

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE: 418)

CLASS X (SESSION 2021-2022)

BLUE-PRINT FOR SAMPLE QUESTION PAPER FOR TERM -1

Max. Time Allowed: 60 Minutes (1Hr)

Max. Marks: 25

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Communication Skills-II	2
2	Self-Management Skills-II	2
3	Information and Communication Technology Skills-II	2
TOTAL QUESTIONS		6 Questions
NO. OF QUESTIONS TO BE ANSWERED		Any 5 Questions
TOTAL MARKS		1 x 5 = 5 Marks

PART B - SUBJECT SPECIFIC SKILLS (20 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	ROLE AND RESPONSIBILITY OF AN EARLY YEARS PHYSICAL ACTIVITY FACILITATOR	10
2	ASSESSMENT AND EVALUATION OF STUDENTS	10
TOTAL QUESTIONS		20 Questions
NO. OF QUESTIONS TO BE ANSWERED		15 Questions
TOTAL MARKS		1 x 15 = 15 MARKS

PART C - COMPETENCY BASED QUESTIONS) (5MARKS):

TOTAL QUESTIONS	7 Questions
NO. OF QUESTIONS TO BE ANSWERED	5 Questions
TOTAL MARKS	1 x 5 = 5 MARKS

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Max. Time Allowed: 60 Minutes (1Hr)

Max. Marks: 25

General Instructions:

1. Please read the instructions carefully
2. This Question Paper is divided into 03 sections, viz., Section A, Section B and Section C.
3. Section A is of 05 marks and has 06 questions on Employability Skills.
4. Section B is of 15 marks and has 20 questions on Subject specific Skills.
5. Section C is of 05 marks and has 07 competency-based questions.
6. Do as per the instructions given in the respective sections.
7. Marks allotted are mentioned against each section/question.
8. All questions must be attempted in the correct order

SECTION A

Answer any 5 questions out of the given 6 questions on Employability Skills

(1 x 5 = 5 marks)

1.	Which of the following statement is true about communication? (a) 50% of our communication is non-verbal (b) 20% communication is done using body movements, face, arms, etc. (c) 5% communication is done using voice, tone, pauses, etc. (d) 7% communication is done using words	1
2.	What does an upright (straight) body posture convey or show? (a) Pride (b) Professionalism (c) Confidence (d) Humility	1
3.	What makes you complete work or studies without others cheering you? (a) Self-confidence (b) Communication (c) Self-motivation (d) Self-esteem	1
4.	Freddie works hard to be selected in the school football team. What type of motivation is this? (a) Internal (b) External (c) Forced (d) Influenced	1

5.	How can an anti-virus protect your device? (a) It can protect it from over-heating (b) It can increase its performance (c) It can prevent data from getting corrupt (d) It can backup data	1
6.	What should you do to ensure secure online transactions? (a) Lock your computer (b) Give credit card or bank details only on secure websites (c) Use anti-virus (d) Do not use pirated software	1

SECTION B

Answer any 15 questions out of the given 20 questions

(1 x 15 = 15 marks)

7.	A good Physical Activity Facilitator (a) Creates an environment for learning (b) Focuses on fitness development of children (c) Conducts team games (d) Can play all the outdoor and indoor games	1
8.	Physical activities within a group, a club, a society, a community, a village or an institution is called (a) Service Program (b) Intramural Program (c) Extramural program (d) Fitness and recreational program	1
9.	Which among these is not a part of Physical Education program (a) Adventure Games (b) Group song (c) Folk Dance (d) Self-defense activities	1
10.	_____ is intended to find out and report on what has been learnt (a) Assessment (b) Evaluation (c) Feedback (d) Parent Teacher Meeting	1
11.	Which of the following is not a traditional Exercise (a) Dand-baithaks (b) Malkhamb (c) Pyramids (d) Dodge Ball	1
12.	Skill Assessment is the measure of (a) Accuracy (b) Neuromuscular co-ordination (c) Individual records (d) Aerobic capacity	1

