



शारीरिक गतिविधि प्रशिक्षक

PHYSICAL ACTIVITY TRAINER

कक्षा / Class

XI

2026-27

विद्यार्थी सहायक सामग्री
Student Support Material



FITNESS



TRAINING



WELLNESS



SPORTS SKILLS



ASSESSMENT



PROFESSIONAL
PRACTICES



CONCEPTUAL
UNDERSTANDING



PRACTICAL
SKILLS



CRITICAL THINKING &
PROBLEM SOLVING



FITNESS FOR
LIFE & CAREER

केन्द्रीय विद्यालय संगठन ~ Kendriya Vidyalaya Sangathan



संदेश

शिक्षा केवल पुस्तकों तक सीमित ज्ञान नहीं है; यह स्वयं को पहचानने, अपने विचारों को विस्तार देने और जीवन की चुनौतियों का आत्मविश्वास से सामना करने की सतत् यात्रा है। केन्द्रीय विद्यालय संगठन का सदैव यह प्रयास रहा है कि प्रत्येक विद्यार्थी के लिए ऐसा शिक्षण वातावरण हो, जहाँ जिज्ञासा को प्रोत्साहन मिले, सीखना आनंददायी बने और प्रत्येक बालक अपनी अंतर्निहित क्षमताओं को पहचानकर उन्हें विकसित कर सके।

राष्ट्रीय शिक्षा नीति 2020 ने शिक्षा को सिर्फ रटने से समझने, सूचना से ज्ञान और ज्ञान से जीवनोपयोगी दक्षताओं की ओर अग्रसर किया है। आज का समय कृत्रिम बुद्धिमत्ता (Artificial Intelligence – AI), डिजिटल नवाचार और निरंतर बदलती तकनीकों का है। ऐसे युग में केवल तथ्यों का ज्ञान पर्याप्त नहीं है; आवश्यक है कि विद्यार्थी मनन- चिंतन करना सीखें, प्रश्न पूछें, समस्याओं का समाधान खोजें और नए विचारों के साथ आगे बढ़ें। यही क्षमताएँ उन्हें भविष्य के लिए तैयार करेंगी।

इन्हीं उद्देश्यों को ध्यान में रखते हुए केन्द्रीय विद्यालय संगठन के पाँचों आंचलिक शिक्षा एवं प्रशिक्षण संस्थानों (ZIETs) के माध्यम से, समर्पित एवं अनुभवी शिक्षकों द्वारा कक्षा 9 से 12 के विद्यार्थियों के लिए यह विद्यार्थी सहायक सामग्री तैयार की गई है। यह केवल परीक्षा की तैयारी की संकलन सामग्री नहीं है, बल्कि विषयों को सरलता से समझने, अवधारणाओं को स्पष्ट करने, नियमित अभ्यास करने और आत्मविश्वास के साथ आगे बढ़ने का एक विश्वसनीय साथी है।

इस सामग्री में विषय-वस्तु को विद्यार्थियों की आवश्यकताओं के अनुरूप सरल, व्यवस्थित एवं दक्षता-आधारित दृष्टिकोण से प्रस्तुत किया गया है। मुझे प्रसन्नता है कि इसे हमारे शिक्षकों के अनुभव, नवाचार और विद्यार्थियों के प्रति उनकी प्रतिबद्धता ने समृद्ध बनाया है। मुझे विश्वास है कि यह सामग्री विद्यार्थियों की सीखने की यात्रा को अधिक सहज, रोचक और प्रभावी बनाएगी तथा उन्हें बोर्ड परीक्षाओं के साथ-साथ जीवन की व्यापक चुनौतियों के लिए भी तैयार करेगी।

मेरा विश्वास है कि जब एक जिज्ञासु विद्यार्थी, प्रेरित शिक्षक और सार्थक शिक्षण संसाधन एक साथ आते हैं, तब शिक्षा केवल उपलब्धि का माध्यम नहीं रहती, बल्कि व्यक्तित्व निर्माण की एक सशक्त प्रक्रिया बन जाती है। यही भावना इस विद्यार्थी सहायक सामग्री के केंद्र में है।

मेरी हार्दिक शुभकामनाएँ हैं कि आप सभी सीखने की इस यात्रा में निरंतर आगे बढ़ें, अपने सपनों को नए आयाम दें और ज्ञान, संवेदनशीलता तथा नवाचार के साथ राष्ट्र निर्माण में अपना महत्वपूर्ण योगदान दें।

शुभकामनाओं सहित।


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About the Student Support Material

The Student Support Material (SSM) for Class XI Physical Activity Trainer has been developed for the academic session 2026–27 under the guidance of Kendriya Vidyalaya Sangathan (KVS), Headquarters, New Delhi. As directed by KVS HQ, the responsibility for preparing this material was entrusted to KVS Zonal Institute of Education and Training (ZIET), Mysuru.

To ensure quality, relevance, and learner-friendly presentation, ZIET Mysuru collaborated with experienced teachers and subject experts from various Kendriya Vidyalayas. Their collective efforts have resulted in a comprehensive, skill-oriented, and examination-focused resource for students.

The SSM has been designed in accordance with the latest CBSE guidelines, the principles of NEP 2020, Competency-Based Education (CBE), and the curriculum prescribed for the Physical Activity Trainer vocational course.

This material aims to help students understand concepts related to physical activity, health, fitness, exercise science, sports training, and wellness in a simple and systematic manner. It also promotes the development of practical competencies, critical thinking, communication skills, professional ethics, and employability skills required in the fitness and wellness sector.

Each unit generally includes:

- Infographics and visual learning aids
- Key concepts and topic notes
- Multiple Choice Questions (MCQs)
- Short Answer Questions
- Competency-Based and Application-Oriented Questions
- Practical Activities and Skill-Based Exercises
- Case Studies and Real-Life Scenarios
- Practice and Revision Content

Special Features

- ✓ Simple and student-friendly language
- ✓ Integration of theory with practical application
- ✓ Real-life fitness and wellness scenarios
- ✓ Skill-based and competency-focused assessment
- ✓ Emphasis on health, fitness, and professional development
- ✓ Logical, structured, and easy-to-understand content

This Student Support Material serves as both a study guide and a learning companion, supporting conceptual understanding, practical skill development, self-assessment, and examination preparation. Regular use of this resource will help students become more confident, health-conscious, physically active, and career-ready.

We sincerely hope that this collaborative initiative of KVS ZIET Mysuru and participating teachers from various regions will contribute meaningfully to students' academic success, skill development, and future careers in the fields of fitness, sports, health, and wellness.

How to Use this Student Support Material (SSM)

Welcome to the Student Support Material for Class XI Physical Activity Trainer. This resource has been designed to help you understand the fundamentals of physical activity, fitness training, health and wellness, sports skills, and professional practices related to the fitness industry. It aims to develop your knowledge, practical competencies, and employability skills while preparing you for assessments and future career opportunities.

Best Practices for Effective Learning

To make the most of this material, follow these steps:

- **Build Fundamental Understanding:** Read the chapter notes carefully and focus on understanding concepts, principles, and procedures related to physical activity, fitness, health, and training.
- **Learn Key Terms and Concepts:** Familiarize yourself with important terminology, fitness components, training methods, safety measures, and industry practices presented in each unit.
- **Connect Theory with Practice:** Relate classroom learning to fitness activities, exercise programmes, training sessions, and real-life situations.
- **Develop Practical Skills:** Participate actively in demonstrations, practical activities, fitness assessments, and skill-based exercises to strengthen hands-on competencies.
- **Revise Systematically:** Use charts, diagrams, tables, flowcharts, and summaries for quick revision and better retention.
- **Strengthen Application Skills:** Attempt competency-based, case-based, and scenario-based questions to apply knowledge in practical fitness situations.
- **Evaluate Your Learning:** Regularly practice MCQs, short-answer, and long-answer questions to assess your understanding and identify areas for improvement.
- **Follow Safe and Healthy Practices:** Develop habits related to fitness, exercise safety, nutrition awareness, hygiene, and professional ethics.

Versatile Usage

This SSM can be effectively used for:

- Daily Classroom Learning and Homework
- Practical Activities and Skill Development Sessions
- Unit Tests and Periodic Assessments
- Internal and External Examinations
- Revision and Self-Assessment
- Career Readiness and Professional Skill Development

Regular and sincere use of this material will help you develop conceptual understanding, practical fitness-training skills, professional competencies, and confidence. Most importantly, it will encourage a healthy lifestyle and prepare you for future opportunities in fitness, sports, health, and wellness-related professions.

Happy Learning and Best Wishes for Your Success!

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PART-A

PART-A
EMPLOYABILITY SKILLS

UNIT-1
COMMUNICATION SKILLS-III

TOPICS TO BE COVERED-

- 1. INTRODUCTION TO COMMUNICATION**
- 2. VERBAL COMMUNICATION**
- 3. NON-VERBAL COMMUNICATION**
- 4. PRONUNCIATION BASICS**
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- 10. TALKING ABOUT SELF**
- 11. ASKING QUESTIONS**
- 12. TALKING ABOUT FAMILY**
- 13. DESCRIBING HABITS AND ROUTINES**
- 14. ASKING FOR DIRECTIONS**

Communication Skills

Meaning

Communication is the process of sharing ideas, information or feelings to achieve mutual understanding.

Communication Process



Elements

- Sender
- Message
- Channel
- Receiver
- Feedback

Types of Communication



Verbal
(Spoken / Written)



Non-verbal
(Body language, Gestures)



Visual
(Charts, Signs, Symbols)

Verbal vs Non-verbal

Verbal

- ✓ Uses words
- ✓ Spoken & Written
- ✓ Example: Talking, Emails, Messages

Non-verbal

- ✓ Without words
- ✓ Gestures, Facial expressions, Posture, Eye contact



Importance

- ★ Essential for education and workplace
- ★ Builds confidence & strong relationships
- ★ Helps in problem-solving and teamwork
- ★ Reduces misunderstanding and conflicts

Communication Styles

Assertive (Best)

Clear, confident & respectful

Passive

Avoids expressing opinions / needs

Aggressive

Dominating, rude & ignores others

Passive-Aggressive

Indirect anger, sarcasm

Pronunciation Basics

- ✓ Stress – Emphasis on syllables
- ✓ Intonation – Rise & fall of voice
- ✓ Clarity – Speak words clearly

Improve by: Listening, Practice, Reading aloud

Saying NO (Refusal Skills)

- ✓ Listen carefully
- ✓ Say NO politely
- ✓ Give reason (optional)
- ✓ Suggest alternative

NO!



Writing Skills

Parts of Speech

- Noun
- Pronoun
- Verb
- Adjective
- Adverb
- Preposition
- Conjunction

Sentence

Group of words with complete meaning

Structure:

Subject + Verb + Object

Basic Speaking Skills

- Greetings: Good morning, Hi
- Introduction: Name, place, work
- Talk about self: Interests, skills
- Talk about family: Members, relationships, occupations
- Daily Routines (Simple Present): I wake up at 6 AM. I go to school every day.



Asking Questions

Types:

- Yes/No questions
- WH questions (What, Why, Where, When, Who, How)

Structure:

Helping verb + Subject + Main verb

Asking for Directions

- Turn Left
- Turn Right
- Go Straight
- Next to
- Opposite



Final Key Points

- ✓ Use clear words + correct body language
- ✓ Be a good listener
- ✓ Practice speaking, listening, reading, writing daily
- ✓ Use assertive communication
- ✓ Be polite, confident & respectful

Examples

Greeting: Good morning!

Introduction: My name is Riya.

Question: Where do you live?

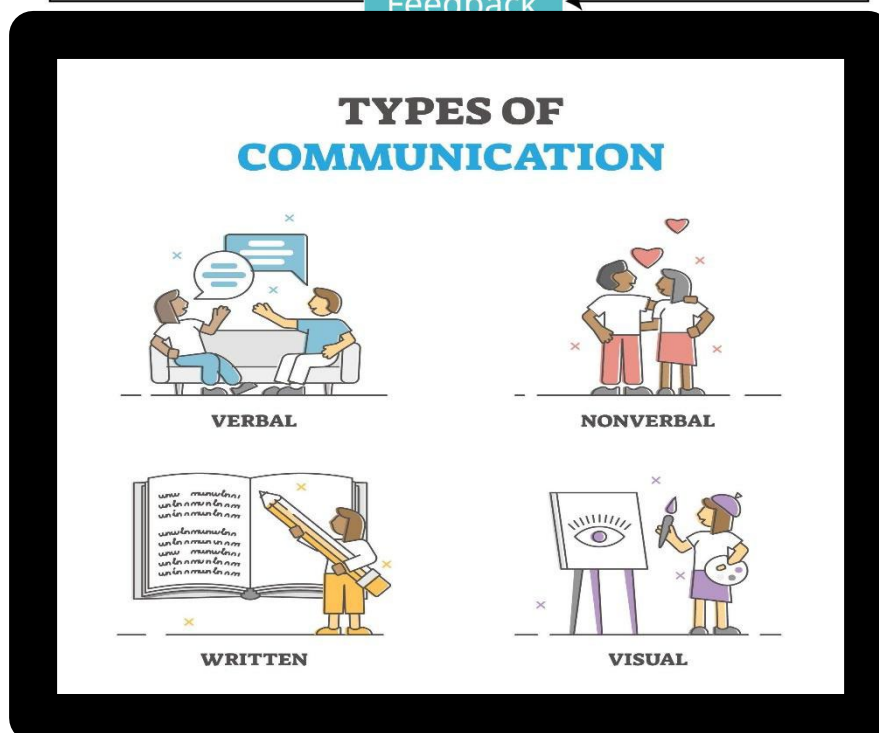
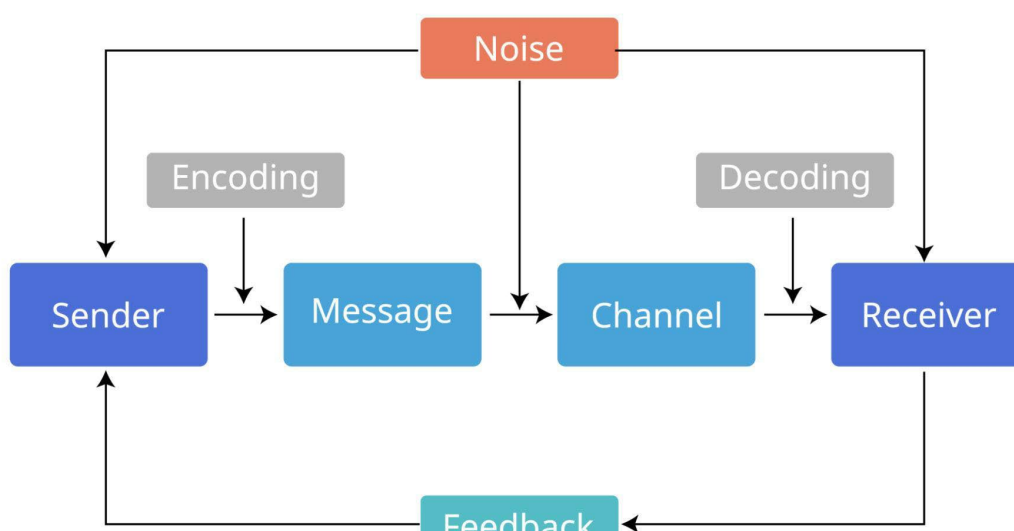
Direction: Turn left.

