

DAV PUBLIC SCHOOL AIROLI
SAMPLE PAPER FOR I TERM 2024-25
SUBJECT : PHYSICAL ACTIVITY TRAINER(418)

CLASS: IX

TIME:2HR.

DATE:

MAX.MARKS:50

GENERAL INSTRUCTIONS:

- (i) This question paper consists of 46 questions in two sections 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? (i) Feedback (ii) Sender (iii) Receiver (iv) Communication Channel	1
II	Which of the following is not a self-management skill? (i) Polishing your skills (ii) Learning new skills (iii) Managing your desk work (iv) Assembling a Lego kit	1
III	Which of the following is a group of words arranged together having a complete meaning? (i) Language (ii) Sentence (iii) Phrase (iv) Paragraph	1
IV	Which of the following is not an example of strengths of a person? (i) Leadership (ii) Artist (iii) Stage fear (iv) Graceful dancer	1
V	Which of these is used to mark a pause in a sentence? (i) Punctuation (ii) Question marks (iii) Comma (iv) Exclamation mark	1
VI	Which of the following brings a positive impact on your physical and mental health? (i) Socializing (ii) Positive thinking (iii) Singing (iv) Over protection	1

Q.2	Answer the following 5 questions out of 6 (1x5=5 Marks)	
I	Age, weight, status are factors (i) Demographic (ii) Biological (iii) Psychological (iv) Socio-culture	1
II	Which is related to action activity (i) Running (ii) Jumping (iii) Catching (iv) Kicking	1
III	Which is fundamental motor skill? (i) Gross motor skill (ii) Fine motor skill (iii) Eye-hand co-ordination (iv) Both (i) and (ii)	1
IV	Obstacle course develop (i) Gross motor skill (ii) Fine motor skill (iii) i and ii both (iv) None of the above	1
V	Team building activities is (i) Relay race (ii) Group game (iii) Both (i) and (ii) (iv) None of the above	1
VI	A.B.C Stands for (i) Average, balance, circulation (ii) Action, balance, circuit (iii) Action, balance, coordination (iv) Active, body, creative	1

Q.3 Answer the following 5 questions of 6 (1x5=5 Marks)		
I	Write down the number of physical fitness components-----.	1
II	Nature of work develops (i) Coordination (ii) Balance (iii) Cognitive skill (iv) All of these	1
III	Feather balance develops (i) Gross motor skill (ii) Fine motor skill (iii) I and ii (iv) None of these	1
IV	Jumping, jogging, skipping and animal walk is related to (i) Light cardiovascular warmup (ii) Dynamic stretching (iii) i and ii both (iv) None of these	1
V	Identify the activity to develop Co-ordination? (i) Throwing and catching (ii) Balancing on edge of the book (iii) Running (iv) Galloping around the room	1
VI	Which is not social-culture factor? (i) Family Dynamic (ii) Peer Influence (iii) Goal Setting (iv) None of the above	1

Q.4 Answer the following 5 question out of 6 (1x5= 5 marks)		
I	Which of the following equipment is used for crawling activity? (i) Step hurdle (ii) Training arch (iii) Both (i) and (ii) (iv) Flexi pole with modified base	1
II	Medicine ball is used for (i) Upper body strength related activity (ii) Lower body strength related activity (iii) Both (i) and (ii) (iv) None of the above	1
III	Body weight exercise develops (i) Agility (ii) Co-ordination (iii) Flexibility (iv) Strength	1
IV	Behavioural factor is (i) Family Dynamics (ii) Peer Influence (iii) Goal setting (iv) None of these	1
V	Number of mantras to memorise a physical activity are-----.	1
VI	In Pre-primary section physical education teacher should give first and foremost give importance towards----- skills (i) Basic (ii) Advanced (iii) Both basic and advance (iv) Locomotor movement	1

Q.5 Answer the following 5 questions out of 6(1x5=5 marks)		
I	Role of physical activity trainer (i) Training (ii) Teaching (iii) Holistic development (iv) None of the above	1
II	Play based learning means-----.	1
III	Name of the activity used to check specific sports skills (i) Fartlek (ii) Circuit (iii) Interval (iv) Continuous	1
IV	Identify the equipment: <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>(i)-----</p> </div> <div style="text-align: center;">  <p>(ii)-----</p> </div> </div>	1

V	(i)Write down the name of the equipment used for Crawling ----- (ii)Write down the name of the equipment used for Jumping,hopping &twist and turn-----	1
VI	Name of the equipment   (i)----- (ii)-----	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?	2
Q.7	List any four positive results of self-management.	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?	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	Diffrentiate between cognitive and affective domain.	2
Q.12	Differentiate outdoor and indoor game with suitable example.	2
Q.13	What are the elements of lesson plan?	2
Q.14	Describe any two activities to develop eye-hand co-ordination.	2
Q.15	Name three body composition types. Define any one of them.	2
Q.16	Plan a activity for development of cognitive skill-writing.	2

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

Q.17	Name the body composition types and explain detail.	4
Q.18	Write down the importance of props and equipment's in games/sports in detail.	4
Q.19	Write in detail about importance of planning.	4
Q.20	Explain in detail about the mantras of Physical education.	4
Q.21	How Physical activities will affect our physiological and mental state?	4