13.	Which among these is not a Skill Related component? (a) Co-ordination (b) Balance (c) Action (d) BMI	1
14.	Which among these is not a Health Related Fitness component? (a) Anaerobic Capacity (b) Balance (c) Flexibility (d) Strength	1
15.	Which test is recommended for children below the age of 7 years (a) Aerobic Capacity (b) Anaerobic Capacity (c) Strength (d) Co-ordination	1
16.	The difference between an Assessment and an Evaluation is (a) Assessment tests skill and evaluation tests fitness (b) Assessment improves learning quality and evaluation judges learning level (c) Assessment identifies talent and evaluation help in team selection (d) Assessment helps children and evaluation helps teacher	1
17.	BMI determines (a) Relative amounts of body fat compared to lean tissue (b) Balance, Motion and Intensity of a child (c) Body Movement and Intensity (d) Age of a child	1
18.	Which of the following activity develops the throwing and catching skills (a) Jumping monkeys (b) Toss the ball (c) Kick the ball (d) Movement skills	1
19.	An Early Years Physical Activity Facilitator works with the age _____ years old children (a) 2-4 Years (b) 1-2 Years (c) 3-8 Years (d) 0.5-2 Years	1
20.	Which of the following activity is used to assess the balancing ability of a child (a) Throwing the basketball into the basket (b) Hurdle race (c) Jumping and Landing on one leg (d) Catching the ball with one hand	1
21.	_____ gives an opportunity to both teachers and parents to interact on the progress and areas of improvement of the students. (a) Sports Day (b) Parent-Teacher Meeting (c) School Annual Day (d) School Assembly	1

22.	Which of the following program provides thrill, action, activity and skill to the individuals enabling them to meet their individual wellbeing (a) Service program (b) Intramural program (c) Extramural program (d) Fitness and Recreational program	1
23.	_____ is the ability to maintain equilibrium either in stationary or in a moving position. (a) Dribbling (b) Balance (c) Running (d) Jumping and Landing	1
24.	Managing a parent-teacher meeting should be a _____ (a) Manipulative Conversation (b) One way conversation (c) Two way conversation (d) Strict conversation	1
25.	_____ provides platform to almost everyone to share a common concern pertaining to the particular school (a) Parent-teacher meeting (b) Sports Day (c) Assembly (d) Annual Day	1
26.	Which among these evaluates the outcome of the program (a) Formative evaluation (b) Summative Evaluation (c) Non-Formative Evaluation (d) Diagnostic Evaluation	1

SECTION C
(COMPETENCY BASED QUESTIONS)

Answer any 5 questions out of the given 7 questions

(1 x 5 = 5 marks)