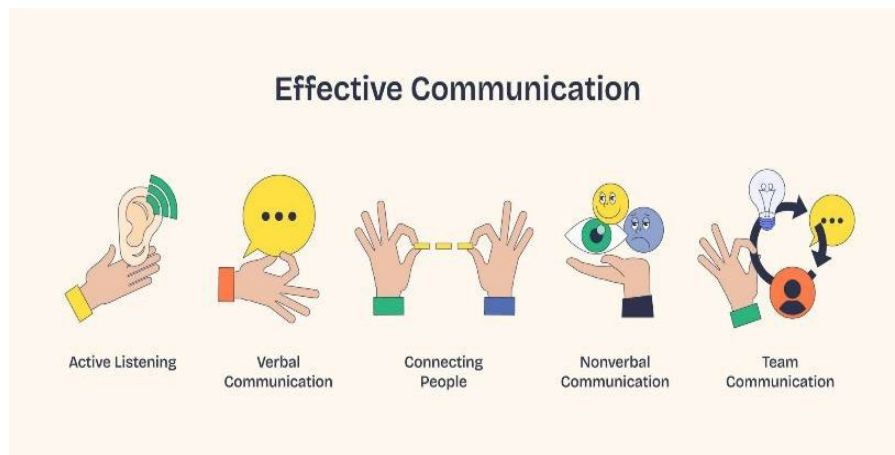
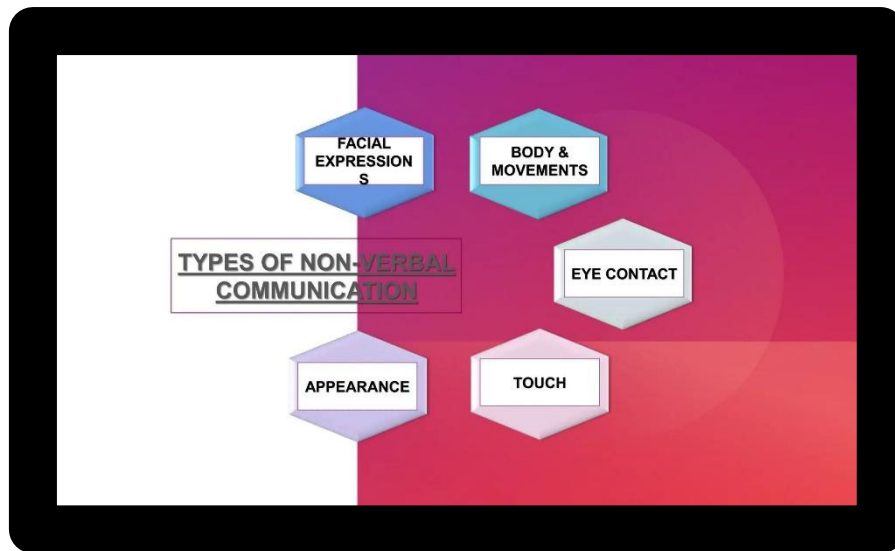
Routine: I study every day.

UNIT 1: COMMUNICATION SKILLS

COMMUNICATION PROCESS & TYPES

The Communication Process





INTRODUCTION TO COMMUNICATION

Meaning:

Communication is the process of exchanging ideas, information, feelings, or thoughts between two or more people to achieve mutual understanding.

Elements of Communication:

- Sender: Person who creates and sends the message
- Message: Information or idea being communicated
- Channel: Medium used (speech, text, email, phone)
- Receiver: Person who receives and understands the message
- Feedback: Response given by the receiver

Types of Communication:

- Verbal: Spoken or written words

- Non-verbal: Body language, gestures
- Visual: Charts, signs, symbols

Importance:

- Essential for education and workplace success
- Builds confidence and strong relationships
- Helps in problem-solving and teamwork
- Reduces misunderstanding and conflicts

VERBAL COMMUNICATION

Definition:

Communication using spoken or written words.

Types:

- Oral Communication: Face-to-face, phone calls, meetings
- Written Communication: Letters, emails, messages

Advantages:

- Fast and effective
- Easy to express ideas clearly
- Immediate feedback possible (in oral)

Barriers:

- Language differences
- Poor listening skills
- Lack of clarity or confidence

Improvement Tips:

- ✓ Use simple and clear language
- ✓ Speak with confidence and correct tone
- ✓ Be a good listener
- ✓ Avoid unnecessary words

NON-VERBAL COMMUNICATION

Definition:

Communication without using words, through body movements and expressions.

Types:

- Facial expressions: Show emotions (happy, sad, angry)
- Gestures: Hand movements while speaking
- Posture: Body position (standing/sitting)
- Eye contact: Shows confidence and attention

Importance:

- Reflects true feelings and emotions
- Supports and strengthens verbal communication
- Very important in interviews and presentations

Key Point:

Non-verbal communication can be more powerful than words

Nonverbal Communication

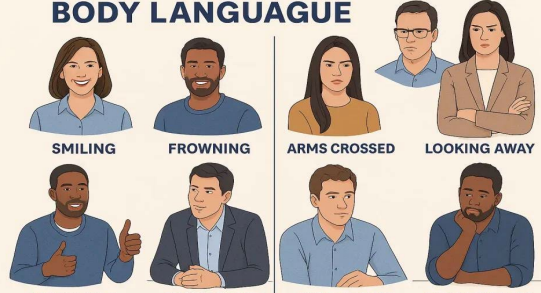
Nonverbal Communication Refers to Communication that is Produced by some Means other than Words (Eye Contact, Body Language, or Vocal cues. In other words, communication without using words, such as gestures, body language, the facial Expressions is Called Non-Verbal Communication.



Body Language Facial Expression Eye Contact Hand Gestures

Getup Learn

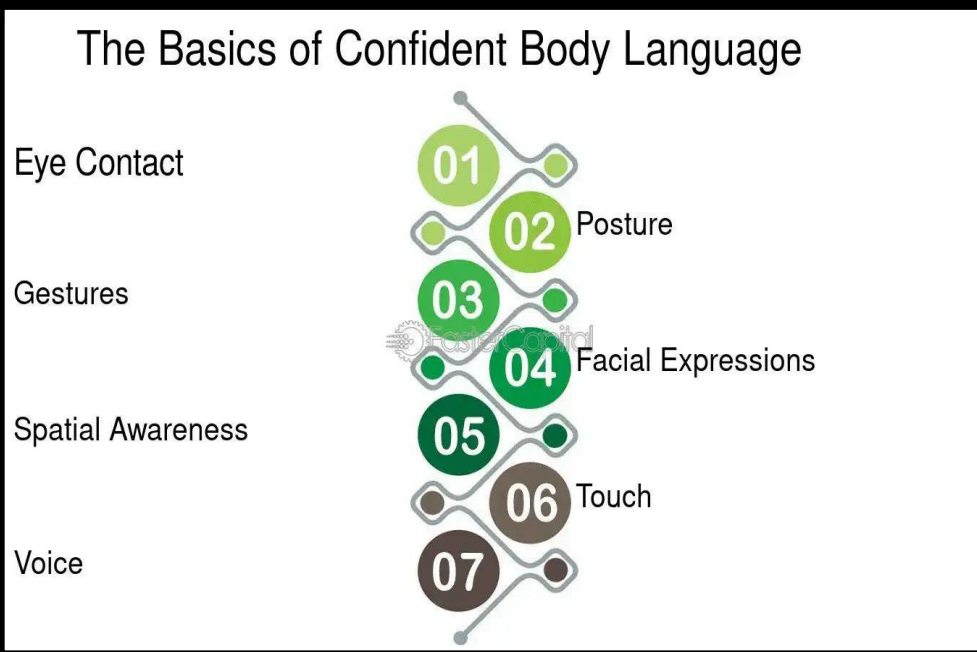
POSITIVE vs. BODY LANGUAGE



SMILING FROWNING ARMS CROSSED LOOKING AWAY

LEANING IN EYE CONTACT EYE CONTACT POOR POSTURE

The Basics of Confident Body Language



01 Eye Contact

02 Posture

03 Gestures

04 Facial Expressions

05 Spatial Awareness

06 Touch

07 Voice

PRONUNCIATION BASICS

Meaning:

Pronunciation refers to the correct way of speaking words clearly and accurately.

Key Concepts:

- Stress: Emphasis on certain syllables
- Intonation: Rise and fall of voice
- Clarity: Speaking words clearly

Common Problems:

- Incorrect stress on words
- Influence of mother tongue
- Speaking too fast

Improvement Tips:

- ✓ Listen to correct pronunciation
- ✓ Practice speaking daily
- ✓ Read aloud regularly
- ✓ Use dictionary/audio tools

COMMUNICATION STYLES

Types of Communication Styles:

1. Assertive Communication (Best & Balanced)

- Clear, confident, and respectful
- Expresses thoughts and feelings honestly
- Respects others' opinions

Example: “I understand your point, but I feel this approach would work better.”

Why it's good: Builds trust and healthy relationships

2. Passive Communication

- Avoids expressing opinions or needs
- May agree even when they don't want to
- Often lacks confidence

Example: It's okay, whatever you decide is fine...”

Problem: Needs are ignored, can lead to frustration

3. Aggressive Communication

- Dominating, forceful, sometimes rude
- Ignores others' feelings
- Uses blame or criticism

Example: This is wrong. Do it my way!"

Problem: Creates conflict and fear

4. Passive-Aggressive Communication

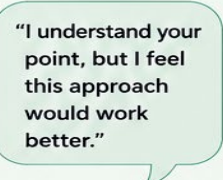
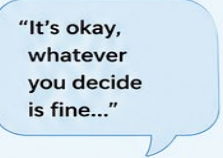
- Appears passive but expresses anger indirectly
- Uses sarcasm or silent treatment

Example: Sure, I'll do it... like I always do everything."

Problem: Causes confusion and hidden tension

COMMUNICATION STYLES

The way we communicate affects our relationships, understanding and success.

STYLE	WHAT IT LOOKS LIKE	EXAMPLE	IMPACT
 1. ASSERTIVE COMMUNICATION Clear, confident and respectful	• Expresses thoughts, feelings and needs clearly • Respects others' opinions • Open, honest and direct		 Builds trust, encourages open dialogue and strong relationships.
 2. PASSIVE COMMUNICATION Avoids expressing opinions or needs	• Avoids conflict • Hides feelings • May agree even when they don't want to • Lacks confidence		 Needs are ignored, can lead to stress, frustration and resentment.
 3. AGGRESSIVE COMMUNICATION Dominating, forceful and disrespectful	• Blames, criticizes or insults • Ignores others' feelings • Wants to win • Uses power or pressure		 Creates conflict, fear and distance. Breaks down relationships.
 4. PASSIVE-AGGRESSIVE COMMUNICATION Shows anger indirectly	• Seems passive on the surface • Expresses anger indirectly • Uses sarcasm, sulking or silent treatment		 Causes confusion, hurt feelings and hidden tension. Damages trust.

SAYING NO — REFUSAL SKILLS

Importance:

- Protects your time and energy
- Maintains self-respect
- Helps avoid peer pressure

Steps to Refuse Politely:

- Listen carefully
- Say NO clearly but politely
- Give reason (optional)
- Suggest alternative

Example:

“Sorry, I’m busy right now. I can help later.”

WRITING SKILLS — PARTS OF SPEECH

Definition:

Parts of speech are the basic building blocks of English grammar.

Main Types:

1. Noun: Name of person/place/thing
2. Pronoun: Replaces noun
3. Verb: Shows action
4. Adjective: Describes noun
5. Adverb: Describes verb
6. Preposition: Shows position
7. Conjunction: Joins words/sentences

Importance:

1. Helps in forming correct sentences
2. Improves writing and speaking skills

WRITING SKILLS — SENTENCES

Definition:

A sentence is a group of words that gives complete meaning.

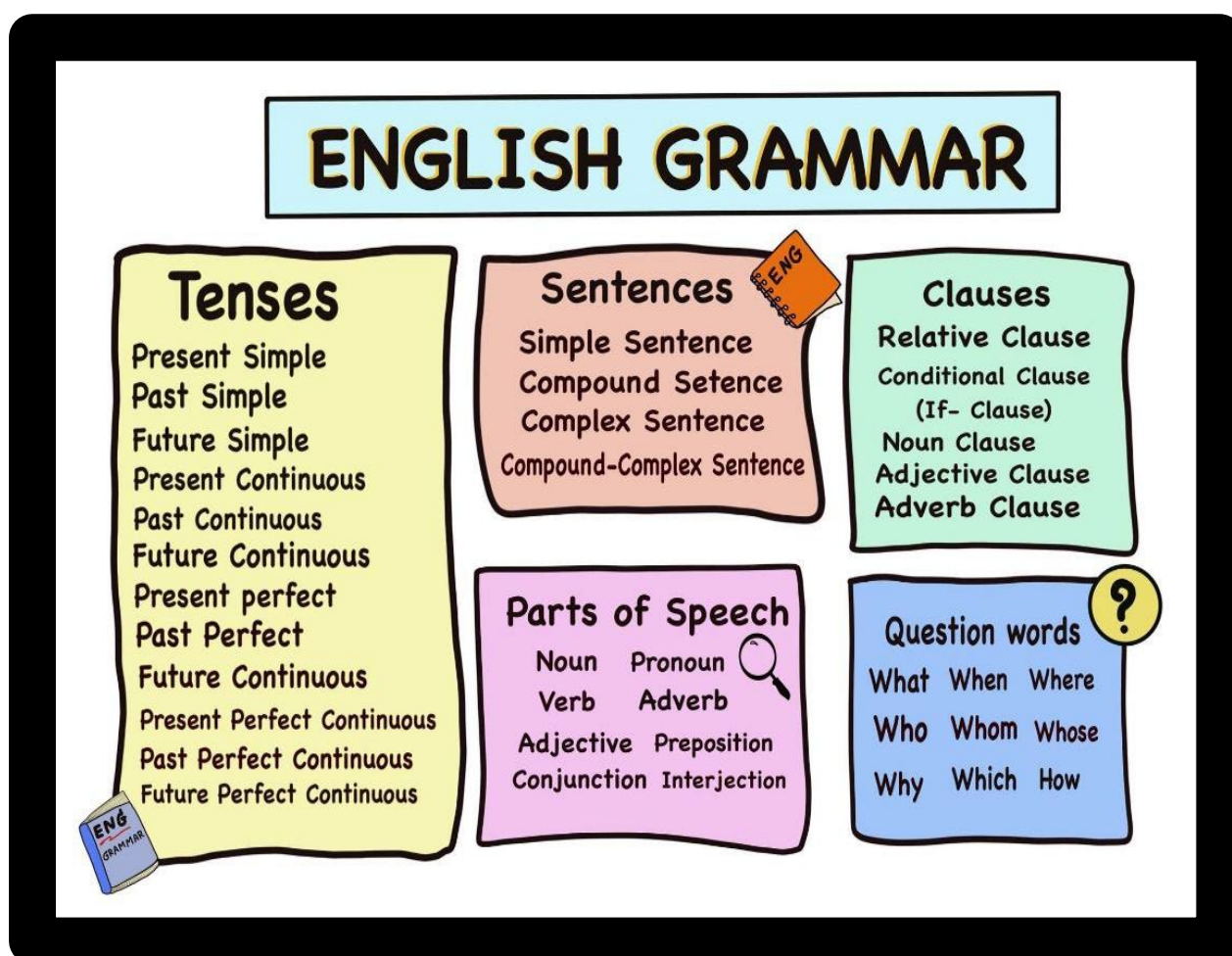
Types:

1. Assertive: Statement
2. Interrogative: Question
3. Imperative: Command/request

4. Exclamatory: Strong feeling

Examples:

1. She plays football. (**Assertive**)
2. Where are you going? (**Interrogative**)
3. **Command:** Don't touch the TV screen!(**Imperative**)
4. **Request:**A glass of water please.(**Imperative**)
5. What a beautiful night! (**Exclamatory**)



GREETINGS AND INTRODUCTION

Types of Greetings:

1. Formal: Good morning, Good evening
2. Informal: Hi, Hello

Self-Introduction Structure:

11. Name
12. Place
13. Education/Work
14. Hobbies

Example:

“My name is Rahul. I am from Bangalore. I am a student.

