

# CBSE | DEPARTMENT OF SKILL EDUCATION

## PHYSICAL ACTIVITY TRAINER (SUBJECT CODE: 418)

### CLASS IX (SESSION 2021-2022) MARKING SCHEME FOR TERM -1

Max. Time Allowed: 60 Minutes (1 hour)

Max. Marks: 25

#### SECTION A

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

(1 x 5 = 5 marks)

1.	Ans: (a) Putting arm around a coworker's shoulder	1
2.	Ans: (c) Perform	1
3.	Ans: (b) Appreciate oneself for all the achievements	1
4.	Ans: (c) Think about all your accomplishment so far and feel good about it	1
5.	Ans: (c) Bluetooth	1
6.	Ans: (b) Dragging	1

#### SECTION B

Answer any 15 questions out of the given 20 questions

(1 x 15 = 15 marks)

7.	Ans: (a) Less chances of injury	1
8.	Ans: (a) Physical activities	1
9.	Ans: (a) Emotional	1
10.	Ans: (d) Writing with a pencil	1
11.	Ans: (b) Physical activity	1
12.	Ans: (b) Throwing and catching the ball	1
13.	Ans: (a) Bean bag	1
14.	Ans: (a) Divide the class into smaller groups	1
15.	Ans: (b) Marking the area	1
16.	Ans: (b) Age-appropriate	1
17.	Ans: (b) Walking	1
18.	Ans: (a) It minimizes the risk of injury	1
19.	Ans: (d) 0	1
20.	Ans: (c) Stretching exercises	1
21.	Ans: (d) Fitness	1
22.	Ans: (c) Balanced diet	1
23.	Ans: (a) Protein	1
24.	Ans: (a) Prevent injury from worsening	1
25.	Ans: (b) Rest, Ice, Compression, Elevation	1
26.	Ans: (a) 2200 to 2500 kcal a day	1

**SECTION C**  
**(COMPETENCY BASED QUESTIONS)**

**Answer any 5 questions out of the given 7 questions**

**(1 x 5 = 5 marks)**

<b>27.</b>	Ans: (b) Divide the class into smaller groups	<b>1</b>
<b>28.</b>	Ans: (a) 19	<b>1</b>
<b>29.</b>	Ans: (a) Football, Basketball, Hockey	<b>1</b>
<b>30.</b>	Ans: (b) Aim, Props & Equipment selection, Activity, Warm-up, Cool-down	<b>1</b>
<b>31.</b>	Ans: (b) Heat stroke	<b>1</b>
<b>32.</b>	Ans: (a) Perform CPR immediately	<b>1</b>
<b>33.</b>	Ans: (c) Other physical activity like dace, aerobics, yoga which are possible in limited spaces can be explored.	<b>1</b>