

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE: 418)

CLASS IX (SESSION 2021-2022) BLUE-PRINT FOR SAMPLE QUESTION PAPER FOR TERM -1

Max. Time Allowed: 60 Minutes (1 hour)

Max. Marks: 25

PART A - EMPLOYABILITY SKILLS (05 MARKS):

UNIT NO.	NAME OF THE UNIT	NO. OF QUESTIONS (1 MARK EACH)
1	Communication Skills-I	2
2	Self-Management Skills-I	2
3	Information and Communication Technology Skills-I	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 OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	7
2	PLANNING AGE APPROPRIATE PHYSICAL ACTIVITIES	7
3	ORGANIZING AGE APPROPRIATE PHYSICAL ACTIVITIES	7
4	CHILDREN HEALTH AND SAFETY	6
TOTAL QUESTIONS		27 Questions
NO. OF QUESTIONS TO BE ANSWERED		20 Questions
TOTAL MARKS		1 x 20 = 20 MARKS

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Max. Time Allowed: 60 Minutes (1 hour)

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 these is not an appropriate non-verbal communication at work? (a) Putting arm around a coworker's shoulder (b) Shaking hands firmly (c) Looking at the speaker with a smile (d) Standing with an upright posture	1
2.	3Ps of Public Speaking are Prepare, Practice, _____ (a) Patience (b) Produce (c) Perform (d) Pronounce	1
3.	What steps should one take to build confidence? (a) Set goals in life (b) Appreciate oneself for all the achievements (c) Always think positively (d) Talk to people who are confident	1
4.	What is the best way to start our day positively? (a) Think about all that can go wrong (b) Think about the difficult test you will face during the day (c) Think about all your accomplishment so far and feel good about it (d) Think about the traffic on the road and feel stressed	1

5.	What is a short-range wireless communication technology called? (a) Wi-Fi (b) Internet (c) Bluetooth (d) PS	1
6.	What is the term used when you press and hold the left mouse key and move the mouse around? (a) Highlighting (b) Dragging (c) Selecting (d) Moving	1

SECTION B

Answer any 15 questions out of the given 20 questions

(1 x 15 = 15 marks)

7.	An Age-appropriate activity ensures (a) Less chances of injury (b) Better co-ordination (c) Good flexibility (d) Better fitness	1
8.	Physical Education is an education imparted through _____ (a) Physical activities (b) Nutrition (c) First-Aid (d) Ground-marking	1
9.	_____ domain includes knowledge, comprehension, application, analysis, syntheses and evaluation. (a) Emotional (b) Social (c) Physical (d) Psychoanalysis	1
10.	An example of Fine Motor Skill is? (e) Running (f) Swimming (g) Kicking the ball (h) Writing with a pencil	1
11.	Lack of _____ is one of the most important factors affecting physical fitness. (a) Knowledge of physical education (b) Physical activity (c) Stretching (d) Team work	1
12.	Which of the following activity develop hand-eye co-ordination? (a) Running with a relay baton in hand (b) Throwing and catching the ball (c) Keeping the eye fixed on the ball (d) Holding the ball with one hand	1

13.	Which of these props can be used to perform an activity to develop hand-eye co-ordination in children? (a) Bean bag (b) Football (c) Hurdles (d) Agility ladder	1
14.	Children who wait for a longer time to get their turn are more likely to get bored and disengaged during the class. To avoid this one must (a) Divide the class into smaller groups (b) Use whistle to get their attention (c) Do warm up (d) Take feedback from children	1
15.	What is the primary usage of cones while conducting a physical activity? (a) Jumping activities (b) Marking the area (c) Dividing the teams (d) Goal post	1
16.	Activities, props and equipment should be _____ to teach correct skills. (a) Clean (b) Age-appropriate (c) New (d) Plenty in numbers	1
17.	An example of basic movement activities in children is (a) Throwing and catching (b) Walking (c) Hopping (d) Turing and twisting	1
18.	Why is Warm-Up important before doing any physical activity? (a) It minimizes the risk of injury (b) It teaches the correct skill (c) It develops confidence (d) it develops fitness	1
19.	How many chances a team gets to play in a Knock-out tournament, if they lost the first match? (a) 1 (b) 2 (c) 3 (d) 0	1
20.	Give an example of a physical activity that develops body flexibility in children. (a) Running (b) Swimming (c) Stretching exercises (d) Dancing	1
21.	Factor that does not affect personal hygiene is (a) Social and economic condition (b) Age (c) Weather (d) Fitness	1

22.	A diet consists of right amount of Carbohydrate, Protein, Vitamins and Minerals is a (a) Sports diet (b) Fitness diet (c) Balanced diet (d) Recovery diet	1
23.	_____ is a body-building food. (a) Protein (b) Carbohydrate (c) Minerals (d) Vitamin	1
24.	The objective of First Aid is to _____ (a) Prevent injury from worsening (b) Avoid transferable diseases (c) Build fitness (d) Develop sports skills	1
25.	What is the full form of RICE? (a) Recover, Inform, Care, Exercise (b) Rest, Ice, Compression, Elevation (c) Rebuild, Identify, Certify, Examine (d) Remember, Illustrate, Cite, Explain	1
26.	At the age of 11 to 15 years a person with average metabolism would require (a) 2200 to 2500 kcal a day (b) 1200 to 3500 kcal a day (c) 200 to 800 kcal a day (d) 1500 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)

27.	During a physical activity session, 5 students out of 30 are not getting enough chances to play with the ball. Which one of the management strategies can be used to ensure that they get equal opportunity? (a) Give them one ball each and ask them to play separately (b) Divide the class into smaller groups (c) Ask them to play some other games/ activity (d) Ask them to encourage and support others those who are playing	1
28.	There are 20 teams participating in a tournament. Calculate the total number of matches using the appropriate formula. (a) 19 (b) 21 (c) 10 (d) 40	1

29.	Identify the group of sports which has the application of the following Fundamental Skills: Running, chasing, fleeing, dodging, dribbling, striking (a) Football, Basketball, Hockey (b) Cricket, Volleyball, Tennis (c) Kho-Kho, Boxing, Karate (d) Swimming, Gymnastics, Yoga	1
30.	Identify the correct sequence of the elements of a lesson plan. (a) Warm-up, Aim, Activity, Cool-down, Props & Equipment selection (b) Aim, Props & Equipment selection, Activity, Warm-up, Cool-down, (c) Props & Equipment selection, Aim, Warm-up, Activity, Cool-down (d) Warm-up, Activity, Aim, Props & Equipment selection, Cool-down	1
31.	While playing, a child shows the following symptom of sickness: severe thirst, nausea, sometimes vomiting, increased sweating. There are chances the child must be suffering from (a) Hunger (b) Heat stroke (c) Choking (d) Fracture	1
32.	During an activity, a child collapses and is unconscious. What is the first step you should take before the arrival of any medical professional. (a) Perform CPR immediately (b) Make the child drink at least a glass of water (c) Remove shoes and keep the child under the fan (d) Do not disturb till the medical help arrives	1
33.	If there is no play-ground available in the school, can you still conduct physical activity sessions? If yes, explain how and where. (a) Teach children only the theory of physical education. (b) Show videos of sports skills and ask children to practice the same at home. (c) Other physical activity like dace, aerobics, yoga which are possible in limited spaces can be explored. (d) Teach children board games like chess, Ludo, Carrom board, etc.	1