GUIDE TO GREETINGS & INTRODUCTION

I. GREETINGS TYPES & STYLES

A. FORMAL GREETINGS

(e.g., Professional, Business)

"Hello" "Good Morning"
"It's a pleasure to meet you"

Uses: Business Meetings, Conferences

B. INFORMAL GREETINGS

(e.g., Friends, Casual)

"Hi" "Hey" "How's it going?"
"How's it going?" "What's up?"

Uses: Social Gatherings, Parties

II. HOW TO INTRODUCE YOURSELF & OTHERS

A. INTRODUCING YOURSELF

HI, I'M [NAME]

BASIC FORMULA:

1. GREETING (e.g., Hello).
2. NAME (e.g., I'm Sarah).
3. ADDITIONAL INFO (e.g., Nice to meet you, I'm new here).

B. INTRODUCING OTHERS

STEP-BY-STEP:

- 1. NAME OF FIRST PERSON.
- 2. NAME OF SECOND PERSON.
- 3. CONNECTIONS/CONTEXT (e.g., This is [Name1], we work together).

C. ASKING & ANSWERING

ASKING FOR A NAME

"What's your name?"
"Could you tell me your name?"

RESPONDING TO AN INTRODUCTION

"Pleased to meet you"
"Nice to meet you, too"

KEY TIPS

Maintain Eye Contact

Smile warmly

Use a Firm Handshake (if appropriate)

Be Mindful of Body Language

TIMELINE/CONTEXT

Greetings by Time of Day

Morning

Afternoon

Evening

by Situation

First Meeting

Reconnecting

TALKING ABOUT ONESELF

Talk about:

1. Personal details
2. Interests
3. Skills and abilities

Useful Sentences:

- I am...
- I like...
- I can...

Importance:

- Useful in interviews and daily communication

ASKING QUESTIONS

Types:

- Yes/No questions
- WH questions (What, Why, Where, When, Who, How)

Structure:

Helping verb + Subject + Main verb

Examples:

1. Do you like music?
2. Where do you live?

TALKING ABOUT FAMILY

Describe:

- Number of family members
- Relationships
- Occupations

Example:

“There are four members in my family. My father is a teacher.”

DESCRIBING HABITS AND ROUTINES

Use Simple Present Tense

Common Words:

1. Always
2. Usually
3. Sometimes
4. Never

Examples:

“I wake up at 6 AM.”

“I go to school every day.”

ASKING FOR DIRECTIONS

Common Phrases:

- Turn left/right
- Go straight
- Next to / opposite

Tips:

- ✓ Be clear and simple
- ✓ Use landmarks
- ✓ Speak slowly

Example:

“The hospital is next to the bank.”

SMART EXAM REVISION POINTS

- Communication = Sharing + Understanding + Feedback
- Use clear words + correct body language
- Practice speaking, listening, reading, writing daily
- Remember grammar basics (parts of speech & sentences)
- Be polite, confident, and respectful
- Use assertive communication in real life situations

MULTIPLE CHOICE QUESTIONS

1. Communication means:
A) Fighting
B) Sharing information
C) Sleeping
D) Writing only
2. Which is NOT an element of communication?
A) Sender
B) Message
C) Noise
D) Feedback
3. Which type of communication uses body language?
A) Verbal
B) Written
C) Non-verbal
D) Visual
4. Which of the following is verbal communication?
A) Smile
B) Gesture
C) Email
D) Posture
5. Eye contact is an example of:
A) Verbal communication
B) Written communication
C) Non-verbal communication
D) Visual communication
6. Which is a barrier to communication?
A) Clear speech
B) Good listening
C) Language problem
D) Confidence
7. Assertive communication means:
A) Being rude
B) Being silent
C) Being respectful and clear
D) Ignoring others
8. Which style hurts others?
A) Passive
B) Assertive
C) Aggressive
D) Polite
9. Which is a part of speech?
A) Sentence
B) Paragraph

- C) Verb
- D) Story

10. Which of these is a verb?

- A) Run
- B) Happy
- C) Table
- D) Slowly

11. A sentence must have:

- A) Only noun
- B) Only verb
- C) Complete meaning
- D) Only adjective

12. Which sentence is interrogative?

- A) I am happy.
- B) What is your name?
- C) Close the door.
- D) Wow!

13. "Good morning" is a:

- A) Question
- B) Greeting
- C) Command
- D) Answer

14. Which tense is used for daily routine?

- A) Past tense
- B) Future tense
- C) Present continuous
- D) Simple present

15. "Turn left" is used in:

- A) Greeting
- B) Asking questions
- C) Giving directions
- D) Writing

ANSWER KEY

- 1. B
- 2. C
- 3. C
- 4. C
- 5. C
- 6. C
- 7. C
- 8. C
- 9. C
- 10. A
- 11. C

- 12. B
- 13. B
- 14. D
- 15. C

SHORT ANSWER TYPE QUESTIONS (2 MARKS)

QUESTIONS

- What is communication?
- Name any two elements of communication.
- What is verbal communication? Give one example.
- What is non-verbal communication?
- What is assertive communication?
- Write any two barriers to communication.
- What are parts of speech?
- What is a sentence?
- What is simple present tense? Give one example.
- Write any two phrases used for giving directions.

ANSWERS

1. Communication is the process of sharing information, ideas, or feelings to achieve mutual understanding.
2. Sender and Receiver (*or Message and Feedback*)
3. Verbal communication uses words (spoken or written).
Example: Talking on the phone.
4. Non-verbal communication is communication without words using gestures, facial expressions, etc.
5. Assertive communication means expressing thoughts clearly and respectfully.
6. Language problems and poor listening (*any two*)
7. Parts of speech are basic grammar units like noun, verb, adjective, etc.
8. A sentence is a group of words that gives complete meaning.
9. Simple present tense is used for daily routines.
Example: I go to school every day.
10. Turn left, Go straight.



PHYSICAL ACTIVITY TRAINER – CLASS 11 CBSE



PART A: EMPLOYABILITY SKILLS

UNIT 2: SELF-MANAGEMENT SKILLS – III

Self-management helps you control your thoughts, emotions and actions to achieve your goals and live a healthy, successful life.

1 IMPORTANCE OF SELF-MANAGEMENT



- ★ Improves confidence
- ★ Helps achieve goals
- ★ Reduces stress
- ★ Increases productivity
- ★ Develops positive attitude
- ★ Improves decision-making
- ★ Maintains work-life balance

2 STRESS & STRESS MANAGEMENT

Types of Stress

Positive Stress (Eustress)
Motivates a person to perform better.



Negative Stress (Distress)
Causes anxiety, fear and poor performance.



Causes



Exam Pressure



Workload



Poor Time Management



Lack of Sleep



Health Problems

Symptoms

Physical

- Headache
- Fatigue
- Body pain
- Fast heartbeat



Emotional

- Anxiety
- Anger
- Sadness



Behavioral

- Lack of concentration
- Irritation
- Poor performance



Stress Management Techniques



Exercise & Physical Activity
Regular exercise reduces stress and improves mood.



Meditation & Yoga
Helps calm the mind and improves concentration.



Time Management
Planning tasks reduces pressure.



Healthy Lifestyle
Eat balanced diet, take proper sleep and drink enough water.



Positive Thinking
Focus on strengths and solutions.

3 ABILITY TO WORK INDEPENDENTLY



- Builds confidence
- Improves responsibility
- Enhances decision-making
- Develops leadership

How to Develop

- ✓ Set daily goals
- ✓ Complete tasks on time
- ✓ Take initiative
- ✓ Stay self-motivated
- ✓ Learn continuously



4 SELF-AWARENESS

Self-awareness means understanding your strengths, weaknesses, emotions, interests and values.



Importance

- ★ Helps in career planning
- ★ Improves confidence
- ★ Helps in personality development
- ★ Improves relationships



SWOT ANALYSIS

Helps identify personal qualities.



Strengths
Positive qualities



Weaknesses
Areas needing improvement



Opportunities
Chances for growth



Threats
Challenges or obstacles

Example

Strengths	Weaknesses
Physically fit	Poor communication
Opportunities	Threats
Sports competitions	Injuries

5 SELF-MOTIVATION

The ability to encourage yourself to achieve goals without external pressure.



Ways to Stay Self-Motivated

- ✓ Set clear goals
- ✓ Think positively
- ✓ Reward yourself
- ✓ Learn from failures
- ✓ Stay with supportive people

6 GOAL SETTING

Deciding what you want to achieve.

Short-Term Goals
Achieved in a short period.

- Examples:
- Daily exercise
 - Completing homework



Long-Term Goals
Achieved over a long period.

- Examples:
- Becoming a fitness trainer
 - Winning a championship



SMART GOALS

A good goal should be SMART.

- | | |
|---------------------|-------------------------|
| S Specific | Clear and specific |
| M Measurable | Can measure progress |
| A Achievable | Possible to achieve |
| R Realistic | Practical and realistic |
| T Time-bound | Has a deadline |

Example

"I will practice yoga for 30 minutes daily for one month."



7 TIME MANAGEMENT

Planning and using time effectively.



Importance

- Reduces stress
- Increases productivity
- Helps complete work on time
- Improves discipline

Tips

- ✓ Prepare a timetable
- ✓ Prioritize important tasks
- ✓ Avoid wasting time
- ✓ Take short breaks
- ✓ Use reminders and planners



8 PERSONAL HYGIENE

Keeping the body clean and healthy.



Good Hygiene Habits

- ✓ Daily bathing
- ✓ Brushing teeth twice a day
- ✓ Wearing clean clothes
- ✓ Washing hands regularly
- ✓ Keeping nails trimmed

9 POSITIVE ATTITUDE

Thinking and behaving optimistically.

- Benefits**
- Better mental health
 - Improved relationships
 - Higher confidence
 - Better performance



10 TEAMWORK & LEADERSHIP

TEAMWORK

Working together to achieve a common goal.

Qualities

- Cooperation
- Respect
- Communication
- Responsibility

LEADERSHIP

Guiding and motivating others.

Qualities

- Confidence
- Honesty
- Discipline
- Decision-making
- Good communication



★ KEY TAKEAWAYS

- ★ Self-management leads to success and happiness.
- ★ Manage stress through healthy habits.
- ★ Set SMART goals and manage time well.
- ★ Be self-aware, stay motivated and positive.
- ★ Good hygiene, teamwork and leadership build a strong personality.



REMEMBER

"The best project you will ever work on is YOU!"



FOR A PHYSICAL ACTIVITY TRAINER

Self-management helps you stay fit, disciplined, confident and ready to inspire others every day.



1. **Multiple Choice Questions (MCQs)** Self-management skills help a person to:
A. Depend on others for work B. Manage emotions, behavior, and time effectively
C. Avoid responsibilities D. Control other people
2. Which of the following is an example of self-awareness?
A. Ignoring your strengths B. Understanding your emotions and abilities
C. Comparing yourself with others D. Blaming others for mistakes
3. Stress can be managed effectively through:
A. Regular exercise and meditation B. Skipping meals
C. Excessive screen time D. Avoiding sleep
4. The ability to stay calm during difficult situations is called:
A. Aggression B. Emotional balance
C. Carelessness D. Laziness
5. Which activity improves self-confidence?
A. Negative thinking B. Setting and achieving goals
C. Avoiding challenges D. Ignoring feedback
6. SMART goals are:
A. Difficult and confusing goals B. Goals without deadlines
C. Specific, Measurable, Achievable, Relevant, and Time-bound
D. Goals made by teachers only
7. "Time-bound" in SMART goals means:
A. Goals should be flexible B. Goals should have a deadline
C. Goals should be easy D. Goals should be secret
8. Which of the following is a positive way to handle stress?
A. Exercising regularly B. Sleeping very late daily
C. Ignoring work D. Fighting with friends
9. Motivation helps a person to:
A. Lose focus B. Achieve goals with enthusiasm
C. Avoid responsibilities D. Waste time
10. Intrinsic motivation comes from:
A. External rewards B. Fear of punishment
C. Inner satisfaction and interest D. Pressure from others
11. Which of the following is an example of positive self-talk?
A. "I can improve with practice." B. "I will never succeed."
C. "I am useless." D. "Nobody likes me."
12. A person with good self-management skills is usually:
A. Organized and disciplined B. Irresponsible
C. Lazy D. Easily distracted
13. Which technique helps in managing time effectively?
A. Making a schedule B. Postponing tasks
C. Ignoring deadlines D. Working without planning
14. The habit of completing tasks on time shows:
A. Indiscipline B. Punctuality
C. Carelessness D. Weakness

Which of the following is NOT a healthy way to manage stress?
A. Meditation B. Talking to friends
C. Substance abuse D. Physical exercise

Answers

1.B 2.B 3.A 4.B 5.B 6.C 7.B 8.A 9.B 10.C 11.A 12.A 13.A 14.B 15.C

Short Answer Questions

1. What are self-management skills?
2. Why are self-management skills important?
3. What is stress management?
4. Name any two causes of stress?
5. Mention two ways to manage stress?
6. What is time management?
7. State two benefits of time management?
8. What do you mean by self-motivation?
9. Give two qualities of a self-motivated person?
10. What is goal setting?
11. Differentiate between short-term and long-term goals.
12. What are SMART goals?
13. What is self-awareness?
14. Why is self-confidence important?
15. What is positive thinking?

ANSWERS

- 1 A) Self-management skills are abilities that help a person control emotions, behavior, time, and actions effectively to achieve goals.
- 2 A) They help improve confidence, productivity, discipline, decision-making, and workplace performance.
- 3 A) Stress management means controlling and reducing stress through healthy techniques and positive thinking.
- 4 A) 1.Work pressure
2.Family or financial problems
- 5 A) 1.Exercise and meditation

2. Proper time management

6 A) Time management is the process of planning and organizing time to complete tasks efficiently.

7 A) 1. Increases productivity

2. Reduces stress and delays

8 A) Self-motivation is the inner drive that encourages a person to work hard and achieve goals without external pressure

9 A) 1. Positive attitude

2. Goal-oriented behavior

10 A) Goal setting means deciding clear objectives and planning steps to achieve them.

11 A) Short-term goals are achieved in a short period.

Long-term goals take more time and planning to achieve.

12 A) SMART goals are goals that are:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

13 A) Self-awareness is understanding one's own strengths, weaknesses, emotions, and behavior.

14 A) Self-confidence helps a person take decisions, face challenges, and perform tasks effectively.

15 A) Positive thinking means having an optimistic attitude and expecting good outcomes.

Long Answer Questions

1. Explain the importance of self-management skills in personal and professional life?

2. Describe stress and explain different ways to manage stress effectively.

3. What is self-motivation? Explain its importance and methods to improve it.

4. Explain the importance of time management and discuss ways to manage time effectively.

5. What are personal strengths and weaknesses? Explain how identifying them helps in self-development.

6. Explain the importance of emotional management in daily life.

7. Discuss the role of goal setting in self-management.

ANSWERS

1 Self-management skills are the abilities that help a person control thoughts, emotions, behavior, and actions effectively. These skills are important for achieving goals, maintaining discipline, and handling responsibilities successfully.

