



# Indian School Al Wadi Al Kabir

## Mid-Term examination

### PHYSICAL ACTIVITY TRAINER (Code 418)

Class: X

Max. Marks: 50

Date: 24.09.2026

Time: 2 Hours

#### General Instructions:

1. This Question Paper consists of **21 questions** in two sections: Section A & Section B.
2. Section A has Objective type questions, whereas Section B contains Subjective type questions.
3. **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.**
4. All questions of a particular section must be attempted in the correct order.
5. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
  - i. This section has 05 questions.
  - ii. Marks allotted are mentioned against each question/part.
  - iii. There is no negative marking.
  - iv. Do as per the instructions given.
6. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
  - i. This section has 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 |                                                                                                                                                                                       |       |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Q. 1.     | Answer any 4 out of the given 6 questions (1x4 = 4 marks)                                                                                                                             | Marks |
| i.        | Providing knowledge about health and hygiene comes under:<br><br>A) Service programme<br>B) Extra mural programme<br>C) Intramural programme<br>D) Fitness and recreational programme | 1     |
| ii.       | Evaluating students' learning during the learning process is known as:<br><br>A) Formative evaluation<br>B) Summative evaluation<br>C) Diagnostic evaluation<br>D) Final evaluation   | 1     |
| iii.      | ..... is the ability to do the right movement as is required by specific sport.<br><br>A) Action<br>B) Co-ordination                                                                  | 1     |

|              |                                                                                                                                                                                                                                                         |   |
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|              | C) Flexibility<br>D) Balance                                                                                                                                                                                                                            |   |
| iv.          | Hitting the ball with bat is an example of:<br><br>A) Aerobic capacity<br>B) Co-ordination<br>C) Body composition<br>D) Anaerobic capacity                                                                                                              | 1 |
| v.           | Which one of the following is assessed for health-related fitness?<br><br>A) Action<br>B) Balance<br>C) Flexibility<br>D) Co-ordination                                                                                                                 | 1 |
| vi.          | The correct formula of BMI is:<br><br>A) Weight X Height <sup>2</sup><br>B) Weight % Height<br>C) Height X Weight <sup>2</sup><br>D) Weight % Height <sup>2</sup>                                                                                       | 1 |
|              |                                                                                                                                                                                                                                                         |   |
| <b>Q. 2.</b> | <b>Answer any 5 out of the given 6 questions (5 x 1 = 5 marks)</b>                                                                                                                                                                                      |   |
| i.           | Which of the following is a component of the Khelo India fitness assessment?<br><br>A) Mental ability test<br>B) Running 50 meters<br>C) Painting competition<br>D) Essay writing                                                                       | 1 |
| ii.          | What is the main goal of the Khelo India Fitness Assessment?<br><br>A) To select students for national sports teams<br>B) To measure academic performance<br>C) To assess and improve physical fitness in students<br>D) To train students in yoga only | 1 |
| iii.         | In athletics, “Relay Batons” are used for:<br><br>A) Speed test<br>B) Strength test<br>C) Flexibility test<br>D) Endurance test                                                                                                                         | 1 |
| iv.          | The order of assembly should be:<br><br>A) Thought for the day, important announcement, principal speech, prayer<br>B) Prayer, Thought for the day, principal speech, important announcement                                                            | 1 |

|              |                                                                                                                                                                                                                                                                                                                                                                   |   |
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|              | <p>C) Principal speech, important announcement, Prayer, Thought for the day,<br/>D) Prayer, principal speech, important announcement, Thought for the day</p>                                                                                                                                                                                                     |   |
| v.           | <p>Excursions, mountaineering, hiking, trekking are:</p> <p>A) Combative Games<br/>B) Minor Games<br/>C) Adventurous activities<br/>D) Traditional exercise</p>                                                                                                                                                                                                   | 1 |
| vi.          | <p>The BMI of Renuka 17.5 shows that she is:</p> <p>A) Under Weight<br/>B) Normal Weight<br/>C) Over Weight<br/>D) Obese</p>                                                                                                                                                                                                                                      | 1 |
|              |                                                                                                                                                                                                                                                                                                                                                                   |   |
| <b>Q. 3.</b> | <b>Answer any 5 out of the given 6 questions (5 x 1 = 5 marks)</b>                                                                                                                                                                                                                                                                                                |   |
| i.           | <p>Harry, the manager of a clothing factory wants to change the working hours of his factory workers. He should use _____, as the method of communication to inform the workers.</p> <p>A) E-mail<br/>B) Notice/Poster<br/>C) Face to face communication<br/>D) Phone call</p>                                                                                    | 1 |
| ii.          | <p>Which one of the following is not included to manage stress?</p> <p>A) Healthy diet<br/>B) Shouting on children<br/>C) Sound sleep<br/>D) Holidays with friends and family</p>                                                                                                                                                                                 | 1 |
| iii.         | <p>INSERT (INS), DELETE (DEL) and BACKSPACE are:</p> <p>A) Control keys<br/>B) Command keys<br/>C) Enter keys<br/>D) Navigation keys</p>                                                                                                                                                                                                                          | 1 |
| iv.          | <p>5 years ago, Mohammed had opened a food restaurant in Ruwi. Today he has 3 restaurants and he is going to open another one in Darsait soon. Which of the following is the correct example of the career process he has adopted?</p> <p>A) Survive – Enter – Grow<br/>B) Grow – Survive – Enter<br/>C) Enter – Survive – Grow<br/>D) Grow – Enter – Survive</p> | 1 |

