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SET	A
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**INDIAN SCHOOL MUSCAT
HALF YEARLY EXAMINATION 2023
PHYSICAL ACTIVITY TRAINER (418)**



CLASS : IX
DATE: 21.09.23

TIME ALLOTTED : 3 HRS.
MAXIMUM MARKS: 50 Marks

GENERAL INSTRUCTIONS:

1. Attempt any 14 out of the 20 Questions.
2. All the questions in Section B and Section C are Compulsory.

SECTION A (1 X 14 Marks)

ATTEMPT ANY 14 QUESTIONS FROM SECTION A

1. Physical activity or game is only a subset of the entire Physical Education Curriculum. 1
Is it true or false ?.
2. Physical Activity gives a psychological benefits of improving the mental 1
health, concentration, awareness and positive mood. Is it true or false?.
3. Physiology and Biomechanics are a part of Physical education Programme. Is it true or 1
False?
4. Is it true that Physical fitness involves in the efficient functioning of the body organs and 1
body systems.
5. What are the 3 domains for the early childhood development? 1
6. How many types of motor abilities are present in the early years childhood? 1
7. What do you understand by Physical fitness? 1
8. What are the various components of Physical fitness? 1
9. State 3 types of the body composition? 1
10. 70% of human body weight is water. Is it true or false? 1
11. What's the other name for Long term Plan related to Physical fitness and related 1
activities?
12. Name few equipments needed for Physical activities and games. 1

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| 13. | What is an equipment in sports and why is it needed? | 1 |
| 14. | What is the importance of planning? | 1 |
| 15. | How many hours of sleep is needed/recommended for a day? | 1 |
| 16. | What should be the daily consumption of water per day by a person? | 1 |
| 17. | Name few factors affecting Physical fitness. | 1 |
| 18. | What is Somatotyping in terms of body composition? | 1 |
| 19. | Does different climatic conditions affect the fitness level of an individual? | 1 |
| 20. | Why do we make a lesson plan? | 1 |

SECTION B

ATTEMPT ALL THE QUESTIONS IN SECTION B

(10 X 2 Marks)

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| 21. | What is WHO and write the definition of health given by WHO. | 2 |
| 22. | State the 4 steps of Time Management? | 2 |
| 23. | As a Physical Activity facilitator which equipments would you use in a multipurpose hall? | 2 |
| 24. | Enlist any four task the teacher needs to complete before the Morning School Assembly? | 2 |
| 25. | What is First Aid and why is it important? | 2 |
| 26. | What is the difference between Nutrition and Nutrient? | 2 |
| 27. | What is the need of having the morning school assembly? | 2 |
| 28. | Write the name of any four sports equipment? | 2 |
| 29. | What are the benefits of personal hygiene? | 2 |
| 30. | Write the name of four nutrients which is needed in our diet? | 2 |

SECTION C

ATTEMPT ALL THE QUESTIONS IN SECTION C

(4 X 4 Marks)

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|-----|-------------------------------------------------------------------------|---|
| 31. | Prepare a lesson plan for any free play activity? | 4 |
| 32. | What are the qualities of a good Physical Activity facilitator? | 4 |
| 33. | Explain any four nutrition in our diet and the importance of nutrition? | 4 |
| 34. | What are the safety precautions needed in a school play field? | 4 |

******END OF THE QUESTION PAPER******