In personal life, self-management helps individuals maintain a healthy lifestyle, control stress, manage time, and build confidence. It improves decision-making and develops positive habits. A self-managed person can balance studies, family, and social life efficiently.

In professional life, self-management increases productivity, punctuality, teamwork, and leadership qualities. Employees who manage themselves properly can complete tasks on time, adapt to workplace challenges, and maintain professionalism. These skills are especially important for physical activity trainers because they must remain disciplined, motivated, and physically fit to guide others effectively.

Thus, self-management skills contribute greatly to success, personality development, and career growth.

2 Stress is the mental or physical pressure experienced when a person faces difficult situations, challenges, or excessive demands. Stress can affect health, emotions, concentration, and performance if not managed properly.

There are many causes of stress such as examination pressure, family problems, workload, competition, financial issues, and lack of confidence. Stress may lead to anxiety, anger, headache, tiredness, and poor decision-making.

Stress can be managed through various methods:

1. **Regular Exercise:** Physical activity keeps the body healthy and reduces mental tension.
2. **Meditation and Yoga:** These practices calm the mind and improve concentration.
3. **Time Management:** Proper planning reduces workload pressure.
4. **Positive Thinking:** Maintaining optimism helps in handling difficult situations.
5. **Healthy Lifestyle:** Balanced diet and proper sleep improve mental health.
6. **Talking to Others:** Sharing problems with family, friends, or teachers provides emotional support.
7. **Relaxation Techniques:** Deep breathing and hobbies help refresh the mind.

Effective stress management improves mental peace, confidence, and overall performance.

3 Self-motivation is the inner drive that encourages a person to achieve goals without external pressure or rewards. It helps individuals remain focused, energetic, and determined even during difficult situations.

Self-motivation is important because it increases confidence, improves performance, and helps people overcome obstacles. Motivated individuals remain disciplined, work hard, and achieve success in studies, sports, and careers. For a physical activity trainer, self-motivation is essential to maintain fitness and inspire others.

Methods to improve self-motivation include:

- Setting clear and realistic goals
- Developing positive thinking
- Rewarding oneself after achievements
- Learning from failures
- Maintaining a healthy routine
- Staying with supportive and positive people
- Reading inspirational books or listening to motivational speeches

Self-motivation builds determination and helps individuals achieve personal and professional success.

4 Time management means planning and organizing tasks to use time efficiently and productively. It helps individuals complete work on time and reduces stress.

Time management is important because it improves productivity, increases discipline, and allows people to balance studies, work, and personal activities. Good time management also helps avoid procrastination and improves performance.

Ways to manage time effectively are:

1. **Preparing a timetable:** A schedule helps organize daily activities.
2. **Setting priorities:** Important tasks should be completed first.
3. **Avoiding distractions:** Limiting social media and unnecessary activities saves time.
4. **Setting goals:** Clear goals improve focus and efficiency.
5. **Taking short breaks:** Proper rest refreshes the mind and improves concentration.
6. **Completing tasks on time:** Avoiding delays prevents workload pressure.

Students and trainers who manage time properly become more disciplined and successful in life.

5 Personal strengths are positive qualities or abilities that help a person perform tasks effectively. Weaknesses are limitations or areas where improvement is needed.

Examples of strengths include confidence, communication skills, discipline, leadership, and teamwork. Weaknesses may include laziness, lack of confidence, poor time management, or fear of failure.

Identifying strengths and weaknesses is important because it helps individuals understand themselves better. Knowledge of strengths boosts confidence and helps in choosing suitable careers. Recognizing weaknesses allows a person to work on improvement and personal growth.

Methods to identify strengths and weaknesses include self-analysis, feedback from others, observation, and performance evaluation.

Self-development becomes easier when a person works continuously on improving weaknesses and using strengths positively.

6 Emotional management is the ability to control and express emotions in a healthy and balanced way. It helps individuals remain calm and make wise decisions in different situations. Proper emotional management is important because uncontrolled emotions can lead to anger, stress, conflicts, and poor relationships. Emotionally balanced people communicate effectively, handle pressure calmly, and maintain healthy relationships.

Ways to manage emotions include:

- Practicing meditation and relaxation
- Thinking positively
- Sharing feelings with trusted people
- Avoiding overreaction
- Engaging in hobbies and sports
- Maintaining physical fitness

For physical activity trainers, emotional management is essential because they interact with different people and must motivate clients positively.

Therefore, emotional management contributes to mental well-being, better relationships, and professional success.

7 Goal setting means deciding what a person wants to achieve in the future. Goals provide direction and motivation in life.

Goal setting is important because it helps individuals stay focused, organized, and determined. It improves confidence and encourages hard work. Goals may be short-term or long-term.

Effective goals should be:

- Specific
- Measurable
- Achievable
- Realistic
- Time-bound

This is known as the SMART goal method.

Goal setting helps students and professionals track progress and achieve success systematically. In physical training, goals such as improving fitness, reducing weight, or increasing stamina motivate individuals to perform better.

Thus, goal setting is a key part of self-management and personal development.

UNIT-3: ICT Skills-I

LEARNING OUTCOMES:

- Describe the role of Information and Communication Technology (ICT) in day-to-day life and workplace
- Identify components of basic computer system and their functions
- Demonstrate use of various components and peripherals of computer system
- Demonstrate basic computer skills

MAIN POINTS:

Introduction to ICT

Definition: ICT (Information and Communication Technology) involves tools like computers, the Internet, radio, TV, and telephony to store, manage, and share information.

Importance: Essential for communication, business, education, and daily life.

Skills Needed:

- Operating computers.
- Browsing the Internet for information.

Applications of ICT

- **At Workplace:** Used in banking, education, retail, healthcare, etc., for tasks like online transactions, data management, and communication.
- **At Home:** Used for entertainment (TV, social media), communication (phones, emails), and online activities (shopping, learning).

ICT Tools: Smart phones and Tablets

Smart phones

- Advanced mobile phones with computer-like functions (browsing, emails, games, etc.).
- **Operating Systems:** Android, iOS, Windows Mobile.
- **Features:** Touch screen, apps, cameras, Wi-Fi, Bluetooth.

Tablets

- Larger than smart phones, used for reading, browsing, and multimedia.
- **Differences from Smart phones:**
 - Bigger screen.
 - Longer battery life.
 - Higher storage capacity.

Common Apps

- Default apps: Phone, Calendar, Camera, Mail, Maps, Browser.
- Downloadable apps: Social media (Facebook), utilities (WhatsApp), games, etc.

Parts of a Computer and Peripherals

Main Components

1. **Input Devices:** Keyboard, mouse, microphone, scanner.
2. **Output Devices:** Monitor, printer, speakers.
3. **CPU (Central Processing Unit):**

Control Unit: Manages operations.

ALU (Arithmetic Logic Unit): Performs calculations.

Memory Unit: Primary memory contains ROM and RAM.

RAM (Random Access Memory)	ROM (Read Only Memory)
Stores data temporarily	Stores data permanently
Information is lost when computer is switched off	Information cannot be changed easily

Storage Devices

- USB drives, hard disks, CDs, DVDs.
- **Memory Units:**
Bit (smallest unit), Byte (8 bits), KB, MB, GB, TB.

8 bits = 1 byte

1024 bytes = 1 KB

1024 KB = 1 MB

1024 MB = 1 GB

1024 GB = 1 TB

Motherboard: Motherboard, also referred to as a system board, is the main circuit board inside a computer. It connects input, processing and output devices.

Ports and Connections

- **USB:** Connects peripherals (mouse, keyboard).
- **HDMI/VGA:** Connects monitors.
- **Audio Ports:** For headphones/microphones.
- **Ethernet:** For wired Internet.
- **Power Port:** Connects to electricity.

Basic Computer Operations

Hardware vs. Software

- **Hardware:** Physical parts (keyboard, monitor).
- **Software:** Programs (OS, apps). Examples: Windows, Ubuntu, Android.

Starting and Shutting Down

Power on → BIOS test → OS loads → Login.

Logout/Shutdown: Close all programs before turning off.

Using Keyboard and Mouse

- **Keyboard Functions:**
Function keys (F1-F12), Control keys (Ctrl, Alt), Navigation keys (Arrow keys).
- **Mouse Actions:**
Click, double-click, drag-and-drop, hover.

File Operations

Files and Folders

- **Files:** Store data (e.g., .txt, .docx, .jpg).
- **Folders:** Organize files.

Creating/Saving Files

1. Open a text editor (Notepad in Windows, Text Editor in Ubuntu).
2. Type content → Save with a filename (e.g., Neha.txt).

Keyboard Shortcuts

- | | | |
|----------------------|--------------|---------------|
| • CTRL+z: undo | CTRL+x: cut | CTRL+v: paste |
| • CTRL+y: redo | CTRL+c: copy | CTRL+p: print |
| • CTRL+a: select all | CTRL+s: save | |

Internet Basics

Uses of Internet

- Search information, entertainment (movies, music), communication (email, social media), online shopping, banking, and learning.

Connecting to Internet

- **Requirements:** Device (computer/phone), modem, ISP.
- **Connection Types:**
 - Wired (Ethernet cable).
 - Wireless (Wi-Fi).

Internet Browsers

- Examples: Chrome, Firefox, Internet Explorer.
- **Searching:** Type keywords in the search bar.

Email: Electronic mail or e-mail is a quick way of sending messages to people using the Internet. Electronic mail is a message sent over the Internet from one person to another.

Creating an Account: Gmail, Yahoo, Outlook.

Writing an Email:

To: Recipient's address.

Subject: Brief topic.

Attachments: Files (photos, documents).

Managing Emails:

Reply/Forward: Respond or share emails.

Folders: Inbox, Sent, Trash.

MULTIPLE CHOICE QUESTIONS

- Q1. What does ICT stand for?
a) Information Computing Technology
b) Information and Communication Technology
c) Internet Communication Tools
d) International Communication Technology
- Q2. Which of the following is NOT an ICT tool?
a) Smartphone
b) Radio
c) Typewriter
d) Internet
- Q3. What is the primary function of a CPU?
a) Displaying images
b) Processing data and instructions
c) Storing files permanently
d) Connecting to the Internet
- Q4. Which key is used to move the cursor to the beginning of a new line?
a) Spacebar
b) Enter
c) Tab
d) Shift
- Q5. What is the purpose of a web browser?
a) To create documents
b) To search and view websites
c) To send emails
d) To edit photos
- Q6. Which of the following is an example of an output device?
a) Keyboard
b) Mouse
c) Printer
d) Scanner
- Q7. What does RAM stand for?
a) Random Access Memory
b) Read-Only Memory
c) Remote Access Memory
d) Rapid Access Memory
- Q8. Which of the following is a wireless communication technology?
a) USB
b) Bluetooth
c) HDMI
d) Ethernet
- Q9. What is the function of the "Reply to All" option in email?
a) Delete the email
b) Send a reply to all recipients
c) Forward the email
d) Save the email as a draft
- Q10. Which file extension is used for a Notepad document?
a) .doc
b) .jpg
c) .txt
d) .mp3

- # ANSWERS

KVS ZIET MYSURU/SSM/PAT/XI/2026-27

SHORT ANSWER QUESTIONS

Q1. Define ICT.

Answer: ICT stands for Information and Communication Technology, which includes tools like computers, the Internet, and smart phones for communication and data management.

Q2. Name two input and two output devices.

Answer:

- Input: Keyboard, Microphone
- Output: Monitor, Printer

Q3. What is the difference between RAM and ROM?

Answer:

- RAM can store data/information temporarily (contents are lost when power is off).
- ROM can store data/information permanently (contents are retained even when power is off).

Q4. What is the function of a web browser?

Answer: A web browser is used to access and view websites on the Internet.

Q5. What is the purpose of an operating system?

Answer: The operating system manages hardware and software resources and provides a user interface.

Q6. Name two popular mobile operating systems.

Answer: Android and iOS.

Q7. What is the use of a USB flash drive?

Answer: It is used to store and transfer data between computers.

Q8. What is the difference between a smart phone and a tablet?

Answer: A smart phone is primarily for calls and messaging, while a tablet has a larger screen for reading and browsing.

Q9. What is the function of the "Cc" field in an email?

Answer: "Cc" stands for carbon copy. It is used to send a copy of the email to additional recipients.

Q10. What is the purpose of a barcode scanner?

Answer: It scans barcodes to record product information in retail stores.

Q11. What is Wi-Fi?

Answer: Wi-Fi is a wireless technology used to connect devices to the Internet.

Q12. What is the difference between hardware and software?

Answer: Hardware is physical components (e.g., keyboard), while software is programs (e.g., Windows).

Q13. What is the function of a motherboard?

Answer: It connects all components of a computer, such as CPU, RAM, and storage.

Q14. What is the purpose of the "Attach" button in an email?

Answer: It allows users to send files (e.g., documents, images) with the email.

Q15. What is the use of a touch screen?

Answer: It allows users to interact with a device by touching the display.

Q16. What is the full form of URL?

Answer: Uniform Resource Locator (address of a webpage).

Q17. What is the purpose of a search engine?

Answer: It helps users find information on the Internet (e.g., Google).

Q18. What is the difference between a wired and wireless Internet connection?

Answer: Wired Internet connection uses cables (e.g. Ethernet), while wireless Internet connection uses Wi-Fi or mobile data or any wireless technology.

Q19. What is the function of the "Delete" button in email?

Answer: It moves the email to the Trash folder.

Q20. What is the purpose of a microphone in a computer?

Answer: It is used to record audio or for voice communication.

LONG ANSWER TYPE QUESTIONS

Q1. **Explain ICT's role in education.**

Answer: ICT enables e-learning (online classes, digital textbooks), virtual labs, and global collaboration. Tools like Google Classroom help submit assignments, while video lectures make learning flexible. ICT (Information and Communication Technology) plays a crucial role in modern education by enhancing the teaching and learning process, making it more accessible, engaging, and personalized. It facilitates collaboration, provides access to vast resources, and equips learners with essential digital skills.

Q2. **Describe CPU components and functions.**

Answer:

- **Control Unit (CU):** Manages operations.
- **ALU (Arithmetic Logic Unit):** Performs calculations.
- **Memory Unit:** Temporarily stores data (RAM/ROM).

Q3. **Compare input and output devices with examples.**

Answer: Input and output devices are essential components of any computer system, acting as a bridge between the user and the machine. Input devices allow users to enter data and commands into the system, while output devices present the processed information to the user. Essentially, input devices give

instructions to the computer, and output devices display the computer's response.

- **Input:** Send data to computer (e.g., keyboard, scanner).
- **Output:** Display/process data (e.g., monitor, printer).

Q4. Steps to compose/send an email.

Answer:

- (i) Open email client (Gmail).
- (ii) Click "Compose."
- (iii) Enter recipient(s), subject, and message.
- (iv) Attach files if needed.
- (v) Click "Send."

Q5. Advantages and risks of internet use.

Answer: The advantages of the Internet include faster communication, easy access to information, and online learning. However, the disadvantages involve issues like cyber threats, misinformation, and addiction. Understanding the advantages and disadvantages of the Internet helps users make informed choices.

- **Pros:** Instant communication, online banking, e-learning.
- **Cons:** Cybercrime, privacy issues, misinformation.

Q6. Explain computer memory types (RAM, ROM, Flash).

Answer:

- **RAM:** Random Access Memory – Main memory of computer. Stores data temporarily. (lost on power-off).
- **ROM:** Read Only Memory- Stores data permanently. (e.g., BIOS).
- **Flash:** Portable (USB drives).