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| v.           | <p>Given below are two statements regarding sustainable development goals:<br/> <b>Statement – I:</b> To create environmental awareness is one of the important issues of ‘Sustainable Development Goals’.<br/> <b>Statement – II:</b> Mr. Ravi Hegde made a 100% biodegradable bag, which can dissolve in hot water and decompose in natural environment.<br/> In view of the above statements, choose the correct option from the following:</p> <p>A) Statements I and II, both are correct<br/> B) Statements I and II, both are incorrect<br/> C) Statement I is correct and Statement II is incorrect<br/> D) Statement I is incorrect and Statement II is correct</p> | 1 |
| vi.          | <p>Notepad is a type of computer application, used to _____.</p> <p>A) create simple text files<br/> B) create a folder<br/> C) open a text editor<br/> D) save the document</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1 |
|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |
| <b>Q. 4.</b> | <b>Answer any 5 out of the given 6 questions (5 x 1 = 5 marks)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |   |
| i.           | <p>What is the common cause of stress:</p> <p>A) consistent work schedule<br/> B) Uncertainty<br/> C) Regular exercise<br/> D) Healthy eating</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 1 |
| ii.          | <p>What should be the technique of stress management:</p> <p>A) Procrastination<br/> B) Deep breathing<br/> C) Ignoring problems<br/> D) Isolating oneself</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1 |
| iii.         | <p>Which one of these is NOT a part of self- motivation:</p> <p>A) Setting personal goals<br/> B) Having a clear vision<br/> C) Blaming others for failure<br/> D) Celebrating small achievements</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1 |
| iv.          | <p>Procrastination is a common barrier to:</p> <p>A) Stress Management<br/> B) Self – Motivation<br/> C) Goal Setting<br/> D) Time management</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 1 |
| v.           | <p>Self - awareness helps individuals to:</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 1 |

|              |                                                                                                                                                                                                                          |   |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
|              | A) Avoid all weakness<br>B) Recognize their emotions and behaviour items<br>C) Focus solely on their strengths<br>D) Limit interactions with others                                                                      |   |
| vi.          | Which of the following best represents time management?<br><br>A) Working late to complete tasks<br>B) Prioritizing tasks based on deadlines<br>C) Tackling all tasks simultaneously<br>D) Waiting until the last minute | 1 |
|              |                                                                                                                                                                                                                          |   |
| <b>Q. 5.</b> | <b>Answer any 5 out of the given 6 questions (5 x 1 = 5 marks)</b>                                                                                                                                                       |   |
| i.           | What should be the qualities of good teacher?<br><br>A) Role model<br>B) Follow code of conduct<br>C) Nurture students' development<br>D) All of the above                                                               | 1 |
| ii.          | What are the duties and responsibilities of sports teacher?<br><br>A) Create an environment for learning<br>B) Maintain professional etiquette<br>C) Maintain discipline<br>D) All of the above                          | 1 |
| iii.         | Mohit represented the school team in Volleyball tournament. It is considered as:<br><br>A) Service Programme<br>B) Intramural Programme<br>C) Extramural Programme<br>D) Fitness and recreational Programme              | 1 |
| iv.          | The full form of BMI is:<br><br>A) Basic metabolic information<br>B) Body metamorphic information<br>C) Body mass index<br>D) None of these                                                                              | 1 |
| v.           | Fill in the blank for the sequence of activity required to conduct a class:<br><br>A) Activities name<br>B) Aim<br>C) Infrastructure and _____ required<br>D) Class Size                                                 | 1 |
| vi.          | A physical activity trainer is eligible to teach:                                                                                                                                                                        | 1 |

|       |                                                                                                                   |   |
|-------|-------------------------------------------------------------------------------------------------------------------|---|
|       | A) 1 to 3 years children<br>B) 3 to 8 years children<br>C) 5 to 10 years children<br>D) 8 to 12 years children    |   |
|       |                                                                                                                   |   |
|       | <b>SECTION B: SUBJECTIVE TYPE QUESTIONS</b>                                                                       |   |
|       | <b>Answer any 3 out of the given 5 questions in 20 – 30 words. (3 X 2 = 6 marks)</b>                              |   |
| Q. 6  | Differentiate between formative and diagnostic evaluation.                                                        | 2 |
| Q. 7  | Explain any four points to be kept in mind, while preparing a PE lesson.                                          | 2 |
| Q. 8  | Briefly explain co-ordination and balance ability.                                                                | 2 |
| Q. 9  | Explain why assessment is important in the field of sports.                                                       | 2 |
| Q. 10 | How does a physical activity facilitator maintain professional etiquettes?                                        | 2 |
|       |                                                                                                                   |   |
|       | <b>Answer any 4 out of the given 6 questions in 20 – 30 words. (4 X 2 = 8 marks)</b>                              |   |
| Q. 11 | Write any two types of Verbal Communication. OR Write any 2 ways to overcome barriers to effective communication. | 2 |
| Q. 12 | Enlist any two problems of sustainable development                                                                | 2 |
| Q. 13 | Elucidate, how an entrepreneur helps society?                                                                     | 2 |
| Q. 14 | Enlist the task (any four) that teacher need to complete before the morning school Assembly.                      | 2 |
| Q. 15 | State any four steps of effective Time Management.                                                                | 2 |
| Q. 16 | What is the function of control key? OR Write any two tips of taking care of your computer.                       | 2 |
|       |                                                                                                                   |   |
|       | <b>Answer any 3 out of the given 5 questions in 50 – 80 words. (3 X 4 = 12 marks)</b>                             |   |
| Q. 17 | What are the qualities of a Good Physical Activity Facilitator?                                                   | 4 |
| Q. 18 | Draw and explain a game of your choice.                                                                           | 4 |
| Q. 19 | Briefly explain about the importance of Assessment.                                                               | 4 |
| Q. 20 | List out the four barriers to effective communication.                                                            | 4 |
| Q. 21 | Prepare a sample assessment report of fitness for grade 6 students.                                               | 4 |

*All the Best*