

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE - 418)

Blue-print for Sample Question Paper for Class X (Session 2022-2023)

Max. Time: 2Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills - II	-	-	-
2	Self-Management Skills - II	2	2	4
3	ICTSkills - II	2	1	3
4	Entrepreneurial Skills - II	2	2	4
5	Green Skills - II	-	-	-
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	07
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (40 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Roles and responsibility of a physical activity facilitator	6	1	1	8
2	Assessment and evolution of students	6	2	2	10
3	Free Play	6	1	1	8
4	Monitoring and inventory management	6	2	1	9
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

CBSE | DEPARTMENT OF SKILL EDUCATION

Physical Activity Trainer (SUBJECT CODE – 418)

Sample Question Paper for Class X (Session 2022-2023)

Max. Time: 2 Hours

Max. Marks: 50

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections: Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **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.**
5. All questions of a particular section must be attempted in the correct order.
6. **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.
7. **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: OBJECTIVE TYPE QUESTIONS

Q. 1	Self-Management Skills - ICT Skills- Entrepreneurial Skills - Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Anita works hard to get the scholarship at the end of year. What type of motivation is this? A)Internal B)External C)Both internal and external D)Not any specific type of motivation	1
ii.	Managing stress is about making A) A Plan to visit Psychologist. B) A plan to develop emotional stability. C) A plan to be able to cope effectively with daily pressures. D) A plan to fun trip	1
iii.	Which of the following is a valid file extension for Notepad file? A) .jpg B) .doc C) .text (POST) starts D) . txt	1
iv.	Shortcut key to open a find dialog box is A) Ctrl+V B) Ctrl+F C) Ctrl+H D) Ctrl+Z	1
v.	Ajit has a Sweet outlet. He pays his employees on the 1st of every month. A) Creates a new product B) Manages the business C) Takes risk D) Marketing	1
vi.	Chetna decides to sell her company tires in Sri Lanka. It does not sell and she has a loss. She apologizes to the people who work for her. She says she will plan better next time. She- A) Takes responsibility for your mistakes B) Thinks before making a decision C) Does not give up D) Is creative	1

Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	The standard duration of the Assembly should be A) 15-20 minutes. B) 5 – 10 minutes. C) 30- 40 minutes. D) 1 hour.	1

ii.	The word 'assess' comes from the Latin <i>assidere</i> , which means A) To sit beside. B) To come first. C) To win. D) To score.	1
iii.	Formula of Body Mass Index (BMI) = A) Weight (in kg) / Height ² (in inch) B) Weight (in kg) / Height ² (in m) C) Weight (in kg) / Height (in m) D) Weight (in kg) / Height (in inch)	1
iv.	When the play is planned, conducted step by step in a particular way, it becomes A) Tournament. B) Structured play. C) League Tournament D) IPL	1
v.	Inventory refers to A) Sports goods B) Materials stocked C) Infrequent sports goods D) Sports Kit	1
vi.	Which of these is True? A) Basket is used for Throwing & target practice. B) Inventory can be done only with Software C) Budget is part of inventory management D) Inventory is not the part of job role of Physical Education Teacher	1

Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which of these are not a type of activity which is conducted by the Physical Activity Facilitator? A) Service Programs B) Intramural Programs C) Extramural Programs D) Intersecting Programs	1
ii.	Health Related Fitness can be assessed by measuring the following abilities: A) Aerobic Capacity. B) Action C) Balance D) Coordination	1
iii.	Assessment is the process deployed to A) Understand student learning. B) Understand test pattern C) Understand sports cultural D) Understand team building process	1

iv.	Sports is played as per A) School Rules B) Universal rules C) Adaptive rules D) Modified rules	1
v.	Roman rings, vaulting horse, parallel bars are terms related to: A) Horse Riding B) Gymnastics C) Stainless Steel Products D) Obstacle Race	1
vi.	Sports equipment or props should be A) High quality & expensive B) Universally designed C) From good brand D) Age appropriate	1

Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Agenda for the Parent Teacher Meeting in the context of the subject of Physical Education A) Parent awareness about the PE programme in the school. B) Student awareness about the PE programme in the school. C) Management awareness about the PE programme in the school. D) Development of student teacher relationship.	1
ii.	The aim of physical education is to offer all students an opportunity to - A) Enhance their physical well- being. B) Win the medals at competition. C) Enhance only physical fitness. D) Work for the society.	1
iii.	Which training is appropriate for Students of early years (below the age of 7 years) A) Aerobic Capacity B) Anaerobic Capacity C) Strength D) Balancing	1
iv.	Free Play is to A) Fun B) Learn C) Win D) Loose	1
v.	Which of this is not possible to do in Free Play sessions? A) Improve Communication B) Assess and give Report Card C) Promote sense of Sportsmanship D) Encourage Creativity	1

vi.	Equipment require for training of Jumping, hopping, waist rotation for early years children A) Hula hoop B) Agility Ladder C) Parachute D) Saucer cone	1
------------	--	----------

Q. 5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	“In most schools, the day begins with a morning assembly, when the entire school gathers to do things together. This time can be used for reading the headlines of the morning newspaper, performing some physical exercises and singing the national anthem. Other activities could also be added, for example, singing together, or listening to a story, or inviting a person from the local community or an outside guest to speak to the children, or hold small events to mark some significant local or national happening. Classes that have undertaken some interesting projects could also use this time to share their work with the whole school”. Is recommendation of – A) NCE 2005 B) NEP 2020 C) National Curriculum Framework 2005 D) National Curriculum Framework NCF 1975	1
ii.	Which of these equipment is not appropriate for catching and throwing? A) Bean Bag B) Scarf C) Relay baton D) Football	1
iii.	Free play is a form of recreation, in which it is necessary to have A) Rules B) Participants C) Officials D) Winning and losing	1
iv.	Which of these is not Disadvantages of excess usage of free play A) May develop wrong techniques B) Progress cannot be tracked C) Student Assessment cannot be done D) Promotes sense of ownership	1
v.	A physical activity facilitator’s job is to a) Teach students b) Engage colleagues c) Engage parents and community Which of these are correct: 1) A 2) A and B 3) A and C 4) All of above	1

vi.	Used in team game as jersey to differentiate from the opponent. A) Bib B) Sports safety gears C) Track Suit D) Color strips	1
------------	---	----------

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

Q. 6	Describe stress and stress management.	2
Q. 7	In SMART goals, what does 'S' stand for? Explain.	2
Q. 8	What is the function of the ENTER key	2
Q. 9	List the ways in which an entrepreneur affects a society.	2
Q. 10	Define the meaning of a career	2

Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)

Q. 11	Write a short note on "Physical Activity Facilitator nurture each student's cognitive, physical, emotional and social development"	2
Q. 12	What are the Difference between Assessment and Evaluation.	2
Q. 13	Write the type of evaluation.	2
Q. 14	What is free play?	2
Q. 15	Explain the importance of budget.	2
Q. 16	Write a short note on Inventory management system.	2

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

Q. 17	What are the qualities of a good Physical Activity Facilitator?	4
Q. 18	What are the components of fitness?	4
Q. 19	Create a Sample assessment report of fitness of class 7 th student.	4
Q. 20	Prepare a Lesson plan of Free play activity.	4
Q. 21	Elaborate the factors influencing the selection of props and equipment	4

CBSE | DEPARTMENT OF SKILL EDUCATION

PHYSICAL ACTIVITY TRAINER (SUBJECT CODE 418)

MARKING SCHEME FOR CLASS X (SESSION 2022-2023)

Max. Time: 2 Hours

Max. Marks: 50

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections – Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **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.**
5. All questions of a particular section must be attempted in the correct order.
6. **SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):**
 - i. This section has 05 questions.
 - ii. There is no negative marking.
 - iii. Do as per the instructions given.
 - iv. Marks allotted are mentioned against each question/part.
7. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section contains 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: OBJECTIVE TYPE QUESTIONS