27.	If A= Excellent, B= Good, C= Poor What would be the approximate overall grade of a child whose skill assessment individual scores are the following: Jumping: A Catching: B Running: A Hopping: C Balancing: C Dribbling: C (a) Excellent (b) Good (c) Poor (d) No Grades	1
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28.	<p>Which are the tests that you have conduct to identify only the Skill level of a child?</p> <p>(a) Action, Balance, Co-ordination (b) Anaerobic Capacity, Aerobic Capacity, Flexibility (c) Strength, BMI, Co-ordination (d) Written test on the rules of the games</p>	1																																																																
29.	<p>Identify the correct sequence of an effective school assembly program.</p> <p>a.</p> <table border="1" data-bbox="336 465 1286 808"> <thead> <tr> <th>Time</th> <th>Task</th> </tr> </thead> <tbody> <tr> <td>7:45 am</td> <td>Assemble</td> </tr> <tr> <td>7:45 am</td> <td>Principal address the assembly</td> </tr> <tr> <td>7:48 am</td> <td>National Anthem</td> </tr> <tr> <td>7:53am</td> <td>Start the Morning Prayer</td> </tr> <tr> <td>7:55am</td> <td>Theme Based Activity</td> </tr> <tr> <td>8:00am</td> <td>Daily News update</td> </tr> <tr> <td></td> <td>Disperse</td> </tr> </tbody> </table> <p>b.</p> <table border="1" data-bbox="336 853 1286 1196"> <thead> <tr> <th>Time</th> <th>Task</th> </tr> </thead> <tbody> <tr> <td>7:45 am</td> <td>National Anthem</td> </tr> <tr> <td>7:45 am</td> <td>Daily News update</td> </tr> <tr> <td>7:48 am</td> <td>Start the Morning Prayer</td> </tr> <tr> <td>7:53am</td> <td>Theme Based Activity</td> </tr> <tr> <td>7:55am</td> <td>Principal address the assembly</td> </tr> <tr> <td>8:00am</td> <td>Assemble</td> </tr> <tr> <td></td> <td>Disperse</td> </tr> </tbody> </table> <p>c.</p> <table border="1" data-bbox="336 1240 1286 1583"> <thead> <tr> <th>Time</th> <th>Task</th> </tr> </thead> <tbody> <tr> <td>7:45 am</td> <td>Start the Morning Prayer</td> </tr> <tr> <td>7:45 am</td> <td>National Anthem</td> </tr> <tr> <td>7:48 am</td> <td>Daily News update</td> </tr> <tr> <td>7:53am</td> <td>Theme Based Activity</td> </tr> <tr> <td>7:55am</td> <td>Principal address the assembly</td> </tr> <tr> <td>8:00am</td> <td>Assemble</td> </tr> <tr> <td></td> <td>Disperse</td> </tr> </tbody> </table> <p>d.</p> <table border="1" data-bbox="336 1628 1286 1948"> <thead> <tr> <th>Time</th> <th>Task</th> </tr> </thead> <tbody> <tr> <td>7:45 am</td> <td>Assemble</td> </tr> <tr> <td>7:45 am</td> <td>Start the Morning Prayer</td> </tr> <tr> <td>7:48 am</td> <td>Principal address the assembly</td> </tr> <tr> <td>7:53am</td> <td>Daily News update</td> </tr> <tr> <td>7:55am</td> <td>Theme Based Activity</td> </tr> <tr> <td>8:00am</td> <td>National Anthem</td> </tr> <tr> <td></td> <td>Disperse</td> </tr> </tbody> </table>	Time	Task	7:45 am	Assemble	7:45 am	Principal address the assembly	7:48 am	National Anthem	7:53am	Start the Morning Prayer	7:55am	Theme Based Activity	8:00am	Daily News update		Disperse	Time	Task	7:45 am	National Anthem	7:45 am	Daily News update	7:48 am	Start the Morning Prayer	7:53am	Theme Based Activity	7:55am	Principal address the assembly	8:00am	Assemble		Disperse	Time	Task	7:45 am	Start the Morning Prayer	7:45 am	National Anthem	7:48 am	Daily News update	7:53am	Theme Based Activity	7:55am	Principal address the assembly	8:00am	Assemble		Disperse	Time	Task	7:45 am	Assemble	7:45 am	Start the Morning Prayer	7:48 am	Principal address the assembly	7:53am	Daily News update	7:55am	Theme Based Activity	8:00am	National Anthem		Disperse	1
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<p>30.</p>	<p>Calculate the BMI of Freddie who weighs 40kg and his height is 1.52m tall.</p> <p>(a) 17.31 (b) 23.20 (c) 18.11 (d) 24.36</p>	<p>1</p>
<p>31.</p>	<p>Freddie performed the following tests (walking, running, walking on balancing beam, jumping and landing on one leg). Assessment for which parameter he just completed?</p> <p>(a) Action (b) Balance (c) Co-ordination (d) Health related assessment</p>	<p>1</p>
<p>32.</p>	<p>Identify the correct Assessment Cycle</p> <p>(a) Plan, Implement, Assessment, Report (b) Assessment, Report, Plan, Implement (c) Implement, Report, Assessment, Plan (d) Report, Plan, Implement, Assessment</p>	<p>1</p>
<p>33.</p>	<p>Rosy is 10 years old. Her BMI is 15. Which category she falls in as per the metrics?</p> <p>(a) Underweight (b) Healthy (c) Overweight (d) Obese</p>	<p>1</p>