



**INDIAN SCHOOL MUSCAT
HALF YEARLY EXAMINATION 2023
PHYSICAL ACTIVITY TRAINER (CODE - 418)**



TIME ALLOTTED : 3 HRS.

CLASS : X
DATE: 27.09.2023

MAXIMUM MARKS: 50

GENERAL INSTRUCTIONS:

1. Attempt any 14 questions in Section A.
2. All the questions are compulsory in Section B & C.

SECTION A**(1 X 14 Marks)**

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|----|---|---|
| 1. | The Standard duration of the Assembly should be for how many minutes. | 1 |
| 2. | When the Play is planned, conducted step by step in a particular way, then its called a | 1 |
| 3. | Health related fitness can be assessed by measuring which parameter
A) Aerobic Capacity
B) Action
C) Balance
D) Coordination | 1 |
| 4. | Roman Rings, Vaulting horse and Parallel Bars are related to which Sport:
A) Horse Riding
B) Gymnastics
C) Obstacle Race
D) Swimming | 1 |
| 5. | The aim of physical education is to enhance the physical well being. Is it a true statement? | 1 |
| 6. | Which training is appropriate for the students for early years (Below 7 Years)
A) Aerobic training
B) Anaerobic training
C) Strength
D) Balancing | 1 |
| 7. | A Physical activity facilitator job is to
A) teach students
B) engage colleagues
C) engage parents and community
Which of these are correct:
1) A
2) A & B
3) A & C
4) All of the above | 1 |
| 8. | It is used in team game as jersey to differentiate from the opponents
A) Bib
B) Sports safety gears
C) Track Suit | 1 |

9. D) Colour strips 1
Sports is played as per
A) School rules
B) Adaptive rules
C) Universal rules
D) Modifies rules
10. give the opportunity to teachers and parents to interact on the progress 1
and areas of improvements of the students .
A) Parent teachers Meeting
B) School Annual Day
C) Sports Day
D) School Assembly
11. Which one is a recreational activity . Games or Sport ? 1
12. Who's supervision is necessary to avoid injuries in a game ? 1
13. Mention two equipments used for throwing and catching activity . 1
14. We use SMART Method to set goals. In the term SMART, M stands for which word. 1
15. Physical Activity Facilitator is commonly known as in the schools. 1
16. Relay race is an event in Track and Field .State whether its true or false. 1
17. Self management is the ability to control ones thought ,emotions and behaviour effectively in 1
different situations .Is this statement true or false.
18. Mention the different types of motivation . 1
19. What do you mean by the term Stress?. 1
20. Communication has 3 important parts, write the names of all the 3 parts . 1

SECTION B

Attempt all the questions.

(2 X 10 Marks)

21. What is stress ? Describe it. 2
22. In SMART Goals ,What does S Stands for ? 2
23. What is FREE play . Explain. 2
24. Write a short note : 2
Physical activity facilitator nurture each students cognitive , physical, emotional and social
Developments.
25. What do mean by communication. Describe the methods of communication. 2
26. What are management techniques ? . Explain . 2
27. Difference between interest and ability. 2
28. Explain different types of motivation ? 2
29. Whats the steps for effective Time Management? 2
30. What are the activities conducted by the Physical Activity Facilitators 2

SECTION C

Attempt all the questions.

(4 X 4 Marks)

31. What are the qualities of the Physical Activity Facilitators ? . Elaborate. 4
32. Prepare a lesson plan for a Free Activity . 4
33. How do we manage a Parent Teacher Meetings?. 4
34. How do we plan and organise a school Assembly?. 4

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