Q. No.	QUESTION	Source Material (NCERT/PSSCIVE/ CBSE Study Material)	Unit/ Chap. No.	Page no. of source material	Marks
Q. 1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)				
i.	Anita works hard to get the scholarship at the end of year. What type of motivation is this? A) Internal B) External C) Both internal and external D) Not any specific type of motivation	CBSE Study Material	Unit 2	64	1
ii.	Managing stress is about making A) A Plan to visit Psychologist. B) A plan to develop emotional stability. C) A plan to be able to cope effectively with daily pressures. D) A plan to fun trip	CBSE Study Material	Unit 2	51	1

iii.	Which of the following is a valid file extension for Notepad file? A) .jpg B) .doc C) .text (POST) starts D) . txt	CBSE Study Material	Unit 3		1
iv.	Shortcut key to open a find dialog box is A) Ctrl+V B) Ctrl+F C) Ctrl+H D) Ctrl+Z	CBSE Study Material	Unit 3		1
v.	Ajit has a Sweet outlet. He pays his employees on the 1st of every month. A) Creates a new product B) Manages the business C) Takes risk D) Marketing	CBSE Study Material	Unit 4	112	1
vi.	Ankita decides to sell her company tyros in Sri Lanka.It does not sell and she has a loss. She apologizes to the people who work for her. She says she will plan better next time. She- A) takes responsibility for your mistakes B) thinks before making a decision C) does not give up D) is creative	CBSE Study Material	Unit 4	103	1
Q. 2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				
i.	The standard duration of the Assembly should be A) 15-20 minutes. B) 5 – 10 minutes. C) 30- 40 minutes. D) 1 hour.	CBSE Study Material	Unit 1		1
ii	The word ‘assess’ comes from the Latin <i>assidere</i> , which means A) To sit beside. B) To come first. C) To win. D) To score.	CBSE Study Material	Unit 2	38	1

iii.	Formula of Body Mass Index (BMI) = A) Weight (in kg) / Height² (in inch) B) Weight (in kg) / Height² (in m) C) Weight (in kg) / Height (in m) D) Weight (in kg) / Height (in inch)	CBSE Study Material	Unit 2	40	1
iv.	When the play is planned, conducted step by step in a particular way, it becomes A) Tournament. B) <u>Structured play.</u> C) League Tournament. D) IPL.	CBSE Study Material	Unit 3	55	1
v.	Inventory refers to A) Sports goods B) <u>Materials stocked</u> C) Infrequent sports goods D) Sports Kit	CBSE Study Material	Unit 4	71	1
vi.	Which of these is True? A) <u>Basket is used for Throwing & target practice.</u> B) Inventory can be done only with Software C) Budget is part of inventory management Inventory is not the part of job role of Physical Education Teacher	CBSE Study Material	Unit 4	59	1
Q. 3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				
i.	Which of these are not a type of activity which is conducted by the Physical Activity Facilitator? A) Service Programs B) Intramural Programs C) Extramural Programs D) <u>Intersecting Programs</u>	CBSE Study Material	Unit 1	6	1
ii.	Health Related Fitness can be assessed by measuring the following abilities: A) <u>Aerobic Capacity.</u> B) Action C) Balance D) Coordination	CBSE Study Material	Unit 2	39	1

iii.	Assessment is the process deployed to A) <u>Understand student learning.</u> B) Understand test pattern C) Understand sports cultural D) Understand team building process	CBSE Study Material	Unit 2	38	1
iv.	Sports is played as per A) School Rules B) <u>Universal rules</u> C) Adaptive rules D) Modified rules	CBSE Study Material	Unit 3	54	1
v.	Roman rings, vaulting horse, parallel bars are terms related to: A) Horse Riding B) <u>Gymnastics</u> C) Stainless Steel Products D) Obstacle Race	CBSE Study Material	Unit 4	61	1
vi.	Sports equipment or props should be A) High quality and expensive B) Universally designed C) From good brand D) <u>Age appropriate</u>	CBSE Study Material	Unit 4	59	1
Q. 4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)				
i.	Agenda for the Parent Teacher Meeting in the context of the subject of Physical Education A) <u>Parent awareness about the PE programme in the school.</u> B) Student awareness about the PE programme in the school. C) Management awareness about the PE programme in the school. D) Development of student teacher relationship.	CBSE Study Material	Unit 1	31	1
ii.	The aim of physical education is to offer all students an opportunity to - A) <u>Enhance their physical well-being.</u> B) Win the medals at competition. C) Enhance only physical fitness. D) Work for the society.	CBSE Study Material	Unit 1	6	1