Q7. How does data flow in a computer?

Answer:

- Input → Processing (CPU) → Output.
- Example: Keyboard (input) → CPU processes → Monitor (output).

Q8. Role of operating systems.

Answer: An operating system (OS) acts as the core software that manages and controls a computer's hardware and software resources, providing a foundation for all other software programs. Its primary role is to serve as an interface between the user and the computer's hardware, allowing users to interact with the machine and execute programs efficiently. So we can say it manages

hardware/software, provides UI (e.g., Windows), runs applications, and handles files.

Q9. Smartphone vs. Tablet: Detailed comparison.

Answer: Smartphones and tablets differ primarily in size and usage scenarios. Smartphones are designed for portability and constant connectivity, ideal for communication, on-the-go tasks, and quick access to information. Tablets, with their larger screens, excel in immersive experiences like media consumption, reading, and creating detailed artwork, offering a broader workspace and a more comfortable experience for these activities.

- **Smartphone:** Smaller, calling focus, portable.
- **Tablet:** Larger screen, better for media/reading, less portable.

Q10. Steps to browse the internet safely.

Answer:

1. Use a secure browser (Chrome/Firefox).
2. Avoid suspicious links.
3. Enable antivirus.
4. Use strong passwords.
5. Check for "HTTPS" in URLs.



PHYSICAL ACTIVITY TRAINER

CLASS XI



ENTREPRENEURSHIP SKILLS

BUILDING IDEAS • CREATING VALUE • SHAPING FUTURES

"The best way to predict the future is to create it." – Peter Drucker

1

SESSION 1
INTRODUCTION TO
ENTREPRENEURSHIP



2

SESSION 2
VALUES OF AN
ENTREPRENEUR



3

SESSION 3
ATTITUDE OF AN
ENTREPRENEUR



4

SESSION 4
THINKING LIKE
AN ENTREPRENEUR



5

SESSION 5
COMING UP WITH
A BUSINESS IDEA



6

SESSION 6
UNDERSTANDING
THE MARKET



7

SESSION 7
BUSINESS
PLANNING



THINK
CREATIVELY



PLAN
EFFECTIVELY



TAKE
ACTION



ACHIEVE
SUCCESS

EMPOWERING MINDS
INSPIRING INNOVATION
CREATING IMPACT

ENTREPRENEURSHIP SKILLS

CLASS XI

INTRODUCTION

Entrepreneurship is an important life skill that helps students become creative, confident, and self-reliant. Entrepreneurs identify opportunities, solve problems, take risks, and create businesses that provide products or services to people. Entrepreneurship not only helps individuals earn income but also supports economic growth and employment generation.



SESSION 1: INTRODUCTION TO ENTREPRENEURSHIP

1. Meaning of Entrepreneurship

Entrepreneurship is the process of starting, organizing, and managing a business venture by taking risks to earn profit and create value.

Definition

Entrepreneurship refers to the ability of a person to identify opportunities, use resources effectively, and create innovative solutions through business activities.

2. Meaning of Entrepreneur

An entrepreneur is a person who starts and runs a business by combining resources, taking risks, and making decisions.



Example

A person who starts a bakery, clothing shop, mobile repair center, or online business is called an entrepreneur.

4. Importance of Entrepreneurship

- Creates employment opportunities
- Introduces innovation
- Encourages innovoomy
- Improves self-economy
- Promotes self-employment
- Solves social problems



3. Features of Entrepreneurship



Innovation – Entrepreneurs introduce new ideas, products, or services.



Risk Taking – Entrepreneurs face uncertainty and take business risks.



Decision Making – They make important decisions related to production, marketing, and finance.



Leadership – Entrepreneurs guide employees and motivate teams.



Goal-Oriented – They work towards achieving business goals.

5. Types of Entrepreneurs

- **Small Business Entrepreneur** – Runs a small local business.
- **Women Entrepreneur** – Business owned and managed by women.
- **Social Entrepreneur** – Works to solve social problems.
- **Digital Entrepreneur** – Uses online platforms and technology.

Example from Daily Life

A student selling handmade greeting cards online is practicing entrepreneurship.



SESSION 2: VALUES OF AN ENTREPRENEUR

1. Meaning of Values

Values are the moral principles and qualities that guide the behavior of a person. Entrepreneurs need strong values to build trust and achieve long-term success.



2. Important Values of an Entrepreneur

- Honesty** – An entrepreneur should always speak the truth and deal fairly with customers.
Example: Giving correct product information to customers.
- Hard Work** – Successful entrepreneurs work with dedication and consistency.
- Discipline** – Maintaining time management and following rules.
- Responsibility** – Taking responsibility for business decisions.
- Commitment** – Completing tasks with dedication.
- Confidence** – Believing in one's own abilities.
- Respect for Others** – Treating customers and employees politely.
- Team Spirit** – Working together with employees and partners.



3. Importance of Entrepreneurial Values

- Builds customer trust
- Creates a positive image
- Improves teamwork
- Helps in business growth
- Encourages ethical business practices



Activity

Write five values you think are important for becoming a successful entrepreneur.



Page 2

SESSION 3: ATTITUDE OF AN ENTREPRENEUR

1. Meaning of Attitude

Attitude is the way a person thinks, feels, and behaves towards situations and people. A positive attitude helps entrepreneurs face challenges confidently.



3. Importance of Positive Attitude

- Increases motivation
- Improves leadership
- Helps overcome failures
- Encourages innovation
- Inspires employees

2. Positive Attitudes of an Entrepreneur

- Confidence** – Believing in personal abilities and decisions.
- Optimism** – Thinking positively even during difficult situations.
- Patience** – Waiting calmly for business success.
- Determination** – Never giving up during failures.
- Willingness to Learn** – Learning from mistakes and experiences.
- Problem-Solving Ability** – Finding solutions to business problems.

4. How to Develop a Positive Attitude

- Set clear goals
- Learn new skills
- Stay motivated
- Think positively
- Practice self-discipline
- Learn from successful people

Example

A shop owner facing losses but improving business through better marketing shows a positive attitude.



SESSION 4: THINKING LIKE AN ENTREPRENEUR

1. Meaning of Entrepreneurial Thinking

Entrepreneurial thinking means observing problems, identifying opportunities, and finding creative solutions. Entrepreneurs think differently from others because they focus on innovation and growth.



2. Characteristics of Entrepreneurial Thinking

- Creativity** – Developing new ideas and solutions.
- Innovation** – Introducing better products or services.
- Critical Thinking** – Analyzing situations carefully before making decisions.
- Risk Management** – Taking calculated risks.
- Future Planning** – Thinking ahead for business growth.
- Decision Making** – Choosing the best option among alternatives.

4. Benefits of Entrepreneurial Thinking

- Improve confidence
- Develops leadership
- Encourages creativity
- Helps career growth
- Create innovative businesses

3. How Entrepreneurs Think

- They identify opportunities.
- They solve problems creatively.
- They observe market trends.
- They focus on customer needs.
- They learn from failures.

Example

Creating a mobile app for online grocery delivery after observing customer needs.



SESSION 5: COMING UP WITH A BUSINESS IDEA

1. Meaning of Business Idea

A business idea is a plan for a product or service that satisfies customer needs or solves problems.

2. Sources of Business Ideas

- Daily Problems** – Business opportunities often come from solving common problems.
- Customer Needs** – Understanding what customers want.
- Technology** – Using new technology to create businesses.
- Hobbies and Skills** – Turning talents into business opportunities.
- Social Media and Internet** – Finding trends and customer demands online.

4. Characteristics of a Good Business Idea

- Unique
- Useful
- Profitable
- Affordable
- Customer-friendly
- Easy to manage

3. Steps to Generate a Business Idea

- Step 1: Observe Problems** – Identify issues people face.
- Step 2: Find Solutions** – Think about possible solutions.
- Step 3: Discuss with Others** – Take feedback from family and friends.
- Step 4: Study the Market** – Check if people will buy the product.
- Step 5: Select the Best Idea** – Choose a practical and profitable idea.

5. Examples of Business Ideas

- Handmade candles
- Eco-friendly bags
- Homemade snacks
- Online tutoring
- Mobile repair service

Page 5

SESSION 6: UNDERSTANDING THE MARKET

1. Meaning of Market

A market is a place or system where buyers and sellers exchange goods and services. Markets can be physical or online.



2. Importance of Understanding the Market

- Helps identify customer needs
- Improves product quality
- Increases sales
- Helps set correct prices
- Improves customer satisfaction

3. Types of Markets

- Local Market** – Business within a local area.
- National Market** – Business across the country.
- International Market** – Business between countries.
- Online Market** – Buying and selling through the internet.

4. Market Research

Market research is the process of collecting information about customers, products, and competitors.

- Methods of Market Research**
 - Surveys** – Collecting customer opinions through questionnaires.
 - Interviews** – Talking directly to customers.
 - Observation** – Studying customer behavior.
 - Online Research** – Using internet sources to gather information.

5. Understanding Customer Needs

Entrepreneurs should know:

- Customer preferences
- Buying habits
- Budget
- Product expectations



6. Competitors

Competitors are businesses selling similar products or services.

Example: Two mobile shops in the same market are competitors.



Example of Market Understanding

A shopkeeper starts selling affordable school bags after observing high demand among students.



Page 6

SESSION 7: BUSINESS PLANNING

1. Meaning of Business Planning

Business planning is the process of preparing a plan for business activities and future goals.

2. Meaning of Business Plan

A business plan is a written document that explains the objectives, products, marketing strategies, financial details, and future plans of a business.

3. Importance of Business Planning

- Provides direction
- Reduces risks
- Helps in decision-making
- Attracts investors
- Improves management
- Helps achieve goals

4. Components of a Business Plan

- Business Idea** – Description of the product or service.
- Objectives** – Goals of the business.
- Market Analysis** – Information about customers and competitors.
- Product or Service Details** – Features and benefits of the product.
- Marketing Plan** – Methods to promote product.
- Financial Plan** – Budget, investment, and expected profit.
- Future Goals** – Expansion and growth plans.

SUMMARY

Entrepreneurship develops creativity, confidence, leadership, and problem-solving abilities. Entrepreneurs use values, positive attitudes, innovative thinking, market understanding, and business planning to build successful businesses and contribute to society.



Be Creative



Think Big



Take Action



Make Impact

Entrepreneurship Skills

Introduction

Entrepreneurship is an important life skill that helps students become creative, confident, and self-reliant. Entrepreneurs identify opportunities, solve problems, take risks, and create businesses that provide products or services to people.

Entrepreneurship not only helps individuals earn income but also supports economic growth and employment generation.

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1. Innovation - Entrepreneurs introduce new ideas, products, or services.
2. Risk Taking Entrepreneurs face uncertainty and take business risks.
3. Decision Making - They make important decisions related to production, marketing, and finance.
4. Leadership - guide employees and motivate teams.
5. Goal-Oriented - They work towards achieving business goals.

Importance of Entrepreneurship

- * Creates employment opportunities
- * Encourages innovation
- * Improves the economy
- * Increases self-confidence
- * Promotes self-employment

- * Solves social problems

Types of Entrepreneurs

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Women Entrepreneur

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Entrepreneurs need strong values to build trust and achieve long-term success.

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Example -Giving correct product information to customers.

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- * Set clear goals
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How Entrepreneurs Think

- * They identify opportunities.
- * They solve problems creatively.
- * They observe market trends.
- * They focus on customer needs.
- * They learn from failures.

Benefits of Entrepreneurial Thinking

- * Improves confidence
- * Develops leadership
- * Encourages creativity
- * Helps career growth
- * Creates innovative businesses

Example

Creating a mobile app for online grocery delivery after observing customer needs.

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A business idea is a plan for a product or service that satisfies customer needs or solves problems.

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Example

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Session 7: Business Planning

Meaning of Business Planning

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- * Improves management
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Components of a Business Plan

1. Business Idea - Description of the product or service.
2. Objectives- Goals of the business.
3. Market Analysis- Information about customers and competitors.
4. Product or Service Details - Features and benefits of the product.
5. Marketing Plan - Methods to promote product
6. Financial Plan - Budget, investment, and expected profit.
7. Future Goals - Expansion and growth

Steps in Business Planning

1. Select a business idea.
2. Conduct market research.
3. Prepare a budget.
4. Decide marketing methods.
5. Set business goals.
6. Launch the business.

Example

A student preparing a business plan for selling handmade greeting cards online.

Summary

Entrepreneurship develops creativity, confidence, leadership, and problem-solving abilities. Entrepreneurs use values, positive attitudes, innovative thinking, market understanding, and business planning to build successful businesses and contribute to society.

Multiple Choice Questions (MCQs)

Questions

1. What is entrepreneurship?
 - A. Buying products only
 - B. Starting and managing a business
 - C. Working in an office
 - D. Teaching students
2. Who is called an entrepreneur?
 - A. A customer
 - B. A government officer
 - C. A person who starts and runs a business
 - D. A worker in a factory
3. Which of the following is a feature of entrepreneurship?
 - A. Laziness
 - B. Innovation
 - C. Carelessness
 - D. Fear of work
4. Entrepreneurship helps in:
 - A. Increasing unemployment
 - B. Economic growth
 - C. Reducing creativity
 - D. Wasting resources
5. Which entrepreneur works to solve social problems?
 - A. Digital Entrepreneur
 - B. Social Entrepreneur
 - C. Women Entrepreneur
 - D. Small Business Entrepreneur
6. Which value is important for entrepreneurs?
 - A. Dishonesty
 - B. Hard Work
 - C. Anger
 - D. Negligence
7. Confidence means:
 - A. Believing in one's abilities
 - B. Avoiding work
 - C. Ignoring problems
 - D. Being careless
8. A positive attitude helps entrepreneurs to:
 - A. Give up easily
 - B. Face challenges confidently
 - C. Waste money
 - D. Avoid responsibilities
9. Entrepreneurial thinking involves:
 - A. Copying others only
 - B. Finding creative solutions
 - C. Avoiding risks
 - D. Ignoring opportunities

10. Which is a source of business ideas?
 - A. Daily problems
 - B. Customer needs
 - C. Technology
 - D. All of these
11. Which of the following is a good business idea?
 - A. Useless
 - B. Unprofitable
 - C. Customer-friendly
 - D. Difficult to manage
12. Market research means:
 - A. Selling products only
 - B. Collecting information about customers and competitors
 - C. Buying products
 - D. Closing a business
13. Which is an example of an online market?
 - A. Weekly village market
 - B. Shopping mall
 - C. E-commerce website
 - D. Local shop
14. A business plan is a:
 - A. Story book
 - B. Written document about business goals and plans
 - C. Newspaper
 - D. School timetable
15. Which of the following is a component of a business plan?
 - A. Market Analysis
 - B. Financial Plan
 - C. Marketing Plan
 - D. All of these

Answer Key

1. B. Starting and managing a business
2. C. A person who starts and runs a business
3. B. Innovation
4. B. Economic growth
5. B. Social Entrepreneur
6. B. Hard Work
7. A. Believing in one's abilities
8. B. Face challenges confidently
9. B. Finding creative solutions
10. D. All of these
11. C. Customer-friendly
12. B. Collecting information about customers and competitors
13. C. E-commerce website
14. B. Written document about business goals and plans
15. D. All of these

Short Questions (2 Marks)

1. What is entrepreneurship?
2. Who is an entrepreneur?
3. Write any two features of entrepreneurship.
4. What is innovation in entrepreneurship?
5. Name any two values of an entrepreneur.
6. What is a positive attitude?
7. Define entrepreneurial thinking.
8. What is a business idea?
9. What is market research?
10. What is a business plan?

