

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

CLASS: X

TIME:2HR.

DATE:

MAX.MARKS:50

**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**



<b>Q.1</b>	<b>Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 marks)</b>	
I	In which communication, exact words and facts are used? (i)Clear (ii)Concise (iii)Concrete (iv)Correct	1
II	To perform well at work and life in general, you must be able to manage and improve yourself in various skills. Which of the following skills helps to prioritize the things you have to do remove waste and redundancy from work? (i) Responsibility (ii)Time management (iii)Self-awareness (iv)Adaptability	1
III	Meditation is an age-old practice that produces a deep state of-----.	1
IV	Principle of clarity in ideas means that the message should be in-----.	1
V	Which is a word used to modify or describe a noun or pronoun? (i)Preposition (ii)Verb (iii)Conjunction (iv)Adjective	1
VI	The self-management skills of an employee are very important at the work place to acquire-----. (i) Driving skills (ii)Maintenance skill (iii)Self-confidence (iv)Physical strength	1

<b>Q.2</b>	<b>Answer the following 5 questions out of 6 (1x5=5 marks)</b>	
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 analysing the report- (i)Event Summary (ii)Performance analysis (iii)Incidents reports (iv)All of these	1

<b>Q.3 Answer the following 5 questions of 6 (1x5=5 marks)</b>		
I	The standard duration of the assembly should be (i) 5-10 minutes (ii) 15-20 minutes (iii) 30-40 minutes (iv) 1 hour	1
II	Formula to calculate BMI is (i) Weight (in kg) / Height <sup>2</sup> (in inch) (ii) Weight (in kg) / Height <sup>2</sup> (in m) (iii) Weight (in kg) / Height (in m) (iv) Weight (in kg) / Height (in inch)	1
III	Assessment is the process deployed to (i) Understand student learning (II) Understand test pattern (iii) Understand sports cultural (iv) Understand team building process	1
IV	Sports equipment or props should be (i) High quality & expensive (ii) Universally designed (iii) From good brand (iv) Age appropriate	1
V	Discuss throw, Javellin throw, Relay baton, Hurdles related to -----. (i) Athletics (ii) Gymnastics (iii) Volleyball (iv) Kho Kho	1
VI	Which of these equipment is not appropriate for catching and throwing? (i) Bean Bag (ii) Scarf (iii) Relay baton (iv) Football	1

<b>Q.4 Answer the following 5 question out of 6 (1x5= 5 marks)</b>		
I	Write down any two responsibilities of a facilitator-----&-----.	1
II	Mention any two types of evaluation-----&-----.	1
III	A physical activity facilitator's job is to a) Teach students b) Engage colleagues c) Engage parents and community Which of these are correct: (i) A (ii) A and B (iii) A and C (iv) All of above	1
IV	Which training is appropriate for Students of early years (below the age of 7 years) (i) Aerobic Capacity (ii) Anaerobic Capacity (iii) Strength (iv) Balancing	1
V	Agenda for the Parent Teacher Meeting in the context of the subject of Physical Education (i) Parent awareness about the PE programme in the school. (ii) Student awareness about the PE programme in the school. (iii) Management awareness about the PE programme in the school. (iv) Development of student teacher relationship	1
VI	Sports equipment or props should be (i) High quality & expensive (ii) Universally designed (iii) From good brand (iv) Age appropriate	1

<b>Q.5 Answer the following 5 questions out of 6(1x5=5 marks)</b>		
I	World Red Cross Day-----.	1
II	Write any two minor games-----&-----.	1
III	Name any two Folk Dances-----&-----.	1

IV	 	1
	Identify the events: (i)----- (ii)-----	
V	Stance means-----.	1
VI	Combative and Self-Defensive games are-----&-----.	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	Write down any four reasons for interpersonal barrier in the communication process.	2
Q.7	Mention any four symptoms of stress in our body.	2
Q.8	Give two advantages and disadvantages of Verbal and Non-verbal communication.	2
Q.9	Explain four types of sentences in English.	2
Q.10	What is time management and how can you manage your time?	2

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

Q.11	Write any two Etiquette Guidelines which were established by facilitator.	2
Q.12	Why do we prepare assessment report?	2
Q.13	What is conflict resolution?	2
Q.14	Define skill related fitness with examples.	2
Q.15	What are the rules and regulations and etiquette guidelines?	2
Q.16	What do you understand by rubrics?	2

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

Q.17	How does a facilitator alter the programme to meet the participant's turnout and skill level?	4
Q.18	What do you understand by formative assessment?	4
Q.19	Pre-programme planning is a part of administrative paper work plan. Discuss.	4
Q.20	Name any four skill related components.	4
Q.21	What are objectives feedback?	4