iii.	Which training is appropriate for Students of early years (below the age of 7 years) A) Aerobic Capacity B) Anaerobic Capacity C) Strength D) <u>Balancing</u>	CBSE Study Material	Unit 2	39	1
iv.	Free Play is to A) <u>Fun</u> B) Learn C) Win D) Loose	CBSE Study Material	Unit 3	56	1
v.	Which of this is not possible to do in Free Play sessions? A) Improve Communication B) <u>Assess and give Report Card</u> C) Promote sense of Sportsmanship D) Encourage Creativity	CBSE Study Material	Unit 3	55	1
vi.	Equipment require for training of Jumping, hopping, waist rotation for early years children A) <u>Hula hoop</u> B) Agility Ladder C) Parachute D) Saucer cone	CBSE Study Material	Unit 4	63	1
vi.	All sports goods are meant for A) Keep safely. B) <u>Consumption.</u> C) Use and throw. D) Fun	CBSE Study Material	Unit 4	71	1
Q. 5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)					
i. i.	“In most schools, the day begins with a morning assembly, when the entire school gathers to do things together. This time can be used for reading the headlines of the morning newspaper, performing some physical exercises and singing the national anthem. Other activities could also be added, for example, singing together, or listening to a story, or inviting a person from the local community or an outside guest to speak to the children, or hold	CBSE Study Material	Unit 1	27	1

	small events to mark some significant local or national happening. Classes that have undertaken some interesting projects could also use this time to share their work with the whole school"., Is recommendation of – A) NCE 2005 B) NEP 2020 C) <u>National Curriculum Framework 2005</u> D) National Curriculum Framework NCF 1975				
ii.	Which of this equipment is not appropriate for catching and throwing? A) Bean Bag B) Scarf C) <u>Relay baton</u> D) Football	CBSE Study Material	Unit 2	65	1
ii. iii.	Free play is a form of recreation, in which it is necessary to have A) Rules B) <u>Participants</u> C) Officials D) Winning and loosing	CBSE Study Material	Unit 3	54	1
iv.	Which of these is not disadvantage of excess usage of free play A) It may develop wrong techniques B) Progress cannot be tracked C) Student's assessment cannot be done D) <u>Promote sense of ownership</u>	CBSE Study Material	Unit 3	55	1
v.	A physical activity facilitator's job is to a) Teach students b) Engage colleagues c) Engage parents and community Which of these are correct: 1) A 2) A and B 3) A and C 4) <u>All of above</u>	CBSE Study Material	Unit 1	7	1
vi.	Used in team game as jersey to differentiate from the opponent. A) <u>Bib</u> B) Sports safety gears C) Track Suit D) Color strips	CBSE Study Material	Unit 4	67	1