2 Marks Question Answers

1. Entrepreneurship is the process of starting and managing a business by taking risks to earn profit and create value.
2. An entrepreneur is a person who starts and runs a business by combining resources and taking risks.
3. Two features of entrepreneurship are:
 - Innovation
 - Risk Taking
4. Innovation means introducing new ideas, products, or services in business.
5. Two values of an entrepreneur are:
 - Honesty
 - Hard Work
6. A positive attitude is the way of thinking and behaving confidently towards situations and challenges.
7. Entrepreneurial thinking means identifying opportunities and finding creative solutions to problems.
8. A business idea is a plan for a product or service that satisfies customer needs or solves problems.
9. Market research is the process of collecting information about customers, products, and competitors.
10. A business plan is a written document that explains business goals, strategies, and financial details.

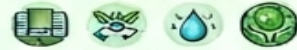
PART A, UNIT-5 GREEN SKILLS



- Sectors of Green Economy
- Policies for a Green Economy
- Stakeholders in Green Economy
- Government and Private Agencies

GREEN SKILLS & SUSTAINABLE FUTURE

WHAT ARE GREEN SKILLS?



- Knowledge, abilities, values, and attitudes
- Protect the environment
- Use natural resources wisely
- Create a sustainable future generations



UNDERSTANDING A GREEN ECONOMY



- Improves human well-being
- Reduces environmental risks and pollution
- Natural resources for future generations

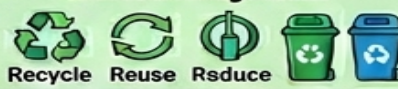


IMPORTANT SECTORS OF GREEN ECONOMY

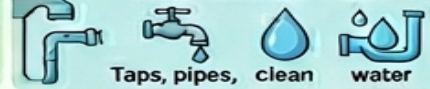
Renewable Energy



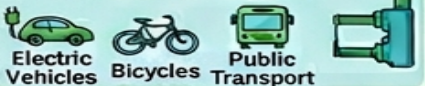
Waste Management



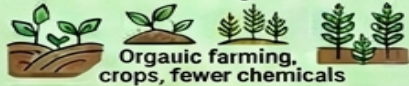
Water Conservation



Green Transport



Sustainable Agriculture



Forestry & Eco-tourism



POLICIES FOR A GREEN ECONOMY



- Create environmental policies and laws
- Encourage sustainable development
- Tree plantation, water conservation, recycling programs
- Plastic bans and chemical restrictions



STAKEHOLDERS IN GREEN ECONOMY



SIMPLE GREEN PRACTICES FOR DAILY LIFE



CAREER OPPORTUNITIES IN GREEN ECONOMY



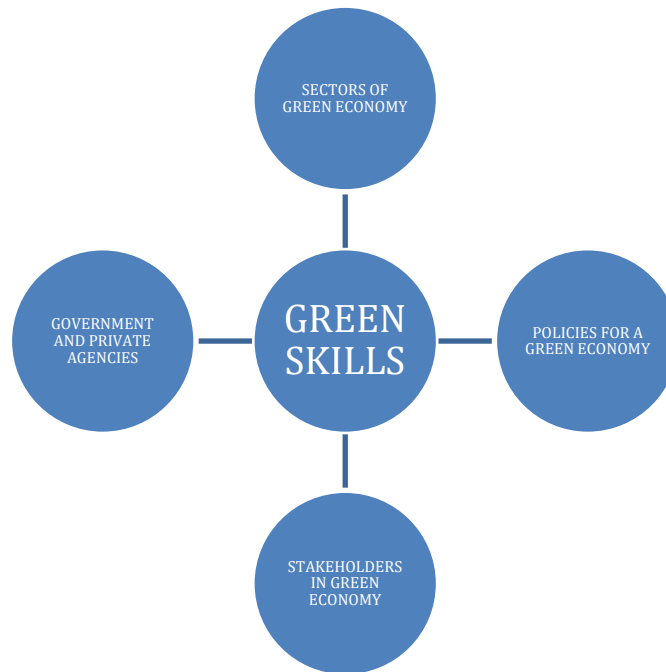
SUMMARY

GREEN SKILLS: ESSENTIAL for environmental protection & sustainable development. Governments, industries, schools, and citizens **MUST WORK TOGETHER** for a cleaner and healthier planet.



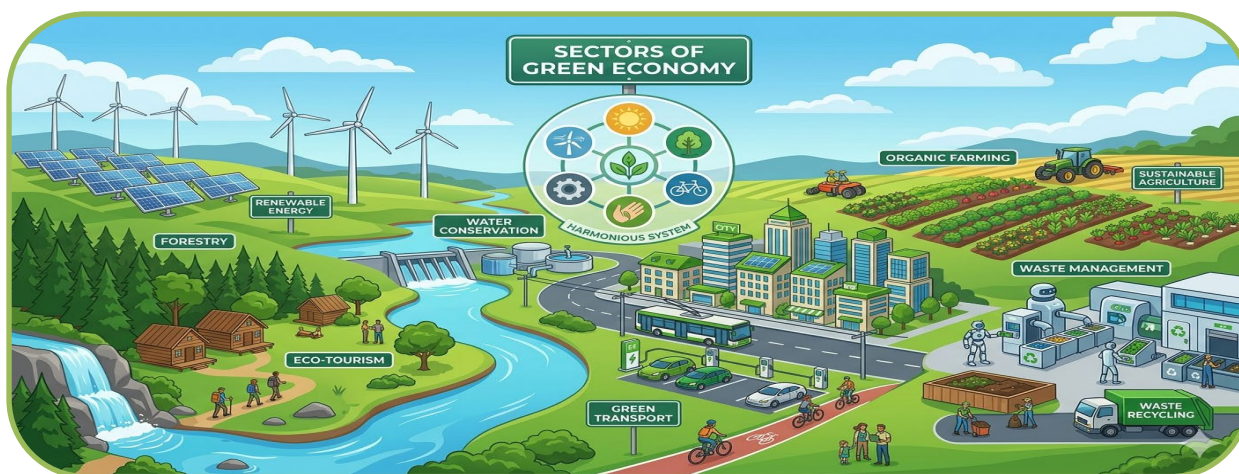
What are Green Skills ?

Green skills are the knowledge, abilities, values, and attitudes that help people protect the environment and use natural resources wisely. These skills are important for creating a sustainable future where economic growth, social development, and environmental protection work together. Green skills help reduce pollution, save energy, conserve water, and protect nature. Today, every individual and organization needs green skills to support a clean and healthy environment.



Sectors of Green Economy

- A green economy is an economy that improves human well-being while reducing environmental risks and pollution.
- The main aim of a green economy is to use natural resources carefully so that future generations can also benefit from them.
- Green economy supports industries and activities that protect nature and reduce harmful effects on the environment.
- Important sectors of the green economy include renewable energy, waste management, water conservation, green transport, sustainable agriculture, forestry, and eco-tourism.



- Renewable energy sources such as solar energy, wind energy, hydropower, and biogas help reduce dependence on fossil fuels.
- Waste management includes recycling, reusing, and reducing waste materials to minimize pollution.
- Green transport encourages the use of electric vehicles, bicycles, public transport, and fuel-efficient vehicles.
- Sustainable agriculture promotes organic farming and reduces the excessive use of harmful chemicals.
- Eco-tourism helps protect wildlife and natural habitats while supporting local communities.
- A green economy creates jobs, improves health, and protects the environment.

Policies for a Green Economy

- Governments create environmental policies and laws to protect nature and encourage sustainable development.
- These policies guide industries, organizations, and citizens to reduce pollution and conserve resources.
- Environmental policies encourage the use of renewable energy and eco-friendly technologies.
- Many governments promote tree plantation, water conservation, recycling programs, and pollution control measures.
- Plastic bans and restrictions on harmful chemicals are examples of environmental policies.
- The government also creates awareness campaigns to educate people about environmental protection.
- Policies help industries follow environmental standards and reduce harmful emissions.
- International agreements such as the Paris Climate Agreement focus on reducing global warming and climate change.

- Environmental laws are important because they protect forests, rivers, wildlife, and public health.
- Citizens should support and follow green policies to help create a sustainable future.

Stakeholders in Green Economy

- Stakeholders are individuals, groups, or organizations that influence or support environmental protection.
- The government is an important stakeholder because it creates laws and environmental programs.
- Businesses and industries are also stakeholders because they can reduce pollution and use eco-friendly methods in production.
- Schools and educational institutions spread awareness about environmental conservation and green practices.
- Non-Governmental Organizations (NGOs) work on projects such as tree plantation, wildlife protection, and cleanliness drives.
- Local communities and citizens play a major role in maintaining cleanliness and conserving resources.
- Farmers can use sustainable farming methods to protect soil and water resources.
- Media organizations spread information about environmental issues and encourage people to take action.
- Scientists and researchers develop green technologies and renewable energy solutions.
- All stakeholders must work together to build a healthy and sustainable environment.

Government and Private Agencies

- Many government and private agencies work for environmental protection and sustainable development.
- Government agencies create environmental laws, monitor pollution, and conduct awareness programs.
- The Ministry of Environment, Forest and Climate Change works to protect forests, wildlife, and natural resources.
- Pollution Control Boards monitor air, water, and noise pollution and ensure industries follow environmental standards.
- Municipal corporations manage waste collection, recycling, and cleanliness programs in cities.
- Private companies also support environmental protection through Corporate Social Responsibility (CSR) activities.
- Many organizations promote the use of solar panels, rainwater harvesting, and recycling systems.

- NGOs organize campaigns for tree plantation, waste management, and environmental awareness.
- International organizations such as the United Nations Environment Programme (UNEP) work globally to address environmental problems.
- These agencies encourage people to adopt green lifestyles and conserve nature.

Importance of Green Skills

- ❖ Green skills are important because they help reduce environmental damage and improve quality of life.
- ❖ They help people use resources such as water, electricity, and fuel wisely.
- ❖ Green skills create employment opportunities in fields such as renewable energy, environmental management, recycling, and sustainable agriculture.
- ❖ They help industries reduce waste and save money by using resources efficiently.
- ❖ Green practices improve public health by reducing pollution and maintaining cleanliness.
- ❖ Green skills encourage innovation and the development of eco-friendly technologies.
- ❖ They also help fight climate change and global warming.
- ❖ Every individual can contribute by adopting eco-friendly habits in daily life.

Simple Green Practices for Daily Life

- ❖ Switch off lights, fans, and electrical appliances when not in use.
- ❖ Use public transport, bicycles, or carpooling to reduce pollution.
- ❖ Avoid using plastic bags and use cloth or reusable bags instead.
- ❖ Save water by repairing leaking taps and using water carefully.
- ❖ Plant trees and take care of plants and gardens.
- ❖ Separate biodegradable and non-biodegradable waste for proper recycling.
- ❖ Reuse and recycle materials such as paper, plastic, glass, and metal.
- ❖ Avoid wasting food and natural resources.
- ❖ Spread awareness about environmental protection among friends and family.
- ❖ Participate in cleanliness drives and environmental campaigns.

Career Opportunities in Green Economy

- ❖ Green economy provides many new job opportunities for skilled people.
- ❖ Some green careers include solar energy technician, environmental engineer, waste management officer, sustainability consultant, and wildlife conservationist.
- ❖ People with green skills can work in renewable energy companies, recycling industries, environmental organizations, and research institutions.
- ❖ Green jobs help protect the environment while supporting economic development.
- ❖ As environmental awareness increases, the demand for green jobs is also growing rapidly.

Summary

Green skills are essential for protecting the environment and ensuring sustainable development. By learning and practicing green habits, people can reduce pollution, conserve natural resources, and improve the quality of life. Governments, industries, schools, and citizens must work together to create a cleaner and healthier planet for future generations.

MULTIPLE CHOICE QUESTIONS EACH

01 MARK

1. What are green skills?
 - A. Skills used only in factories
 - B. Skills that help protect the environment and use resources wisely
 - C. Skills for computer programming only
 - D. Skills related only to farming
2. What is the main aim of a green economy?
 - A. To increase pollution
 - B. To use natural resources carelessly
 - C. To improve human well-being while reducing environmental risks
 - D. To stop all industries
3. Which of the following is a renewable source of energy?
 - A. Coal
 - B. Petrol
 - C. Solar energy
 - D. Diesel
4. Which activity is included in waste management?
 - A. Burning forests
 - B. Recycling and reusing waste
 - C. Wasting water
 - D. Increasing pollution
5. Which transport method is considered green transport?
 - A. Fuel-wasting vehicles
 - B. Private jets
 - C. Electric vehicles and bicycles
 - D. Diesel generators
6. Who creates environmental laws and policies?
 - A. Students
 - B. Government
 - C. Farmers only
 - D. Tourists

7. What is the purpose of the Paris Climate Agreement?
 - A. To increase plastic use
 - B. To reduce global warming and climate change
 - C. To stop education
 - D. To increase pollution
8. Which organization works on tree plantation and cleanliness drives?
 - A. NGOs
 - B. Banks
 - C. Hotels
 - D. Cinema halls
9. Which of the following is a simple green practice?
 - A. Wasting electricity
 - B. Using plastic bags daily
 - C. Switching off lights when not in use
 - D. Throwing garbage on roads
10. Which career is related to the green economy?
 - A. Environmental Engineer
 - B. Movie Actor
 - C. Shopkeeper only
 - D. Taxi Driver only
11. Which of the following helps in reducing pollution?
 - A. Burning plastic waste
 - B. Using public transport
 - C. Wasting electricity
 - D. Cutting trees
12. Which organization works globally for environmental protection?
 - A. UNEP
 - B. RBI
 - C. ISRO
 - D. CBSE
13. What does sustainable agriculture promote?
 - A. Excessive use of chemicals
 - B. Organic farming
 - C. Deforestation
 - D. Air pollution

14. Which of the following is NOT a green practice?

- A. Recycling waste
- B. Saving water
- C. Using reusable bags
- D. Throwing garbage in rivers

15. Why do industries use green skills?

- A. To increase pollution
- B. To waste resources
- C. To reduce waste and save resources
- D. To stop production

ANSWER KEY OF MCQ'S

- 1. **Answer: B**
- 2. **Answer: C**
- 3. **Answer: C**
- 4. **Answer: B**
- 5. **Answer: C**
- 6. **Answer: B**
- 7. **Answer: B**
- 8. **Answer: A**
- 9. **Answer: C**
- 10. **Answer: A**
- 11. **Answer: B**
- 12. **Answer: A**
- 13. **Answer: B**
- 14. **Answer: D**
- 15. **Answer: C**

SHORT ANSWER TYPE QUESTIONS EACH

02 MARK

- 1. What are green skills?
- 2. What is a green economy?
- 3. Name any two renewable energy sources.
- 4. What is the role of stakeholders in a green economy?
- 5. Mention any two simple green practices for daily life.
- 6. Why are green skills important?
- 7. Name any two career opportunities in the green economy.
- 8. What is waste management?
- 9. How do green skills help in daily life?
- 10. What is the role of NGOs in environmental protection?

ANSWER KEY

Answer 1:

Green skills are the knowledge, abilities, and attitudes that help people protect the environment and use natural resources wisely. These skills support sustainable development and reduce pollution.

Answer 2:

A green economy is an economy that improves human well-being while reducing environmental risks and pollution. It promotes sustainable use of natural resources.

