

## ANSWER KEY

### Q. 1 Answer any 4 out of the given 6 questions on Employability Skills (1x4=4 marks)

- i. (b) Foster physical fitness and holistic development
- li. (a) PE is planned and structured while PA is informal
- iii. (c) Catching a ball
- iv. (c) Saucer cones
- v. (d) Developing intellectual abilities
- vi. (d) Developing intellectual abilities

### Q. 2 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. (a) Throwing and catching
- ii. (c) 1:1
- iii. (a) High energy involving all children
- iv. (b) Coordination
- v. (b) Ensure maximum participation
- vi. (b) Focus on individual performance

### Q. 3 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. (c) Helping children achieve specific developmental outcomes
- ii. (d) Emphasis on winning at all costs
- iii. (b) To prepare the body for physical activity and prevent injury
- iv. (c) Heel-to-toe landing and upright posture
- v. (d) solving number games during physical movement
- vi. (d) Solving number games during physical movement

### Q. 4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. (a) Reduces muscle strength
- ii. (b) 8-10 hours
- iii. (b) Carbohydrates
- iv. (b) Blockage of windpipe
- v. (c) Maintain clearance in front of playground equipment
- vi. (a) Rest

### Q. 5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

- i. (d) Punch the nostrils and breath through mouth
- ii. (c) Complete physical, mental, and social well-being
- iii. (a) To develop communication between parents and children
- iv. (a) Pre-Sports Day
- v. (a) To encourage healthy competition
- vi. (b) Ensure maximum participation

## 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	<b>What are the elements of a lesson plan in physical education?</b> Ans. Elements of a physical education lesson plan include objectives, warm-up activities, main activities, skill development, and cool-down exercises to ensure structured, safe, and effective learning.	2
Q. 7	<b>Why is physical fitness important for overall well-being?</b>	2

	Ans. Physical fitness supports overall well-being by enhancing strength, flexibility, and cardiovascular health. It also boosts mental alertness and reduces stress, promoting a balanced and active lifestyle.	
Q. 8	<b>Why is high energy involvement crucial in physical education classes?</b> Ans. High energy engagement keeps children active, focused, and excited about participating. It helps improve physical stamina, enhances learning through movement, and makes activities enjoyable.	2
Q. 9	<b>Define the difference between sport, game, and play.</b> Ans. Sport is a structured activity with a set of rules and often overseen by governing bodies (e.g., football). Game is an organized recreational activity focused on entertainment with rules to determine the winner (e.g., chess). Play is unstructured or free-form activity primarily for enjoyment, without rigid rules or a defined outcome (e.g., tag).	2
Q. 10	<b>Why is it important to conduct regular audits of sports equipment?</b> Ans. Regular audits are essential to track the condition of equipment, identify any damage or wear and tear that requires replacement, and prevent shortages by ensuring all needed items are available before an event or school term.	2

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

Q. 11	<b>What are the key domains of early childhood physical development?</b> Ans. The key domains are the cognitive, physical, and affective domains, which focus on mental growth, motor skills, and emotional and social interactions, respectively.	2
Q. 12	<b>How does regular physical activity benefit mental health?</b> Ans. Regular activity reduces stress and anxiety, improves mood, and boosts self-esteem, which enhances mental health and emotional stability.	2
Q. 13	<b>What is the role of props in physical activities for young children?</b> Ans. Props make activities more interactive and engaging, help to teach specific skills, and enhance motor coordination. Age-appropriate props, like bean bags or softballs, make learning enjoyable and safer for young children.	2
Q. 14	<b>Why is creativity important in free play activities?</b> Ans. Creativity in free play encourages children to imagine, invent, and explore, helping them develop unique problem-solving skills and adaptability, which contribute to overall growth and confidence.	2
Q. 15	<b>Explain how the “Discovery Play” lesson fosters creative thinking in children.</b> Ans. In “Discovery Play,” children interact with various props, learn their names and uses, and create games around them, which fosters innovation and self-expression as they explore different possibilities.	2
Q. 16	<b>How does group size affect the selection of sports equipment?</b> Ans. Group size impacts the quantity and type of equipment required. For larger groups, it’s essential to have enough equipment to ensure that each participant can actively engage. This may involve dividing larger groups into smaller teams and providing equipment for each team.	2

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

Q. 17	<b>Describe the factors that influence physical fitness in children.</b> Ans. Factors include genetics, physical activity level, diet, sleep, and environment. Genetics determine body type and potential endurance, while physical activity levels, nutrition, and sleep contribute to energy and muscle development. The environment, such as school facilities and family support, also shapes a child’s physical fitness.	4
Q. 18	<b>Discuss the role of physical education in the holistic development of children.</b> Ans. Physical education promotes physical fitness, mental alertness, social skills, and emotional resilience. Through activities, children learn discipline, teamwork, and	4

	problem-solving, which supports emotional intelligence. It fosters healthy habits, helps build self-confidence, and creates a foundation for lifelong well-being	
Q. 19	<p><b>Compare and contrast the purposes of sport, game, and play, giving examples for each.</b></p> <p>Ans. Sport is competitive, often governed by strict rules with the aim of winning or achieving a specific goal (e.g., soccer). Game is also structured and goal-oriented but may focus more on fun than competition (e.g., board games). Play is flexible and open-ended, focusing solely on enjoyment with minimal rules, like imaginative games (e.g., pretend play). These activities serve different purposes in skill development, with sport emphasizing discipline, games on strategic thinking, and play fostering creativity.</p>	4
Q. 20	<p><b>What is the purpose of Free play?</b></p> <p>Ans. It serves multiple developmental functions:</p> <p><b>1. Building Life Skills:</b> Free play teaches children valuable life skills such as problem solving, decision-making, and social interaction. They learn to navigate challenges and work through conflicts with minimal adult intervention.</p> <p><b>2. Promoting Mental Well-being:</b> Play helps reduce stress and anxiety in children by allowing them to escape structured tasks or academic pressures. Free play fosters mental relaxation, which contributes to overall mental well-being and emotional resilience.</p> <p><b>3. Development of Self-Discipline:</b> In self-regulated play, children learn to manage their time and set personal boundaries. They make their own decisions about how long to play, what rules to follow, and how to interact with their peers. This fosters independence and self-control.</p>	4
Q. 21	<p><b>Discuss the factors that influence the selection of sports equipment, including age appropriateness, industry standards, and group size.</b></p> <p>Ans. Age-appropriateness ensures that equipment matches the skill and safety needs of then participants; for example, younger children need lighter and smaller gear. Industry standards provide guidelines on materials and durability, like using rubber tennis balls rather than leather. Group size affects the amount of equipment needed to ensure active engagement for everyone; large groups may require dividing participants and providing multiple sets of equipment. These factors ensure that equipment is safe, durable, and suited to the participants' age, sport, and group needs.</p>	4