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q. No.	QUESTION	Source Material (NCERT/PSSCIVE / CBSE Study Material)	Unit/ Chap . No.	Page no. of source material	Marks
Answer any 3 out of the given 5 questions on Employability Skills in 20 – 30 words each (2 x 3 = 6 marks)					
Q. 6	Describe stress. Ans- Stress can be defined as our emotional, mental, physical and social reaction to any perceived demands or threats. These demands or threats are called stressors. Stressors are the reason for stress. ABC of stress management A: Adversity or the stressful event B: Beliefs or the way you respond to the event C: Consequences or actions and outcomes of the event	CBSE Study Material	Unit 2	40	2
Q. 7	In SMART goals, what does 'S' stand for? Explain. Ans - SMART stands for: Specific: A specific and clear goal answers six questions. Who is involved in the goal? What do I want to do? Where do I start? When do I start and finish? Which means do I use? Why am I doing this? Not a specific goal: "I would learn to speak English." Specific goal: "I would learn to speak English fluently by joining coaching classes after my school every day, and in six months I will take part in the inter-school debate competition."	CBSE Study Material	Unit 2	68	2
Q. 8	What is the function of the ENTER key? Ans- The enter key is a computer innovation which is an alternative to the OK button. The function of enter key is typically to finish an 'entry' and begin the desired process. It causes a dialog box, window form or command line to perform its default function.	CBSE Study Material	Unit 3	80	2
Q. 9	List the ways in which an entrepreneur affects a society. Explain any two. Enlist four points (1 x 2=2) Ans- 1.Create Jobs- With the growth of a business, entrepreneurs look for more people to help them. They buy more material, and from more people.	CBSE Study Material	Unit 4	86	2

	2.Sharing of Wealth- Wealth means having enough money to live a comfortable life. As entrepreneurs grow their business, the people working for them and in related businesses also grow. They have more money to live a better quality life.				
Q. 10	Define the meaning of a career. Ans- A career is a line of work that a person takes for life. There are two ways a person can earn a living. They are 1-self-employment 2-wage employment For example, a doctor who works for a hospital is a wage employed person. If the same doctor has their own clinic, he or she is a self-employed person.	CBSE Study Material	Unit 4	110	2
Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)					
Q. 11	Write a short note on : “Physical Activity Facilitator nurture each student’s cognitive, physical, emotional and social development” Ans- The Physical Activity Facilitator has to nurture student’s cognitive, physical and social development. He/ she should; 1.Create and maintain a physically and emotionally safe learning environment for all students. 2.Respect each individual’s dignity and worth, and help students value their own identities and appreciate differences in others. 3.Provide a supportive environment for positive social interaction and teambuilding. 4.Assist students in becoming active, inquisitive and perceptive individuals. Write any 4 ½ x 4-2	CBSE Study Material	Unit 1	6	2
Q. 12	What are the Difference between Assessment and Evaluation. Ans: 1-Assessment is ongoing and evaluation provide closure. 2-Assessment improves learning quality and evaluation judges learning level. 3-Assessment upgraded and evaluation graded. 4-Assessment provides feedback and evaluation shows shortfalls. (1/2 x 4)	CBSE Study Material	Unit 2	38	2

Q. 13	Write the type of evaluation. Enlist and write about any one. Ans- Formative Evaluation-Formative evaluation is ongoing process. It is evaluation used to monitor students learning progress during instruction with the purpose of providing ongoing feedback to students and teachers Summative Evaluation- Summative evaluation evaluates the outcome of the program. This type of evaluation is given at the end of the course to what extent the student has mastered the intended learning outcomes. Diagnostic Evaluation-Diagnostic means to find out the exact problem. Through diagnostic evaluation the teacher can know the student (their strength and weakness). This evaluation also helps to find out the causes of learning problem. This can be fixed with the remedial actions 0.5x3+1.5=4	CBSE Study Material	Unit 2	38	2
Q. 14	What is free play? Ans- The primary aim of 'Play' though is to have fun and a competition, it can be conducted or performed in a structured or an unstructured way. When the play is planned, conducted step by step in a particular way, it becomes a structured play. When it is conducted or performed impromptu, without any plan or steps to be followed, it is considered as an unstructured play. Both structured and unstructured play, though, requires adult supervision in order to eliminate any injuries, especially working with early years' children.	CBSE Study Material	Unit 2	55	2
Q. 15	Explain the importance of budget. Ans- Budget: One of the most important factors that influence the selection of props and equipment is the budget availability. Sports equipment prices are directly affected by their quality. Equipment price ranges from a few hundred to lakhs. Leading international manufacturers like Nike, Adidas, Puma, etc. come with a premium price as compared to some less-known brands. The experience (ease	CBSE Study Material	Unit 4	60	2

