

EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

Maximum Marks: 100

Time allowed: Two hours

1. *Answers to this Paper must be written on the paper provided separately.*
 2. *You will **not** be allowed to write during the first 15 minutes.*
 3. *This time is to be spent in reading the question paper.*
 4. *The time given at the head of this Paper is the time allowed for writing the answers.*
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5. *Attempt **all** questions from **Section A** and **any four** questions from **Section B**.*
 6. *The intended marks for questions or parts of questions are given in brackets[].*

Instruction for the Supervising Examiner

Kindly read aloud the Instructions given above to all the candidates present in the Examination Hall.

SECTION A (40 Marks)

(Attempt all questions from this Section.)

Question 1

[20]

Choose the correct answers to the questions from the given options.

(Do not copy the question, write the correct answers only.)

- (i) What does **R** stand for in SMART method of setting goals?
- (a) Reliable
 - (b) Realistic
 - (c) Retainable
 - (d) Reworkable
- (ii) In Basketball, only _____ players per team can be on the court during a game.
- (a) 5
 - (b) 6
 - (c) 7
 - (d) 11
- (iii) Which of the following is an example of non-verbal communication?
- (a) E-mail
 - (b) Election campaigns
 - (c) Gestures
 - (d) Team meetings

- (iv) Which of the following shortcut keys is used to paste a file?
- (a) Ctrl+x
 - (b) Ctrl+c
 - (c) Ctrl+a
 - (d) Ctrl+v
- (v) Which of the following is a type of motivation?
- (a) External
 - (b) Intensive
 - (c) Extensive
 - (d) Intermediate
- (vi) What should be the teaching approach of a physical activity facilitator?
- (a) Structured
 - (b) Cluttered
 - (c) Complex
 - (d) Unstructured
- (vii) Which of these ways are means to overcome communication barriers?
- (a) Using translator
 - (b) Avoid communication
 - (c) Respecting the differences of one another
 - (d) Using one's own language for comfort

- (viii) Which of the following is a health-related physical fitness component?
- (a) Speed
 - (b) Body composition
 - (c) Reaction time
 - (d) Agility
- (ix) Which of these sentences are punctuated correctly?
- (a) Sita is a 5, feet tall girl.
 - (b) Salim is arriving India on Monday?
 - (c) Ravi speaks French too;
 - (d) I am so excited to see my name on the competition list!
- (x) CPR in first-aid stands for _____.
- (a) Cardiopulmonary resuscitation
 - (b) Cardiopulsary reunification
 - (c) Cardiopulmonary respiration
 - (d) Cardio plastic resuscitation
- (xi) Which of the following skills is mainly required for marathon running?
- (a) Speed
 - (b) Agility
 - (c) Cardiovascular endurance
 - (d) Reaction time

(xii) Which of the following is a command key?

- (a) Insert
- (b) Count
- (c) Delete
- (d) Control

(xiii) Akbar has a garment factory. He pays his employees in 1st week of every month. Which function of the entrepreneur is he doing?

- (a) Creating new product
- (b) Making decisions
- (c) Dividing income
- (d) Taking risk

(xiv) Arrange the First Aid sequence in a correct manner.

1. Stop severe bleeding.
2. Restore breathing.
3. Call for advanced medical help.
4. Treat shock.

- (a) 2, 4, 3, 1
- (b) 1, 2, 3, 4
- (c) 2, 1, 4, 3
- (d) 4, 2, 1, 3

(xv) Which organisation has made the Sustainable Development Goals (SDGs)?

- (a) World Health Organisation
- (b) United Nations
- (c) PETA
- (d) UNICEF

(xvi) Which of the following is an advantage of Free Play?

- (a) Assessments cannot be done.
- (b) It may lead to conflicts.
- (c) It may develop wrong techniques.
- (d) It may encourage creativity.

(xvii) The picture given below demonstrates which game?



- (a) Rugby
- (b) Basketball
- (c) Baseball
- (d) Soccer

- (xviii) Which amongst the following is an Olympic sport?
- (a) Weightlifting
 - (b) Powerlifting
 - (c) Bodybuilding
 - (d) Ironman
- (xix) Television is a/an _____.
- (a) Visual aid
 - (b) Audio-Visual aid
 - (c) Audio aid
 - (d) Virtual aid
- (xx) Which player wears a different coloured jersey in Volleyball?
- (a) Attacker
 - (b) Defender
 - (c) Setter
 - (d) Libero

Question 2

- (i) Mention *any two* examples of public communication. [2]
- (ii) What is meant by stress? [2]
- (iii) What is meant by homogeneous group? [2]
- (iv) With the help of an example explain the difference between misconception and reality. [2]
- (v) Explain the term *Skills*. [2]

Question 3

- (i) Calculate the BMI of a person whose weight is 50 kg and height is 1m 50 cm. [2]
- (ii) Differentiate between Assessment and Evaluation. [2]
- (iii) Mention *two* ways of protecting the data in computer. [2]
- (iv) What is the length of a volleyball court and the height of a basketball ring? [2]
- (v) What is meant by Inventory Management? [2]

SECTION B (60 Marks)

(Answer **any four** questions from this **Section**.)

