



INDIAN SCHOOL AL WADI AL KABIR

ASSESSMENT-1 XII

Subject: PHYSICAL ACTIVITY TRAINER

Class: XII
Date: 10/09/26

Max. Marks: 50
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.

Q. No	Questions	Marks
Q 1.	Answer any 4 out of the given 6 questions (1 x 4 = 4 marks)	
i.	Which of these is a positive facial expression? a. Frowning while concentrating b. Maintaining eye contact c. Smiling continuously d. Rolling up your eyes	1
ii.	Among the given below are examples of bad non-verbal communication. a. Nodding when you agree with something b. Scratching head c. Yawning while listening d. Maintaining eye contact while talking	1
iii.	Which of the following are effective components of good feedback?	1

	a. Detailed and time consuming b. Direct and honest c. Specific d. Opinion-based	
iv.	Which of these is NOT a common communication barrier? a. Linguistic barrier b. Interpersonal barrier c. Financial barrier d. Organisational barrier	1
v.	Which of the sentences is punctuated correctly? a. When is the party. b. I had bread omelette and a Banana for breakfast! c. I am so exited about my first foreign trip. d. This is Abdul's notebook.	1
vi.	Identify the object, verb and subject in the sentence, "The car crashed into a tree". a. The object: a tree: Verb: crashed: Subject: the car b. The object: The car: Verb: crashed: Subject: a tree c. The object: crashed: Verb: a tree: Subject: the car d. The object: crashed: Verb: the car: Subject: a tree.	1
Q 2.	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which of the following best defines assessment? a. Measurement of knowledge b. Evaluation of skills c. collection of information to improve learning d. All of the above	1
ii.	Formative assessment is best characterized as: a. Summative assessment conducted at the end of the term. b. Ongoing feedback used during the learning process. c. A standardized test administered to all students. d. An informal observation of a student's behaviour.	1
iii.	Summative assessments generally occur: a. During the learning process. b. At the beginning of a course. c. At the end of a learning period. d. Continuously throughout the course.	
iv.	Steps in qualitative assessment typically involve: a. Designing tests and quizzes. b. Collecting and analysing data. c. Interpreting numerical results. d. Following a strict, standardized format.	
v.	Which of the following is an advantage of quantitative assessment? a. Provides rich descriptive data. b. Easily comparable results across different students. c. Focuses on personal interactions. d. Encourages creativity.	
vi.	A portfolio assessment involves: a. To measure the number of students answered correctly. b. To evaluate the colour used in students' assignments. c. To provide a clear set of criteria for assessing performance quality. d. To assess students' physical fitness levels .	

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Q 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which is NOT a Sustainable Development Goal? a. Quality Education b. Clean Water and Sanitation c. Zero Pollution Overnight d. Affordable and Clean Energy	
ii.	Sustainable development means: a. Unlimited use of resources b. Meeting present needs without harming future needs c. Using more chemicals d. None of these	
iii.	The Sustainable Development Goals (SDGs) were launched in: a. 2000 b. 2015 c. 2020 d. 2025	
iv.	Using renewable energy reduces: a. Fossil fuel use b. Rain c. Soil moisture d. Pollution-free air	
v.	Which of the following is a non-renewable resource? a. Solar energy b. Wind energy c. Petroleum d. Water	
vi.	A core green skill is: a. Laziness b. Burning plastic c. Wasting water . d. Environmental awareness	
Q 4.	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which of the following functions is not performed using a mouse? a. Turn on. b. Hover. c. Right click. d. Drag and Drop.	
ii.	What should be the correct order while starting a computer. a. Welcome screen and Desktop appears after login. b. Login screen appears. c. Power on Self-Test (POST) starts. d. Operating system starts. a) A, B, C, D b) B, C, D, A c) C, B, D, A d) D, A, B, C	
iii.	Which one of the following shortcut keys is used to paste a file? a. Ctrl + c.	

