwork and cooperation
  - d. Higher blood pressure
- IV. Physical activities help improve which brain function in children?
  - a. Memory and concentration
  - b. Daydreaming
  - c. Laziness
  - d. Sleeping habits
- V. What value is typically developed in children through participation in sports?
  - a. Aggression
  - b. Dishonesty
  - c. Discipline
  - d. Isolation
- 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

**3. Answer the following 5 questions of 6.**

**(1 x 5 = 5)**

- I. Write down the number of physical fitness components \_\_\_\_\_.
- 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
- III. Which skill is enhanced through games and physical activities?
  - a. Only academic knowledge
  - b. Creative writing
  - c. Motor and coordination skills
  - d. Language translation
- IV. What is the role of physical education in personality development?
  - a. It does not help in personality development
  - b. It helps only in improving looks
  - c. It shapes character, confidence, and leadership
  - d. It promotes laziness
- V. What is the most important factor when planning physical activities for children?
  - a. Popularity of the activity
  - b. Age and developmental stage
  - c. Availability of sports gear
  - d. Weather conditions
- VI. Which type of activity is most suitable for preschool-aged children (3–5 years)?
  - a. Weightlifting
  - b. Structured competitive games
  - c. Free play with simple rules
  - d. Long-distance running

**4. Answer the following 5 question out of 6.**

**(1 x 5 = 5)**

- I. Why is it important to plan age-appropriate physical activities?
  - a. To avoid academic distractions
  - b. To reduce equipment cost
  - c. To ensure safety and maximize benefits
  - d. To shorten playtime
- II. Which activity is appropriate for early childhood (ages 6–8)?
  - a. Intense strength training
  - b. Marathon running
  - c. Games that build basic motor skills
  - d. Only classroom learning
- III. Which of the following is an example of a fine motor skill activity?
  - a. Jumping
  - b. Running
  - c. Throwing a ball
  - d. Threading beads
- IV. What should physical activity for teenagers (13–18 years) focus on?
  - a. Playful and imaginative activities
  - b. Strength, endurance, and skill Development
  - c. Only academic knowledge
  - d. Short naps and relaxation

- V. How long should children aged 5–17 be physically active each day, according to WHO recommendations?  
 a. 10 minutes                      b. 30 minutes                      c. 60 minutes                      d. 120 minutes
- VI. Which of the following is NOT suitable for toddlers (1–3 years)?  
 a. Crawling and climbing                      b. Balancing activities  
 c. High-contact sports                      d. Walking

5. **Answer the following 5 question out of 6.**

**(1 x 5 = 5)**

- I. In planning activities, why is variety important?  
 a. To confuse the child                      b. To prevent boredom and develop multiple skills  
 b. To reduce energy use                      d. To make it harder
- II. Play based learning means \_\_\_\_\_.
- III. How does physical education support academic performance?  
 a. It distracts students from studies                      b. It has no effect  
 c. It enhances concentration and energy levels                      d. It reduces memory
- IV. Identify the equipment:



a. \_\_\_\_\_



b. \_\_\_\_\_

- V. What is the role of physical education in personality development?  
 a. It does not help in personality development  
 b. It helps only in improving looks  
 c. It shapes character, confidence, and leadership  
 d. It promotes laziness

- VI. Name of the equipment:



a. \_\_\_\_\_



b. \_\_\_\_\_

### Section-B

**Subjective type of questions carries 26 marks.**

**Answer any 3 out of the 5 questions 20-30 words on Employability Skills**

**(2 x 3 = 6)**

6. How environment affects perspectives in communication?
7. List any four positive results of self-management.
8. Discuss any two types of non-verbal communication.
9. Do you judge yourself on the basis of other people's standards or expectations or your own views?
10. Write the steps to identify your strengths.

**Answer any 4 out of the given 6 questions 20-30 words each**

**(2 x 4 = 8)**

11. How does physical education help in the physical development of a child?
12. Mention two emotional benefits of participating in physical education activities.
13. How does physical education support social development in children?
14. Why is it important to plan age-appropriate physical activities for children?
15. Give two examples of suitable physical activities for preschool children (ages 3–5).
16. How can physical activities be adapted for children with different abilities?

**Answer any 3 out of 5 questions 50-80 words each**

**(3 x 4 = 12)**

17. Explain the importance of planning physical activities based on the age and developmental stage of a child.
18. Write down the importance of props and equipment's in games/sports in detail.
19. Write in detail about importance of planning.
20. Explain in detail about the mantras of Physical education.
21. What is physical education?

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