Question 4

- (i) What is the importance of Feedback? Name the *three* types of Feedback. [5]
- (ii) Write a short note on barriers to effective communication. [5]
- (iii) What is Goal setting? In SMART goals explain what does M stand for. [5]

Question 5

- (i) Discuss *any five* important factors you will keep in mind while procuring sports equipment. [5]
- (ii) Prepare a detailed sports budget for conducting Annual Sports Day in school. [5]

- (iii) In context of Employability skills answer the following: [5]
- (a) What are *three* important parts of communication?
- (b) Give *two* differences between interests and abilities.

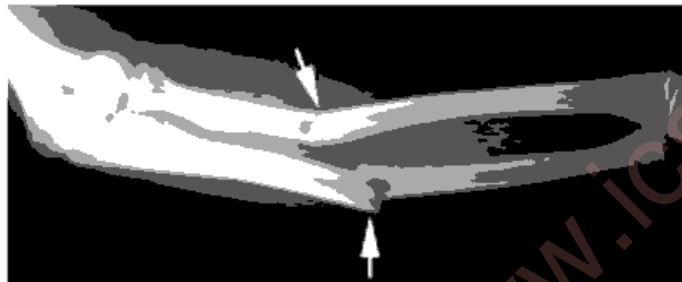
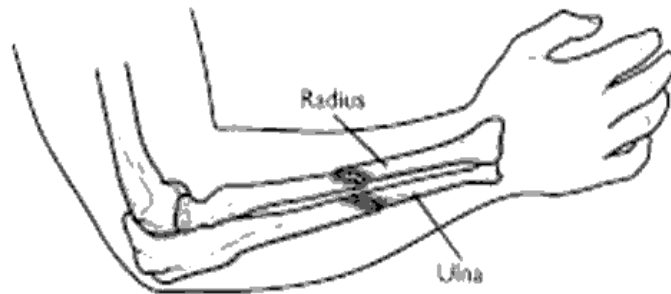
Question 6

- (i) Why is documenting assessment, in the form of a report, important? [5]
- (ii) Draft an agenda for the Parent Teacher Meeting in reference to the subject of Physical Education. [5]
- (iii) Write *any five* Skill related physical fitness components. Give an example of each. [5]

Question 7

- (i) What is RICE method in First-Aid? List and explain the *three* types of injuries in which RICE method is used. [5]
- (ii) Write the usage of *any five* props that are used for the purpose of marking in the field. [5]
- (iii) What do you understand by Recreational Activities? Mention *two* pros and cons of Recreational Activities. [5]

Question 8



- (i) With reference to the injury shown in the picture above, mention how you will deal with such a situation right after its occurrence. [5]
- (ii) How does Free Play help to overcome and recover from injuries? [5]
- (iii) Being an Early Year Physical Activity Facilitator, explain the scope of work. [5]

Question 9

- (i) With reference to sustainable development write a short note on: [5]
 - (a) Quality Education
 - (b) Affordable and Clean Energy
- (ii) Briefly explain different threats to a computer. [5]

(iii)

CASE STUDY

[5]

Ramesh is a middle-aged man from Ranchi. He owns a store which sells various kinds of handmade gifts. A few more stores in his area sell varieties of gift items. He has collaborated with a few local artisans both ladies and old aged people to provide them a mode of income and create new items for his store. His business is called "The Handmade Gift Shop". He has a good sale and wishes to expand his store and include more artisans from nearby towns to include more creative items in his store. He is also learning the craft from his fellow workers to understand the business better. He however, during the last few months has incurred a loss and has apologised to his manpower. He has ensured that he will plan better strategies for selling his items.

Based on the above case study answer the following questions:

- (a) Do you think Ramesh is an entrepreneur? If so, justify your answer.
- (b) Which quality of entrepreneurship can be seen in Ramesh's way of business?
- (c) How is Ramesh helping his locality?
- (d) What do you understand by the term entrepreneurship?
- (e) Mention *any one* misconception about entrepreneurship.