	b. Ctrl + p. c. Ctrl + v. d. Ctrl + x.	
iv.	Which of the following is a valid file extension for Notepad file? a. .jpg b. .doc c. .text d. .txt	
v.	Which of the following is essential for maintaining a keyboard? a. Turn the keyboard upside down and shake it to remove foreign material. b. Blow dust and other particles with the help of a blower. c. Use a very dilute combination of soap and water applied with a non-abrasive cloth to remove stains. d. All of the above.	
vi	Which of the following trap small children into inappropriate relations? a. Online predators b. Worms c. Trojan Horse d. Anti-Virus	
5.	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Rahul starts a small online business, but his first attempt does not succeed and he loses some money. Instead of blaming others, he accepts his mistake and decides to learn from it and improve his plan for the next attempt. He _____. a. takes responsibility for his mistakes b. thinks before making a decision c. does not give up d. is creative	
ii.	A key function of an entrepreneur involves: a. Managing resources effectively b. Identifying opportunities c. Motivating teams d. All of the above	
iii.	Rehana has two people who work for her. Every day, she spends one hour with them to learn about what they've done that day. a. Creates a new product b. Divides income c. Manages the business d. Divides income	
iv	The myth that entrepreneurs are born, not made, is: a. True b. False c. Partially True d. None of the above	
v.	What is a crucial factor to consider before starting a business? a. Market research b. Financial planning c. Legal considerations d. All of the above	
vi.	The misconception that entrepreneurship is a quick path to wealth is:	

	a. Accurate b. Inaccurate c. A guaranteed fact d. A common misconception											
	SECTION B: SUBJECTIVE TYPE QUESTIONS											
	Answer any 3 out of the given 5 questions in 20 – 30 words. (2 x 3 = 6 marks)											
Q 6.	Describe the various career opportunities available for a Physical Education Assistant. - Sports Teacher - Coaching - Sports management - Sports Journalism - Fitness sector (Gym) - Sports Journalism - Photography - Sports medicine - Sports Psychologists - Sports Nutritionist	2										
Q 7.	Differentiate between formative and summative assessment. Difference Between Formative and Summative Assessment <table><tr><td>Formative Assessment</td><td>Summative Assessment</td></tr><tr><td>Conducted during learning.</td><td>Conducted at the end of learning.</td></tr><tr><td>Helps identify learning gaps.</td><td>Measures overall learning achievement.</td></tr><tr><td>Provides regular feedback.</td><td>Provides final results or grades.</td></tr><tr><td>Example: quizzes, class activities, and observations.</td><td>Example: final exams and annual examinations.</td></tr></table>	Formative Assessment	Summative Assessment	Conducted during learning.	Conducted at the end of learning.	Helps identify learning gaps.	Measures overall learning achievement.	Provides regular feedback.	Provides final results or grades.	Example: quizzes, class activities, and observations.	Example: final exams and annual examinations.	2
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Q 8.	How can teachers effectively reach out to parents regarding student reports? Effective Ways to Reach Out to Parents Regarding Student Reports ● Share reports regularly through the school portal, email, or printed copies. ● Use clear and positive language when discussing the student’s progress. ● Highlight strengths as well as areas that need improvement.	2										

	● Arrange parent-teacher meetings to discuss concerns and progress. ● Provide practical suggestions to help parents support learning at home. ● Maintain respectful and open communication and encourage parents to share their feedback.	
Q 9.	Describe how sports help students deal with failure. How Sports Help Students Deal with Failure ● Build resilience: Students learn to recover from losses and try again. ● Develop a positive attitude: They understand that failure is part of learning. ● Teach perseverance: Regular practice encourages students to keep improving. ● Develop emotional control: Students learn to manage disappointment and frustration. ● Encourage self-reflection: They identify mistakes and work on improving their performance. ● Build confidence: Overcoming challenges helps students become more confident and determined.	2
Q 10.	Define quantitative assessment. How is it different from qualitative assessment? Quantitative and Qualitative Assessment ● Quantitative assessment measures learning using numbers, scores, marks, or grades. <i>Example:</i> A student scores 85% in a test. ● Qualitative assessment evaluates learning through observations, descriptions, feedback, and opinions rather than numbers. <i>Example:</i> A teacher comments that a student participates actively in class. Difference: Quantitative assessment focuses on measurable results, while qualitative assessment focuses on descriptive information about performance and progress.	2
	Answer any 4 out of the given 6 questions in 20 – 30 words each. (2 x 4 = 8 marks)	
Q 11.	Explain the communication cycle. The communication cycle is the process through which information is shared between a sender and a receiver. 1. Sender – The person who starts the communication. 2. Encoding – Converting the idea into words, signs, or gestures. 3. Message – The information being communicated.	2