Answer 3:

Two renewable energy sources are:

1. Solar Energy
2. Wind Energy

Answer 4:

Stakeholders such as governments, industries, schools, NGOs, and citizens help protect the environment by promoting green practices and reducing pollution.

Answer 5:

1. Switching off lights and fans when not in use.
2. Using reusable bags instead of plastic bags.

Answer 6:

Green skills are important because they help reduce environmental damage, conserve natural resources, improve public health, and create green job opportunities.

Answer 7:

1. Environmental Engineer
2. Solar Energy Technician

Answer 8:

Waste management is the process of reducing, reusing, and recycling waste materials to minimize pollution and protect the environment.

Answer 9:

Green skills help people save water, electricity, and fuel. They also encourage eco-friendly habits such as recycling and reducing pollution.

Answer 10:

NGOs organize activities such as tree plantation, cleanliness drives, waste management programs, and awareness campaigns to protect the environment.

GREEN SKILLS – CLASS XI

QUESTION PAPER

Total Marks: 30

General Instructions:

- **1. All questions are compulsory.**
- **2. Section A contains 14 MCQs of 1 mark each.**
- **3. Section B contains 8 short answer questions of 2 marks each.**

SECTION A – Multiple Choice Questions (14 × 1 = 14 Marks)

1. What are green skills?
 - A. Skills used only in factories
 - B. Skills that help protect the environment
 - C. Skills for entertainment
 - D. Skills for sports
2. Which energy source is renewable?
 - A. Coal
 - B. Diesel
 - C. Solar Energy
 - D. Petrol
3. What is the aim of a green economy?
 - A. Increase pollution
 - B. Reduce environmental risks
 - C. Cut forests
 - D. Increase waste
4. Which activity is part of waste management?
 - A. Burning plastic
 - B. Recycling waste
 - C. Cutting trees
 - D. Wasting water

5. Which transport method is eco-friendly?
- A. Private jets
 - B. Electric vehicles
 - C. Diesel generators
 - D. Fuel-wasting cars
6. Who creates environmental policies?
- A. Government
 - B. Tourists
 - C. Students
 - D. Shopkeepers
7. What does sustainable agriculture encourage?
- A. Deforestation
 - B. Organic farming
 - C. Air pollution
 - D. Excessive chemicals
8. Which organization works globally for environmental protection?
- A. RBI
 - B. UNEP
 - C. CBSE
 - D. ISRO
9. Which is a simple green practice?
- A. Wasting electricity
 - B. Using plastic bags
 - C. Switching off lights
 - D. Throwing garbage
10. What helps reduce air pollution?
- A. Burning waste
 - B. Using public transport
 - C. Cutting trees
 - D. Using more fuel
11. Which agency monitors pollution levels?

- A. Pollution Control Board
 - B. Bank
 - C. Cinema Hall
 - D. Hotel
12. Which career belongs to the green economy?
- A. Environmental Engineer
 - B. Actor
 - C. Taxi Driver
 - D. Shopkeeper
13. What should be separated for proper recycling?
- A. Cars and bikes
 - B. Biodegradable and non-biodegradable waste
 - C. Roads and buildings
 - D. Water and fuel
14. Why are green skills important?
- A. To increase pollution
 - B. To conserve resources
 - C. To waste energy
 - D. To stop development

SECTION B – Short Answer Questions (8 × 2 = 16 Marks)

1. Define green skills.
2. What is a green economy?
3. Name any two renewable sources of energy.
4. Mention any two simple green practices for daily life.
5. Why are green skills important?
6. What is waste management?
7. Write any two roles of NGOs in environmental protection.
8. Name any two career opportunities in the green economy.

ANSWER KEY

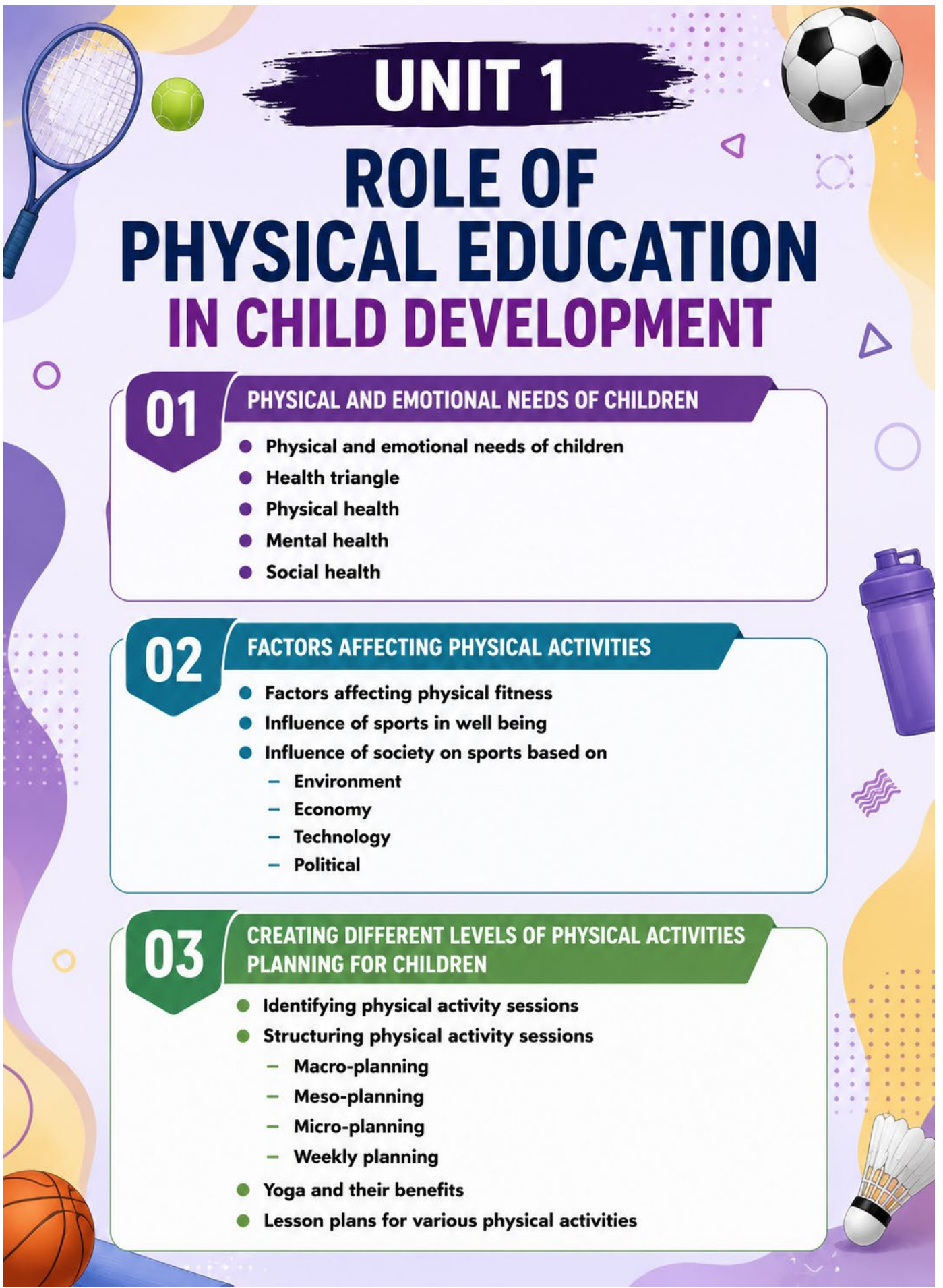
SECTION A – MCQ Answers

- | | | |
|-------|-------|-------|
| 1. B | 2. C | 3. B |
| 4. B | 5. B | 6. A |
| 7. B | 8. B | 9. C |
| 10. B | 11. A | 12. A |
| 13. B | 14. B | |

SECTION B – Short Answers Type

1. Green skills are the knowledge and abilities that help protect the environment and use resources wisely.
2. A green economy improves human well-being while reducing environmental risks and pollution.
3. Solar energy and wind energy.
4. Switching off lights when not in use and using reusable bags.
5. Green skills help conserve resources, reduce pollution, and improve public health.
6. Waste management means reducing, reusing, and recycling waste to minimize pollution.
7. NGOs organize tree plantation drives and spread environmental awareness.
8. Environmental Engineer and Solar Energy Technician.

PART-B



UNIT 1

ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT

01

PHYSICAL AND EMOTIONAL NEEDS OF CHILDREN

- Physical and emotional needs of children
- Health triangle
- Physical health
- Mental health
- Social health

02

FACTORS AFFECTING PHYSICAL ACTIVITIES

- Factors affecting physical fitness
- Influence of sports in well being
- Influence of society on sports based on
 - Environment
 - Economy
 - Technology
 - Political

03

CREATING DIFFERENT LEVELS OF PHYSICAL ACTIVITIES PLANNING FOR CHILDREN

- Identifying physical activity sessions
- Structuring physical activity sessions
 - Macro-planning
 - Meso-planning
 - Micro-planning
 - Weekly planning
- Yoga and their benefits
- Lesson plans for various physical activities

UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT

Physical Education uses **physical activity, play and movement** to meet children's needs and promotes their **all-round development** – physical, mental, social and emotional.

WHAT THIS UNIT TALKS ABOUT

1 NEEDS OF CHILDREN

Understanding the physical and emotional needs for holistic growth.



2 FACTORS AFFECTING PHYSICAL ACTIVITIES

Various internal and external factors influencing physical activity and well-being.



3 PLANNING PHYSICAL ACTIVITIES

Scientific planning and structuring of activity sessions for effective and safe participation.



1. PHYSICAL AND EMOTIONAL NEEDS OF CHILDREN

Children need balanced development in three dimensions of health.



PHYSICAL HEALTH

- Good body, fitness and proper growth
- Energy, strength, stamina and disease resistance

MENTAL HEALTH

- Positive thinking
- Emotional stability
- Learning ability
- Stress management

SOCIAL HEALTH

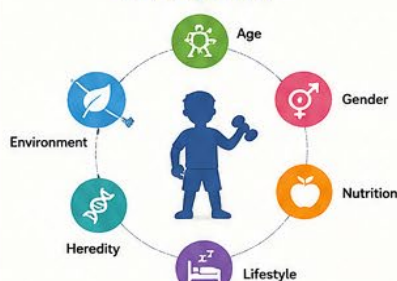
- Good relationships
- Cooperation
- Communication
- Responsible behavior



Meeting these needs → Healthy, happy and confident child.

2. FACTORS INFLUENCING PHYSICAL ACTIVITIES

FACTORS AFFECTING PHYSICAL FITNESS



INFLUENCE OF SPORTS ON WELL-BEING



INFLUENCE OF SOCIETY ON SPORTS (BASED ON)



3. PLANNING PHYSICAL ACTIVITIES FOR CHILDREN

IDENTIFYING PHYSICAL ACTIVITY SESSIONS



STRUCTURING PHYSICAL ACTIVITY SESSIONS



PLANNING LEVELS



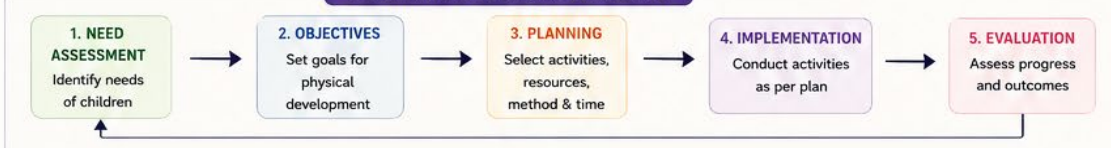
YOGA AND ITS BENEFITS



LESSON PLANS

Detailed plan of activities including objectives, content, method, resources, time and evaluation.

PLANNING CYCLE (FLOW CHART)



KEY TAKEAWAYS



Physical Education meets physical, mental and social needs of children.



Many factors (personal & societal) influence physical activity.



Proper planning at different levels ensures effective activity sessions.



Yoga and sports promote health, well-being and balanced growth.



A well-planned activity builds a healthy, confident and responsible child.

★ "A fit child is a healthy child. A healthy child is a happy child. A happy child is a successful child." ♥

Introduction

Physical Education is an important part of education that helps in the all-round development of children through physical activities, games, yoga and sports. It develops physical fitness, mental strength, emotional balance and social qualities. Physical Education not only makes children physically active but also helps them become disciplined, confident and responsible citizens.

1. Physical and Emotional Needs of Children

Children require proper physical, emotional, mental and social care for healthy growth and development. If these needs are fulfilled properly, children remain healthy, active, emotionally stable and socially adjusted.

Physical Needs of Children

Physical needs are related to the proper functioning and growth of the body. These include:

- Nutritious food
- Exercise and physical activity
- Proper sleep and rest
- Clean environment and hygiene
- Medical care and safety

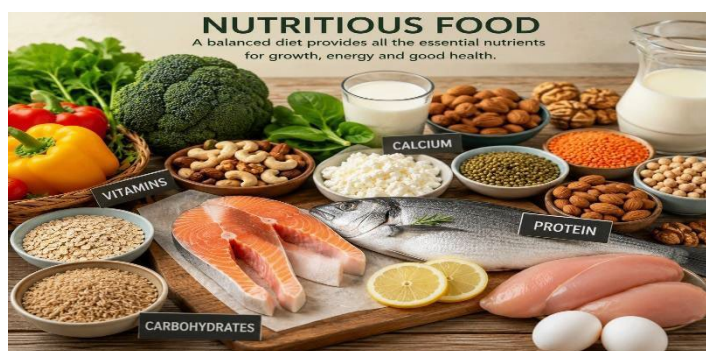
Fulfilment of physical needs improves strength, stamina, immunity and overall fitness.

Emotional Needs of Children

Emotional needs help children feel secure, loved and confident. These include:

- Love and affection
- Care and support
- Motivation and encouragement
- Sense of security
- Freedom to express feelings

Children with balanced emotional health perform better in studies, sports and social life.



2. Health Triangle

The Health Triangle represents three dimensions of health which are necessary for complete well-being.

1. Physical Health

Physical health means having a healthy and fit body. It includes:

- Proper growth and development
- Good posture and fitness
- Strength and stamina
- Freedom from diseases

Regular exercise and healthy eating improve physical health.

2. Mental Health

Mental health refers to the ability to think positively and manage emotions effectively. It includes:

- Positive thinking
- Emotional stability
- Better concentration
- Decision-making ability
- Stress management

Good mental health helps children remain calm, focused and confident.

3. Social Health

Social health means maintaining good relationships with others. It includes:

- Cooperation
- Teamwork
- Communication skills
- Respect for others
- Responsible behaviour.
- Sports and group activities help improve social health among children

Importance of Balanced Health

All three dimensions of health are interconnected. A child can be truly healthy only when physical, mental and social health are balanced together. This balanced condition is called complete health.



3. Factors Affecting Physical Activities

Many internal and external factors influence participation in physical activities and sports. These factors directly affect fitness, performance and well-being.

Factors Affecting Physical Fitness

1. Age

Fitness level changes according to age. Children, adults and older people have different physical abilities.

2. Nutrition

Balanced diet provides energy and nutrients required for physical activities and growth.

3. Lifestyle

Healthy habits such as exercise and proper sleep improve fitness, while unhealthy habits reduce it.

4. Heredity

Physical structure and body characteristics are influenced by genes inherited from parents.

5. Environment

Safe playgrounds, clean surroundings and proper facilities encourage physical activity.

Influence of Sports on Well-being

Sports and physical activities play an important role in improving overall well-being.

Physical Benefits

- Improves strength and stamina
- Enhances flexibility and coordination
- Maintains healthy body weight.

