



Indian School Al Wadi Al Kabir

ASSESSMENT - 1

Sub: PHYSICAL ACTIVITY TRAINER

Class: XI

Max. Marks: 50

Date: 22/09/2026

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.	The health triangle includes: A) Physical, Mental, Emotional B) Physical, Mental, Social C) Physical, Social, Spiritual D) Mental, Emotional, Social	1
ii.	Macro-planning in physical education refers to: A) Daily planning B) Long-term planning C) Weekly planning D) Lesson planning	1
iii.	Which planning is done for a week? A) Macro planning B) Meso planning	1

	C) Weekly planning D) Annual planning	
iv.	Yoga helps in improving: A) Only flexibility B) Only strength C) Overall well-being D) Only speed	1
v.	Emotional needs of children include: A) Food only B) Love and security C) Money D) Gadgets	1
vi.	Society influences sports through: A) Environment B) Economy C) Technology D) All of the above	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which is a general equipment? A) Basketball B) First Aid Box C) Football D) Volleyball	1
ii.	Marking cones are used for: A) Boundary marking B) Decoration C) Sitting D) Playing music	1
iii.	Maintenance of equipment increases: A) Risk B) Life of equipment C) Injury D) Damage	1
iv.	Which equipment is used for measuring flexibility? A) Weighing scale B) Sit and reach box	1

	C) Whistle D) Cones	
v.	Whistle is used by teacher for: A) Communication B) Music C) Decoration D) Cleaning	1
vi	Safety measures during inspection include: A) Checking broken parts B) Ignoring damage C) Running fast D) No checking	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which game have the terms like Kick, Penalty, Throw-in, Defend? A) Badminton B) Cricket C) Table Tennis D) Football	1
ii.	To maintain the abdominal strength which kind of exercise is suitable: A) Push-ups B) Lounges C) Partial Curl-ups D) Body Rotation	1
iii.	Running, Relays, Hurdles comes under which Athletics event? A) Track events B) Throw events C) Jump events D) All of the above	1
iv.	What is the best way of testing Balance? A) 50 m sprint B) Standing Stork Test C) Sit and Reach Test D) None of the above	1
v.	Which test is conducted for school children? A) Harvard Step Test B) Khelo India Fitness Test (India) C) YMCA Fitness Test Battery D) Canadian Fitness Test	1

vi.	BMI / Skinfold – Body Composition comes under which fitness test? A) Health related fitness B) Skill related fitness C) Both D) None of the above	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Job description of a physical activity facilitator: A) Make a structure plan B) Make a schedule C) Lead and manage the event D) All of the above	1
ii.	If a person has a body weight of 70 kg and height of 1.70 m. His / Her BMI is: A) 24.22 B) 28.22 C) 16.22 D) 32.22	1
iii.	Qualities of good facilitator is: A) Create an Environment for learning B) Professional Etiquette C) A) and B) D) Pledge to himself	1
iv.	An assembly is expected to be of: A) 10 – 15 minutes B) 15 – 20 minutes C) 20 – 25 minutes D) 25 – 30 minutes	1
v.	How much time should be given to warming up: A) 3 – 5 minutes B) 7 – 8 minutes C) 12 – 15 minutes D) 10– 20 minutes	1
vi.	A BMI of 25 is considered as: A) Under weight B) Normal weight C) Over weight D) Obese	1

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What does ICT stand for? A) Information Computing Technology B) Information and Communication Technology C) Internet Communication Tools D) International Communication Technology	1
ii.	Which file extension is used for a Notepad document? A) .doc B) .txt C) .mp3 D) .jpg	1
iii.	What is the purpose of a barcode scanner? A) To print documents B) To record items purchased in stores C) To connect to the Internet D) To play music	1
iv.	Which folder holds unsent emails in Gmail? A) Inbox B) Sent C) Drafts D) Trash	1
v.	Which part of the computer is called the "brain"? A) Monitor B) CPU C) Keyboard D) Hard Disk	1
vi.	Which key combination is used to copy text? A) Ctrl + X B) Ctrl + Z C) Ctrl + C D) Ctrl + V	1
SECTION B: SUBJECTIVE TYPE QUESTIONS		
	Answer any 3 out of the given 5 questions in 20 – 30 words. (3 X 2 = 6 marks)	
Q. 6	What is Health Triangle?	2
Q. 7	What are the various kind of Planning?	2
Q. 8	Explain the benefits of yoga.	2
Q. 9	Name the games that are famous in different parts of Oman due to environmental/ geographical advantages.	2

Q. 10	Write down the fundamental skills of any one of these games. a. Football b. Basketball c. Cricket d. Volleyball e. Badminton	2
	Answer any 4 out of the given 6 questions in 20 – 30 words. (4 X 2 = 8 marks)	
Q. 11	Write down the passive voice of these sentences. a. Ali changed the flat tire. b. Ravi painted the entire house.	2
Q. 12	Differentiate between interest and abilities.	2
Q. 13	What is the difference between hardware and software?	2
Q. 14	What are the various types of feedback?	2
Q. 15	Identify various kinds of motivation.	2
Q. 16	How will you prevent others from using your computer?	2
	Answer any 3 out of the given 5 questions in 50 – 80 words. (3 X 4 = 12 marks)	
Q. 17	Write down the various elements of a communication cycle. Present it with suitable diagram.	4
Q. 18	What are the factors that Influences physical fitness?	4
Q. 19	Describe stress, types of stress and stress management in your own words.	4
Q. 20	Prepare a lesson for class III children for the duration of 35 minutes.	4
Q. 21	List the various threats to a computer and the ways you can use to protect your data.	4

All the Best