

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 418)

MARKING SCHEME FOR CLASS X (SESSION 2025-2026)

Max. Time: 2 Hours

Max. Marks: 50

General instructions:

1. Please read the instructions carefully.
2. This question paper consists of **21 questions** in two sections – section A & section B.
3. Section A has objective type questions whereas section B contains subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.
6. **Section A - objective type questions (24 marks):**
 - i. This section has 05 questions.
 - ii. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.
7. **Section B – subjective type questions (26 marks):**
 - i. This section contains 16 questions.
 - ii. A candidate has to do 10 questions.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q. No.	QUESTION	Source Material (NCERT/ PSSCIVE/ CBSE Study Material)	UNIT	Page no. of source material	Marks
Q. 1	Answer any 4 out of the given 6 questions on employability skills (1 x 4 = 4 marks)				
i.	From the Latin word "commūnicāre" meaning 'to share'	NCERT	Unit -1 Communication skills	Page - 2	1
ii.	C) Situations that lead to emotional, mental, physical, or social reactions	NCERT	Unit -2 Self-Management skills	Page - 40-41	1
iii.	B) The ability to identify and manage one's own emotions, as well as the emotions of others	NCERT	Unit -2 Self-Management skills	Page - 42-44	1
iv.	A) Move the cursor to the left/right end of a line of text	NCERT	Unit-3 ICT Skills	Page - 65-67	1

v.	B) A product or service that people want	CBSE study material	Unit- 4 Entrepreneurial skills	Page- 84 to 87	1
vi.	C) Producing agricultural crops or livestock without damage to human or natural systems	CBSE study material	Unit-5 Green skills	Page- 104-106	1

Q. 2 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i.	C. Educating students in health, fitness, and sports	CBSE study material	Unit 1	Page- 5-8	1
ii.	B. Intramural Program	CBSE study material	Unit 1	Page- 5-8	1
iii.	C. Offering thrill and action	CBSE study material	Unit -1	Page - 12-14	1
iv.	Addressing defects or injuries for correction	CBSE study material	Unit - 1	Page - 10-12	1
v.	C. Reading headlines, performing physical exercises, singing the national anthem, and other activities like storytelling and inviting guest speakers	CBSE study material	Unit - 1	Page - 26-27	1
vi.	B. Categorizing tasks into before, during, and after the assembly	CBSE study material	Unit - 1	Page - 25-27	1

Q. 3 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i.	B. Making judgments about what has been learnt and enhancing learning	CBSE study material	Unit 2	Page - 35-38	1
ii.	A. To sit beside the learner	CBSE study material	Unit 2	Page - 34-38	1
iii.	B. Monitoring students' learning progress and providing ongoing feedback	CBSE study material	Unit 2	Page - 34-38	1
iv.	A. The ability to maintain equilibrium in a stationary position	CBSE study material	Unit 2	Page - 39-43	1
v.	D. Weight / Height ²	CBSE study material	Unit 2	Page - 39-43	1
vi.	C. Neuromuscular system and specific skill performance	CBSE study material	Unit 2	Page - 39-42	1

Q. 4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i.	C. A recreational activity with a defined goal and set of rules	CBSE study material	Unit 3	Page - 54-55	1
ii.	B. Entertainment and enjoyment	CBSE study material	Unit 3	Page - 53-55	1

iii.	B. Conflicts among participants	CBSE study material	Unit 2	Page - 53-55	1
iv.	C. Identifying free-play activities and their advantages/disadvantages	CBSE study material	Unit 3	Page - 56-57	1
v.	C. When it is planned and conducted step by step	CBSE study material	Unit 3	Page - 54-55	1
vi.	C. May develop wrong techniques	CBSE study material	Unit 3	Page - 55	1
Q. 5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i.	C. Age appropriateness	CBSE study material	Unit 4	Page - 59	1
ii.	B. Equipment manufactured as per industry guidelines	CBSE study material	Unit 4	Page - 59-60	1
iii.	C. To enhance player safety and game quality	CBSE study material	Unit 4	Page - 59-60	1
iv.	C. Budget determines the quantity and quality of equipment that can be purchased	CBSE study material	Unit 4	Page - 60	1
v.	B. To keep track of time	CBSE study material	Unit 4	Page - 65-67	1
vi.	D. To adapt to the learners' needs and group size	CBSE study material	Unit 4	Page - 68-69	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q. No.	QUESTION	Source Material (NCERT/ PSSCIVE/ CBSE Study Material)	UNIT	Page no. of source material	Marks
Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks)					
Q. 6	Direct objects are the persons or things that are directly 'acted on' by the verb, while indirect objects answer questions like 'to/for whom' or 'to/for what' in a sentence.	CBSE study material	Unit -1	Page - - 33-	2
Q. 7	Self-awareness is crucial in analyzing strengths and weaknesses because it allows individuals to identify their inner strengths, hidden talents, skills, and weaknesses. Understanding one's preferences, beliefs, and abilities helps in measuring and converting weaknesses into strengths and strengths into exceptional talents, ultimately leading to personal and professional success.	CBSE study material	Unit -2	Page- - 46-48	2
Q. 8	Personal information can be lost or leaked from a computer in two ways: 1. Carelessly giving out personal information over unsecure sites on the internet. 2. Unauthorized access to a computer, especially when it is left logged in and unattended.	CBSE study material	Unit -3	Page - 79-80	2
Q. 9	The qualities of an entrepreneur mentioned in the passage include taking responsibility for their decisions, thinking carefully before making decisions, not giving up in the face of problems, and maintaining a positive attitude.	CBSE study material	Unit 4	Page - 89-90	2
Q. 10	Education is crucial for sustainable development as it raises awareness about environmental issues and fosters a sense of responsibility among individuals. Educated individuals are more likely to find employment, contribute positively to society, and implement eco-friendly practices. Education also empowers people to advocate for and participate in sustainable development initiatives.	CBSE study material	Unit -5	Page- 109-111	2
Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)					
Q. 11	A good Physical Education Teacher or Sports Coach serves as a positive role model, nurturing the overall development of students. They collaborate with others to create inclusive physical activity opportunities, demonstrate a commitment to personal growth, and uphold personal and professional integrity.	CBSE Study Material	Unit 1	Page - 7	2

