



BK BIRLA CENTRE FOR EDUCATION
SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY CO-ED DAY CUM BOYS' RESIDENTIAL
SCHOOL



PREBOARD –III 2024-25
CLASS X
PHYSICAL ACTIVITY TRAINER (418)

TIME: 2 HOURS

MAX.MARKS:50

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. Marks allotted are mentioned against each question/part.
 - iii. There is no negative marking.
 - iv. Do as per the instructions given.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section has 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 marks)	Marks
i.	Job Description of an Early Years Physical Activity Facilitator (a) Make a Structure Plan (b) Make a Schedule (c) Lead and Manage the Event (d) All of these	1
ii.	What is one of the key recommendations for organizing a proper assembly according to the passage? A. Allowing students to enter the assembly area without any supervision B. Categorizing tasks into before, during, and after the assembly C. Allocating places to classes during the assembly D. Conducting academic lectures during the assembly	1
iii.	What is the primary purpose of assessment in the context of teaching and learning? A. Providing grades to students B. Making judgments about what has been learned and enhancing learning C. Summarizing the entire course content D. Evaluating the quality of instruction	1
iv.	Set shot is related to (a) Volleyball (b) Basketball (c) a and b (d) None of these	1
v.	What are stressors in the context of stress management? A) Situations that cause relaxation and calmness B) Situations that do not affect an individual's well-being C) Situations that lead to emotional, mental, physical, or social reactions D) Situations that are always positive and desirable	1
vi.	What is the purpose of Corrective and Rehabilitative Exercises in Physical Education programs? A. Enhancing physical fitness B. Fostering team spirit C. Addressing defects or injuries for correction D. Promoting recreational activities	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Job description of an early years Physical Activity Facilitator (i) Make a structure plan (ii) Make a Schedule (iii) Lead and Manage the event (iv) All of the above	1
ii.	Assessment for learning is. (i) Summative assessment (ii) Diagnosis assessment (iii) Formative assessment (iv) None of the above	1

iii.	Risk management checks on the facility and equipment is (i) Facility Assessment (ii) Age-Appropriate Materials (iii) i and ii (iv) None of the above	1
iv.	Below 7 years' students which skill related fitness can be assessed. (i) Action (ii) Balance (iii) Coordination (iv) All of these	1
v.	Question & Answer Sessions by the Facilitator is related to: (i) Dealing with customers/ Parents (ii) Teacher and Student (iii) i and ii (iv) None of the above	1
vi.	Point should be kept in mind while analyzing the report- (i) Event Summary (ii) Performance analysis (iii) Incidents reports (iv) All of these	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which factor is essential to consider while selecting sports equipment or props? A. Color preference B. Weight of the equipment C. Age appropriateness D. Brand popularity	1
ii.	When does a play become structured? A. When it involves competition B. When it is conducted impromptu C. When it is planned and conducted step by step D. When it is supervised by adults	1
iii.	What is one of the disadvantages of excess usage of Free Play in physical activities for children? A. Retains interest B. Facilitates assessment C. May develop wrong techniques D. Enhances progress tracking	1
iv.	What is the key learning outcome of the free play session? A. Understanding the history of sports B. Differentiating between sports and games C. Identifying free-play activities and their advantages/disadvantages D. Mastering complex physical activities	1
v.	What is a potential disadvantage of excess usage of Free Play? A. Enhanced creativity B. Conflicts among participants C. Better communication skills D. Improved techniques	1

vi.	What does formative evaluation primarily aim to achieve? A. Providing closure to the assessment process B. Monitoring students' learning progress and providing ongoing feedback C. Evaluating the outcome of the program D. Identifying students' strengths and weaknesses	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What is the primary goal of sustainable agriculture, as mentioned in the passage? A) Maximizing production at any cost B) Using chemical fertilizers extensively to boost crop yield C) Producing agricultural crops or livestock without damage to human or natural systems D) Utilizing large quantities of water for irrigation	1
ii.	Qualities of Good Facilitator (a) Create an Environment for learning (b) Professional Etiquette, (c) a and b (d) Pledge to himself	1
iii.	Why is customization necessary for sports equipment used by small groups of learners? A. To match the equipment with the team's uniform B. To confuse opponents C. To ensure fair play To adapt to the learners' needs and group size	1
iv.	What is the purpose of a stopwatch in sports activities? A. To measure distance B. To keep track of time C. To indicate player positions D. To calculate scores	1
v.	Why is it crucial to match the sports type with the equipment used? A. To confuse the players B. To improve the aesthetics of the game C. To enhance player safety and game quality D. To challenge the players	1
vi.	How does the budget affect the selection of sports equipment and props? A. Budget does not impact the selection of sports equipment B. Higher budget always leads to better equipment quality C. Budget determines the quantity and quality of equipment that can be purchased D. Lower budget ensures better equipment durability	1
Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Risk management checks on the facility and equipment is (i) Facility Assessment (ii) Age-Appropriate Materials (iii) i and ii (iv) None of the above	1
ii.	Below 7 years' students which skill related fitness can be assessed. (i) Action (ii) Balance (iii) Coordination (iv) All of these	1

iii	Question & Answer Sessions by the Facilitator is related to: (i) Dealing with customers/ Parents (ii) Teacher and Student (iii) i and ii (iv) None of the above	1
iv	Point should be kept in mind while analyzing the report- (i) Event Summary (ii) Performance analysis (iii) Incidents reports (iv) All of these	1

v	How much time should be given to warming up I) 7-8 minutes ii) 10-20 minutes iii) 5-6 minutes iv) 2-3 minutes	
vi	Assessment for learning is. (i) Summative assessment (ii) Diagnosis assessment (iii) Formative assessment (iv) None of the above	

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.

Q. 6	Define the meaning of a career	2
Q. 7	State the four steps of Time Management.	2
Q. 8	List the ways in which an entrepreneur affects a society.	2
Q. 9	In SMART goals, what does 'S' stand for? Explain.	2
Q. 10	What are the rules and regulations and etiquette guidelines?	2

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

Q. 11	What is free play?	2
Q. 12	Name any four skill related components.	2
Q. 13	Name the various activities which can be conducted by the Physical Activity Facilitator	2
Q. 14	Define the term 'sport' and explain its characteristics.	2
Q. 15	What do you understand by facilitator?	2
Q. 16	Write a short note on Inventory management system.	2

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

Q. 17	Why is it important to conduct periodic audits of inventory?	4
Q. 18	Why is it essential to prepare an assessment report in physical education?	4
Q. 19	What are the qualities of a good Physical Activity Facilitator?	4
Q. 20	Describe the BMI.	4
Q. 21	Prepare a sample assessment report of fitness of Grade 7 th student.	4