	of playing, comfort, durability) also varies depending on the brand as the better follow industry standards and better materials while manufacturing the equipment and props.				
Q. 16	Write a short note on Inventory management system. Ans- Inventory refers to goods, materials stocked with the purpose of using it in the future or in a systematic manner. The word 'inventory' is generally associated with production business wherein the raw materials are produced, stored and released to the market for sales and consumption. Inventory refers to goods, materials stocked with the purpose of using it in the future or in a systematic manner. The word 'inventory' is generally associated with production business wherein the raw materials are produced, stored and released to the market for sales and consumption.	CBSE Study Material	Unit 4	71	2
Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)					
Q. 17	What are the qualities of a good Physical Activity Facilitator? Enlist and elaborate one. Ans: 1) *Create an environment for learning The Physical Activity Facilitator has to nurture student's cognitive, physical and social development. He/ she should; a. Create and maintain a physically and emotionally safe learning environment for all students. b. Respect each individual's dignity and worth, and help students value their own identities and appreciate differences in others. c. Foster growth in all students by integrating intellectual, physical, emotional and social learning. d. Provide a supportive environment for positive social interaction and team building. Assist students in becoming active, 2) * Collaborate with stakeholders like school staff, parents and the community like school staff, parents and the community to provide a wide variety of physical activity opportunities for the entire school community: 3) * Respect and value other's opinion and identities. Serve as role models by participating regularly in health-enhancing physical activity. 4)*Maintain professional etiquette. Dress in attire that is appropriate for a physical activity	CBSE Study Material	Unit 1	7	4

	environment, while maintaining a high level of professionalism and agrees with the school's dress code. 5)* Commit to lifelong learning and contributing to the profession. (½ x 4 + 1 x 2)				
Q. 18	What are the components of fitness? Ans-Health Related Fitness: Health related fitness refers to a basis on which to measure our general wellbeing by striving to achieve a reasonable level of health fitness in each area. It focuses on five health related components of fitness which include cardiovascular endurance, anaerobic ability, muscular strength, flexibility and body composition. Health Related Fitness can be assessed by measuring the following abilities/capacities: *Aerobic Capacity *Anaerobic Capacity *Strength *Flexibility *Body composition Skill Related Fitness: Agility is defined as “a skill-related component of physical fitness that relates to the ability to rapidly change the position of the entire body in space with speed and accuracy.” The skill related fitness are based upon the neuromuscular system and determine how successfully a person can perform a specific skill. Both health and skill related fitness are required in all activities. For example, a person playing tennis needs to possess the necessary speed, endurance and strength which are fitness parameters as well as hand-eye-coordination and foot movements needed to strike the ball successfully which are skill parameters. Skill related fitness can be assessed by measuring the following abilities/capacities: *Action *Balance *Coordination *Agility	CBSE Study Material	Unit 2	39	4