	4. Medium/Channel – The method used to send the message, such as speaking, writing, or email. 5. Receiver – The person who receives the message. 6. Decoding – Understanding and interpreting the message. 7. Feedback – The receiver’s response to the message. In short: Sender → Encoding → Message → Channel → Receiver → Decoding → Feedback.	
Q 12.	What is meant by sustainable development? Sustainable development means meeting the needs of the present without harming the ability of future generations to meet their own needs. It focuses on: ● Protecting the environment. ● Using natural resources wisely. ● Supporting economic growth. ● Improving the quality of life for people. Example: Using solar energy instead of fossil fuels helps meet our energy needs while protecting the environment for future generations.	2
Q 13	What is entrepreneurship? Entrepreneurship is the process of starting and managing a business by identifying opportunities, taking risks, and creating products or services to meet people’s needs. Example: A person who starts a small business selling handmade products is an entrepreneur.	2
Q 14.	Why do we create folders? To organize files neatly. To store related files together. To find files easily and quickly. To avoid confusion between different files. To manage and maintain files efficiently.	2
Q 15.	Why is self-awareness important? Self-awareness is important because it helps us understand our thoughts, feelings, strengths, and weaknesses. It helps us: ● Make better decisions.	2

	● Manage our emotions. ● Build confidence. ● Improve relationships with others. ● Identify areas for improvement. ● Set realistic goals. In short: Self-awareness helps us understand ourselves and make positive choices.	
Q 16	Discuss parts of speech with examples. Parts of speech are the different types of words used in sentences. The main types are noun (Riya), pronoun (she), verb (runs), adjective (beautiful), adverb (quickly), preposition (under), conjunction (and), and interjection (Wow!). Riya (<i>noun</i>) quickly (<i>adverb</i>) ran (<i>verb</i>) to (<i>preposition</i>) the beautiful (<i>adjective</i>) garden, and (<i>conjunction</i>) she (<i>pronoun</i>) shouted, “Wow!” (<i>interjection</i>).	2
	Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)	
Q 17.	What is evaluation in education, and how does it differ from assessment? Assessment is the process of collecting information about a student’s learning through tests, activities, observations, and assignments. Evaluation is the process of judging the overall quality, progress, or effectiveness based on assessment results. Assessment focuses on measuring and collecting evidence. Evaluation focuses on interpreting the evidence and making judgments. Thus, assessment provides information, while evaluation uses that information to make decisions.	4
Q 18.	Discuss the importance of life skills learned through sports. Importance of Life Skills Learned Through Sports Sports help us develop important life skills that are useful both on and off the field. They teach us: 1. Teamwork – working together and supporting others. 2. Discipline – following rules and maintaining regular practice. 3. Leadership – taking responsibility and guiding others. 4. Communication – expressing ideas and understanding teammates. 5. Time management – balancing sports, studies, and other activities. 6. Decision-making – making quick and effective choices. 7. Resilience – learning from failures and trying again. 8. Confidence – developing self-belief through practice and achievement.	4

	9. Respect and sportsmanship – respecting opponents, teammates, coaches, and rules. In conclusion, sports prepare individuals to face challenges, work with others, and become responsible and confident members of society.	
Q 19.	Explain any three major problems related to sustainable development. Major Problems Related to Sustainable Development Food: Fertile land is decreasing due to construction and other uses. Excessive chemical fertilizers also reduce soil quality. Water: Rivers and ponds are polluted by garbage and waste, reducing the availability of clean water. Fuel: Excessive cutting of trees for fuel and construction causes deforestation, climate change, and extreme weather conditions such as floods, heat, and cold.	4
Q 20	What are the common threats to a computer? Explain any three preventive measures to protect a computer from these threats. Common threats: Viruses, malware, spyware, hacking, phishing, and ransomware can damage computers or steal information. Three preventive measures: 1. Use antivirus software: Install reliable antivirus software and keep it updated. 2. Use strong passwords: Create strong, unique passwords and avoid sharing them. 3. Avoid suspicious links: Do not open unknown links, attachments, or download files from untrusted sources.	4
Q 21	Describe common myths about entrepreneurship. There are several common myths about entrepreneurship: 1. Entrepreneurs are born, not made – Entrepreneurship skills can be learned and developed through education, experience, and practice. 2. You need a lot of money to start a business – Many businesses can begin with limited resources and grow gradually. 3. Entrepreneurs must take huge risks – Successful entrepreneurs usually take calculated risks after studying the situation carefully. 4. Entrepreneurs work alone – Entrepreneurs often depend on teams, mentors, partners, and customers. 5. A successful business becomes profitable quickly – Most businesses require time, patience, hard work, and learning from failures.	4

	6. Entrepreneurship is only about making money – It can also involve solving problems, creating jobs, and providing useful products or services. In short, entrepreneurship requires creativity, planning, perseverance, and a willingness to learn.	
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