Q. 12	Health Related Fitness includes cardiovascular endurance, anaerobic capacity, muscular strength, flexibility, and body composition. These can be assessed through measurements such as aerobic capacity tests, strength tests, flexibility tests, and body composition assessments like Body Mass Index (BMI).	CBSE Study Material	Unit 2	Page - 41-44	2
Q. 13	Creating an assessment and evaluation plan is essential in physical education as it provides structure to the assessment process. It helps in understanding what was learned and how well it was learned. Moreover, it ensures that assessments are meaningful, consistent, and aligned with learning objectives. A well-designed plan guides both students and teachers, leading to a comprehensive evaluation process.	CBSE Study Material	Unit 2	Page - 130	2
Q. 14	Free play refers to spontaneous, unstructured activities where individuals, particularly children, engage in creative and physical pursuits without formal rules. It encourages self-expression, social interaction, and enjoyment without the constraints of organized sports or games.	CBSE Study Material	Unit 3	Page - 53-54	2
Q. 15	A sport is a physical activity conducted under agreed rules, either for competition, self-enjoyment, or a combination of both. It is governed by national or international bodies and involves structured gameplay, often resulting in a winner.	CBSE Study Material	Unit 4	Page - 54	2
Q. 16	Inventory in physical education denotes goods and materials stored systematically for future use. It ensures a continuous supply of sports goods, and in the context of physical activity facilitators, it includes various sports equipment and props used in sports activities.	NCERT	Unit 4	Page - 71	2

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 17	Physical Education programs led by Physical Activity Facilitators consist of four main components: i. Service Program: Focused on instruction, covering topics like physical education, health, and hygiene. ii. Intramural Program: Involves skill development within groups, clubs, or communities. iii. Extramural Program: Facilitates competitive events between various groups or institutions. iv. Fitness and Recreational Programs: Include activities for fun, skill development, and fitness, catering to individual needs.	CBSE Study Material	Unit 1	Page - 12	4
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Q. 18	Documenting assessments in the form of a report is crucial in physical education for various reasons: - Identifying Strengths and Areas of Improvement: Assessments help pinpoint students' strengths and areas needing attention, allowing targeted support for improvement. - Monitoring Learning and Fine-Tuning Teaching: Assessments reveal the effectiveness of teaching methods. Teachers can adjust their approaches based on assessment results, ensuring tailored and efficient teaching techniques. - Talent Identification: Assessments establish a baseline of students' strengths, aiding in talent identification. This information can motivate students to participate in competitive sports aligned with their preferences.	CBSE Study Material	Unit 2	Page - 45-46	4
Q. 19	Skill-related components of physical fitness encompass specific abilities essential for various sports and activities: Action: Action refers to executing specific movements required in a sport. For instance, in basketball, shooting accurately or in hurdling, leaping over barriers with precision showcases action skills. Coordination: Coordination involves using different senses and body parts in harmony. For instance, hand-eye coordination is crucial in sports like cricket (catching a ball), while foot-eye coordination is vital in football (kicking accurately into the goal). Balance: Balance pertains to maintaining stability, either stationary or in motion. Examples include walking steadily, running smoothly, walking on a balancing beam without falling, or landing on one leg after a jump. Developing balance is fundamental for various physical activities and sports, ensuring control and preventing injuries.	CBSE Study Material	Unit 2	Page - 42	4
Q. 20	Advantages of Free Play: - Encourages Creativity: Free play allows children to use their imagination, creating games and scenarios, fostering creativity and problem-solving skills. - Promotes Social Skills: Children learn to negotiate, share, and communicate during free play, enhancing their social interaction skills. Disadvantages of Free Play: - Lack of Structure: Without rules, children might struggle with self-discipline or fair play, leading to conflicts or disagreements. - Safety Concerns: Without supervision, there's a risk of injuries or accidents during free play activities, especially in unfamiliar or unsafe environments.	CBSE Study Material	Unit 3	Page - 135	4

Q. 21	Periodic audits of inventory are essential for several reasons: • Accuracy: Audits ensure stock levels match recorded data, preventing discrepancies and ensuring precise financial reporting. • Loss Prevention: Regular audits help detect theft or damage early, minimizing losses and enabling preventive actions. • Optimization: By analyzing turnover rates, businesses can optimize stock levels, avoiding overstocking or shortages. • Customer Satisfaction: Accurate inventory means timely order fulfillment, enhancing customer satisfaction and loyalty. • Supplier Relations: Reliable inventory data aids suppliers, fostering healthy relationships and efficient supply chain management. • Compliance: Audits ensure adherence to industry regulations, avoiding legal complications and penalties.	CBSE Study Material	Unit 4	Page - 71- 74	4
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