Q. 19	Assessment Report 2017-2018 ABC School, Bangalore Name: Anam Fathima Gender: F Std & Sec: LKG A ESID: 35824940 Month of Assessment: August 2017 Download the 'EduSports' app to view detailed assessment reports, remedial sports and learning videos with other exciting content. Now available on Google Play Store (for Android users) and on App Store (for iPhone users). EDUSPORTS PRE-SCHOOL ACTIVITIES CHART Jumping Jacks Run Far Plan Simon Says Trampoline Fun Hop skip jump Action Activity can be demonstrated in any order Coordination Activity can be demonstrated in any order Balance Activity can be demonstrated in any order Roll a Ball Parachute Play Throw and Fetch Bully Eye Move your body Kick the ball Run Tigger River Crossing Bean Balance Walk on the beam Animal Walking Skills Assessed ACTION  <table><tr><th>Skill</th><th>Grade</th></tr><tr><td>Hopping</td><td>B ★★</td></tr><tr><td>Running</td><td>A ★★★</td></tr></table> BALANCE  <table><tr><th>Skill</th><th>Grade</th></tr><tr><td>Balancing</td><td>B ★★</td></tr><tr><td>Jumping & Landing</td><td>A ★★★</td></tr><tr><td>Self & General Space</td><td>A ★★★</td></tr></table> COORDINATION  <table><tr><th>Skill</th><th>Grade</th></tr><tr><td>Catching</td><td>A ★★★</td></tr><tr><td>Throwing</td><td>A ★★★</td></tr></table>  Programme Director Copyright 2017. Reproduction of this report in part or whole is strictly prohibited. All rights reserved.	Skill	Grade	Hopping	B ★★	Running	A ★★★	Skill	Grade	Balancing	B ★★	Jumping & Landing	A ★★★	Self & General Space	A ★★★	Skill	Grade	Catching	A ★★★	Throwing	A ★★★	CBSE Study Material	Unit 2	51	4
Skill	Grade																								
Hopping	B ★★																								
Running	A ★★★																								
Skill	Grade																								
Balancing	B ★★																								
Jumping & Landing	A ★★★																								
Self & General Space	A ★★★																								
Skill	Grade																								
Catching	A ★★★																								
Throwing	A ★★★																								
Q. 20	Prepare a Lesson plan of Free play activity. Ans- Objective & Prop 2+ Draft & lay out 2 Lesson Name: Dance to the Tune Aim: To showcase synchronized movements and balancing skills Props & equipment required: Music CD/ Drums, Music player • Arrange the children in scatter formation. Use the music CD if you have a musicplayer or use drums • After listening to the song, ask the children to perform the following sequence of steps, using the cue words provided: ○ <i>Jump and twirl:</i> 16 counts ○ <i>In-and-out jump:</i> 16 counts ○ <i>March in place:</i> 18 counts ○ <i>Run forward and back 8:</i> 32 counts ○ <i>March in place:</i> 18 counts. ○ <i>Jump and twirl:</i> 16 counts ○ <i>In-and-out jump:</i> 16 counts ○ <i>March in place:</i> 18 counts ○ <i>Punch:</i> 12 counts Innovate and add movements to this as you see fit. Practice these movements often so children can also showcase them on Sports day.	CBSE Study Material	Unit 3	56 to 57	4																				
Q. 21	Elaborate the factors influencing the selection of props and equipment Ans- Enlist all and explain any two (2+1+1) *Age appropriateness- The equipment/ props must be age appropriate	CBSE Study Material	Unit 4	70	4																				

	*Industry Standard- They must be manufactured as per the industry guidelines. E.g. tennis ball made of rubber and not leather, cricket bats made of wood and not metal, etc. *Sports type- They must be selected as per the type of the sport. For example, Basketball, Volleyball should not be used to play football and vice-versa. *Infrastructure- Depending on the type of sport and where it is played the selection of props and equipment is determined. For example, indoor courts/ play area requires less rugged equipment than outdoor equipment that are exposed to direct sun and other harsh weather. The type of equipment and props is determined by the mobile (makeshift) and permanent play space. For example, a permanent goal posts, basketball posts, volleyball poles are required to be installed in a permanent designated place. If the play area is used for multi-purpose activity, the dismountable, mobile type of the same equipment is to be used. * Group size- They must be calculated as per number of learners. If a large group of students, for example, 40 students play at a time, it is always best to divide them into smaller groups and each group should be given adequate number of props to play with. The small group also requires customization of the equipment such as small size goal post for football, mobile cricket stumps, etc. Thus, influencing the selection of props and equipment during planning the sports training. * Budget- One of the most important factors that influences the selection of props and equipment is the budget availability. Sports equipment prices are directly affected by their quality. Equipment price ranges from a few hundred to lakhs. Leading international manufacturers like Nike, Adidas, Puma, etc. come with a premium price as compared to some less-known brands. The experience (ease of playing, comfort, durability) also varies depending on the brand as the better follow industry standards and better materials while manufacturing the equipment and props.				
--	--	--	--	--	--