Mental Benefits

- Reduces stress and anxiety
- Improves concentration

- Builds self-confidence

Social Benefits

- Develops teamwork and leadership
- Improves communication skills
- Encourages discipline and cooperation

Thus, sports help children become healthy and socially active individuals.

Influence of Society on Sports

Society greatly affects sports participation and development.

Environment

Climate, playgrounds and safety influence physical activities.

Economy

Economic condition affects availability of sports equipment, coaching and facilities.

Technology

Modern technology provides better training methods, equipment and digital learning support.

Political Factors

Government policies, sports schemes and infrastructure encourage sports participation.

4. Planning Physical Activities for Children

Planning helps organize physical activities in a scientific and systematic way. Proper planning ensures safety, effective participation and achievement of fitness goals.

Identifying Physical Activity Sessions

Before conducting activities, teachers should identify:

- Age and ability of children
- Interest and fitness level
- Available space and equipment
- Objectives of the activity

Activities should be enjoyable, safe and suitable for children.

Structuring Physical Activity Sessions

A well-structured session usually has three parts:

1. Warm-up

Light exercises performed before activity to prepare the body.

2. Main Activity

The main exercise, game or sports activity.

3. Cool-down

Light stretching and relaxation exercises performed after activity.

Levels of Planning

Macro-planning

Long-term planning for the whole year.

Meso-planning

Medium-term planning such as monthly planning.

Micro-planning

Short-term planning for daily lessons and activities.

Weekly Planning

Preparation of activities for one week.

Proper planning helps in smooth organization and better learning outcomes.

Yoga and Its Benefits

Yoga is an important part of physical education that improves both physical and mental health.

Benefits of Yoga

- Improves flexibility and posture
- Enhances concentration and memory
- Reduces stress and anxiety
- Increases emotional balance
- Improves breathing and relaxation
- Develops inner peace and confidence

Regular practice of yoga promotes healthy lifestyle habits.

Lesson Plans for Physical Activities

Lesson plans help teachers conduct activities effectively. A good lesson plan includes:

- Objectives of the lesson

- Activities and teaching methods
- Required equipment
- Time management
- Evaluation process

Lesson planning makes teaching organized, safe and effective.

Conclusion

Physical Education plays a vital role in child development. It develops physical fitness, mental strength, emotional balance and social values. Sports, yoga and planned physical activities help children lead a healthy, active and disciplined life. Proper participation in physical education creates confident individuals and responsible citizens for society.

MCQ Based Questions

01 Mark

- Physical Education mainly helps in the _____ development of a child.
 - Physical only
 - Mental only
 - Overall
 - Emotional only
- Which of the following is NOT a part of the Health Triangle?
 - Physical Health
 - Mental Health
 - Financial Health
 - Social Health
- Physical health mainly includes:
 - Good relationships
 - Emotional stability
 - Proper growth and fitness
 - Communication skills
- Mental health helps a child to improve:
 - Height
 - Positive thinking
 - Running speed
 - Muscle size
- Social health mainly develops:
 - Teamwork and cooperation
 - Bone strength
 - Flexibility
 - Reflex action
- Which factor affects physical fitness?
 - Nutrition
 - Lifestyle

- c) Environment
- d) All of these

7. Sports improve well-being by:

- a) Increasing stress
- b) Building confidence
- c) Reducing discipline
- d) Creating laziness

8. Which social factor influences sports participation?

- a) Economy
- b) Technology
- c) Political support
- d) All of these

9. Macro-planning refers to:

- a) Daily lesson plan
- b) Monthly plan
- c) Long-term planning
- d) Warm-up session.

10. Micro-planning mainly focuses on:

- a) Annual goals
- b) Daily lesson activities
- c) National sports policy
- d) Equipment purchase

11. Which of the following is the correct sequence of a physical activity session?

- a) Cool-down → Warm-up → Activity
- b) Warm-up → Main activity → Cool-down
- c) Main activity → Warm-up → Rest
- d) Exercise → Sleep → Warm-up

12. Yoga helps children by:

- a) Increasing stress
- b) Reducing concentration
- c) Improving flexibility
- d) Causing fatigue

13. The first step in the planning cycle is:

- a) Evaluation
- b) Implementation
- c) Need assessment
- d) Planning

14. Lesson plans are prepared for:

- a) Better organization of activities
- b) Avoiding participation

- c) Increasing homework only
 - d) Punishment purposes
15. A physically active child is generally:
- a) Unhealthy
 - b) Less confident
 - c) More disciplined and confident
 - d) Socially isolated
-

Answers

- 1. c) Overall
- 2.c) Financial Health
- 3. c) Proper growth and fitness
- 4. b) Positive thinking
- 5. a) Teamwork and cooperation
- 6. d) All of these
- 7. b) Building confidence
- 8. d) All of these
- 9. c) Long-term planning
- 10. b) Daily lesson activities
- 11. b) Warm-up → Main activity → Cool-down
- 12. c) Improving flexibility
- 13. c) Need assessment
- 14. a) Better organization of activities.
- 15. c) More disciplined and confident.

Short Answer Based Questions
02 Marks
(20-30 words)

1. What do you understand by Physical Education?
2. Explain the Health Triangle.
3. Why are physical and emotional needs important for children?
4. Mention any four factors affecting physical activities.
5. How do sports influence the well-being of children?
6. What is the importance of planning physical activities for children?
7. Write any four benefits of Yoga for children.

Answers

1. What do you understand by Physical Education?

Physical Education is a part of education that uses physical activities, games and exercises for the overall development of a child. It helps improve physical fitness, mental health, discipline, social skills and emotional balance.

2. Explain the Health Triangle.

The Health Triangle consists of physical health, mental health and social health. These three dimensions together help a person live a balanced and healthy life. Good health is achieved when all three aspects are properly maintained.

3. Why are physical and emotional needs important for children?

Physical and emotional needs are important for proper growth and development. They help children stay healthy, confident, emotionally stable and socially active. Meeting these needs improves learning ability and overall well-being.

4. Mention any four factors affecting physical activities.

Four factors affecting physical activities are environment, nutrition, lifestyle and technology. These factors influence participation in sports, physical fitness, health and performance of children in daily activities.

5. How do sports influence the well-being of children?

Sports improve physical fitness, confidence, teamwork and discipline. They reduce stress and help children develop leadership qualities, social interaction and positive behaviour, leading to better overall well-being.

6. What is the importance of planning physical activities for children?

Planning physical activities helps organize sessions in a safe and effective manner. It ensures proper achievement of fitness goals, balanced participation, time management and better learning outcomes for children.

7. Write any four benefits of Yoga for children.

Yoga improves flexibility, concentration, posture and emotional stability. It reduces stress and anxiety, increases self-confidence and helps children maintain good physical and mental health.

Descriptive Answer Based Questions

(04 Marks)

(50-80 words)

1. Explain the role of Physical Education in child development.
2. Describe the importance of the Health Triangle.
3. Explain how physical activities help in the overall development of children.
4. Discuss the factors affecting physical activities and fitness.
5. Explain the influence of society on sports participation.
6. Describe different levels of planning in physical activities.
7. Explain the benefits of Yoga for children.

Answers

1. Explain the role of Physical Education in child development.

Physical Education plays an important role in the all-round development of children. It improves physical fitness, strength and coordination. It also develops mental alertness, emotional stability, discipline and social qualities like teamwork and leadership. Physical Education helps children become healthy, confident and responsible individuals.

2. Describe the importance of the Health Triangle.

The Health Triangle includes physical, mental and social health. Physical health keeps the body fit and disease-free. Mental health develops positive thinking and emotional balance, while social health improves relationships and communication skills. Balance among these three dimensions leads to complete health and better quality of life.

3. Explain how physical activities help in the overall development of children.

Physical activities improve growth, stamina, flexibility and motor skills in children. They also reduce stress and increase concentration and confidence. Participation in games and sports develops discipline, cooperation and leadership qualities. Thus, physical activities support physical, mental, emotional and social development.

4. Discuss the factors affecting physical activities and fitness.

Many factors influence physical activities and fitness, such as nutrition, age, lifestyle, environment and heredity. Technology and economic conditions also affect participation in sports. Proper diet, healthy surroundings and regular exercise improve fitness, while poor habits and lack of facilities negatively affect physical activity.

5. Explain the influence of society on sports participation.

Society influences sports through environment, economy, technology and political support. Good playgrounds, modern equipment and government policies encourage sports participation. Economic condition also affects access to training and facilities. Positive social support motivates children to take part in physical activities and sports.

6. Describe different levels of planning in physical activities.

Planning in physical activities includes macro, meso, micro and weekly planning. Macro-planning focuses on long-term goals, while meso-planning covers monthly or medium-term plans. Micro-planning includes daily lesson activities, and weekly planning organizes activities for the week. Proper planning ensures effective and safe participation.

7. Explain the benefits of Yoga for children.

Yoga improves flexibility, posture and balance in children. It increases concentration, confidence and emotional stability. Regular practice reduces stress and anxiety and promotes mental peace. Yoga also improves overall fitness, breathing capacity and healthy lifestyle habits among children.

Sample Question Paper – 30 Marks

Subject: Physical Activity Trainer (845) – Class 11

Section – A

MCQs (1 Mark Each)

(1 × 10 = 10 Marks)

1. Physical Education mainly helps in the _____ development of children.
 - a) Physical only
 - b) Mental only
 - c) Overall
 - d) Emotional only
2. Which of the following is a part of the Health Triangle?
 - a) Financial health
 - b) Physical health
 - c) Economic health
 - d) Cultural health
3. Mental health mainly helps in:
 - a) Muscle growth
 - b) Positive thinking
 - c) Height increase
 - d) Weight gain
4. Which factor affects physical fitness?
 - a) Nutrition
 - b) Lifestyle
 - c) Environment
 - d) All of these
5. Sports help in reducing:
 - a) Fitness
 - b) Discipline
 - c) Stress
 - d) Confidence
6. Which of the following is a social factor affecting sports?
 - a) Economy
 - b) Technology
 - c) Political support
 - d) All of these
7. Macro-planning refers to:
 - a) Daily planning
 - b) Weekly planning
 - c) Long-term planning
 - d) Warm-up activities
8. Which part comes first in a physical activity session?
 - a) Main activity
 - b) Cool-down
 - c) Warm-up
 - d) Evaluation

9. Yoga helps in improving:
- a) Stress
 - b) Laziness
 - c) Flexibility
 - d) Fatigue
10. Lesson plans help teachers in:
- a) Proper organization
 - b) Avoiding activities
 - c) Punishment
 - d) Time wasting

Section – B

Short Answer Questions (2 Marks Each)

(2 × 6 = 12 Marks)

1. Define Physical Education.
2. What is the Health Triangle?
3. Mention any four factors affecting physical fitness.
4. Write any four benefits of sports in well-being.
5. Explain the importance of warm-up in physical activity sessions.
6. Write any two benefits of Yoga for children.

Section – C

Descriptive Answer Questions (4 Marks Each)

(4 × 2 = 8 Marks)

- 1.. Explain the role of Physical Education in child development.
- 2.. Describe different levels of planning in physical activities.

ANSWERS

Section – A Answers

- 1.c) Overall
- 2.b) Physical health
- 3.b) Positive thinking
4. d) All of these
5. c) Stress
6. d) All of these
7. c) Long-term planning

8. c) Warm-up
9. c) Flexibility
10. a) Proper organization

Section – B Answers

1. Define Physical Education.

Physical Education is a part of education that develops physical fitness, mental health, emotional balance and social qualities through games, sports and physical activities.

2. What is the Health Triangle?

The Health Triangle includes physical health, mental health and social health. Balance among these three dimensions leads to complete health and well-being.

3. Mention any four factors affecting physical fitness.

Four factors affecting physical fitness are:

- Nutrition
- Age
- Lifestyle
- Environment

4. Write any four benefits of sports in well-being.

Benefits of sports are:

- Improves fitness
- Builds confidence
- Develops teamwork
- Reduces stress

5. Explain the importance of warm-up in physical activity sessions.

Warm-up prepares the body for physical activity. It increases blood circulation, improves flexibility and reduces the risk of injuries during exercise and sports.

6. Write any two benefits of Yoga for children.

- Improves flexibility and posture
- Reduces stress and improves concentration

Section – C Answers

1. Explain the role of Physical Education in child development.

Physical Education helps in the overall development of children. It improves physical fitness, strength and stamina. It also develops mental alertness, emotional stability and social qualities like teamwork and discipline. Physical Education helps children become healthy, active and confident individuals.

2. Describe different levels of planning in physical activities.

Planning in physical activities includes macro-planning, meso-planning, micro-planning and weekly planning. Macro-planning is long-term planning, meso-planning is monthly planning, micro-planning focuses on daily lessons and weekly planning organizes activities for one week. Proper planning ensures effective teaching and safe participation.

Unit 2 – Props and Equipment

Introduction

Props and equipment are important in sports and physical activities. They help students learn skills, improve fitness, and play games safely.

PROPS AND EQUIPMENT – GIST		
Props and equipment are tools and materials used in physical activities, sports and games to make learning effective, safe and enjoyable. They help in skill development, fitness improvement and overall personality development.		
1. PROTECTIVE EQUIPMENT These are used to prevent injuries and ensure safety during activities. • Helmet • Knee Cap • Elbow Guard • Shin Guard • Gloves • Mouth Guard 	2. TRAINING EQUIPMENT These are used for practice, fitness and skill development. • Cones • Hurdles • Agility Ladder • Skipping Rope • Resistance Band • Medicine Ball 	3. GAME EQUIPMENT These are required to play different sports and games. • Football • Basketball • Volleyball • Cricket Bat & Ball • Badminton Racket & Shuttle • Table Tennis Paddle & Ball 
4. FITNESS EQUIPMENT These are used to improve strength, endurance, flexibility and overall fitness. • Dumbbells • Kettlebell • Exercise Mat • Gym Ball • Foam Roller 	5. PROPS (AIDS FOR ACTIVITIES) These are small items used to make activities interesting and effective. • Hoops • Bean Bags • Ribbons • Balance Beam • Cones Markers 	6. OTHER EQUIPMENT These are used for specific activities and games. • Net (Volleyball/Badminton) • Goal Post • Stop Watch • Whistle • Score Board 
IMPORTANCE • Make activities safe and enjoyable. • Help in skill learning and performance improvement. • Encourage participation and teamwork. • Support fitness and health development. 	CARE AND MAINTENANCE • Use equipment correctly. • Clean after each use. • Store in proper place. • Check regularly for any damage. • Handle with care and responsibility. 	
LEARNING OUTCOMES Students will be able to identify different props and equipment, understand their uses, follow safety measures and maintain them properly for effective participation in physical activities.		

1. Meaning of Props

Props are simple tools or learning aids used during physical activities.

Uses of Props

- Mark play areas
- Practice skills
- Improve fitness

- Make activities interesting

Examples of Props

- Cones
- Hoops
- Ropes
- Markers
- Flags
- Bean bags



2. Meaning of Equipment

Equipment means the materials needed to play a sport or game properly.

Examples of Equipment

- Cricket bat
- Football
- Badminton racket
- Volleyball net
- Hockey stick

1. Difference between Props and Equipment

Props	Equipment
Used for learning and practice	Used for playing the actual game
Simple and low-cost	Sport-specific and sometimes costly
Example: cones, ropes	Example: bat, ball, racket

4. Factors Affecting Selection of Props and Equipment

The selection depends on:

(a) Age of Students

Equipment should match the age and size of students.

(b) Type of Sport

Different sports need different equipment.

(c) Safety

Safe and good-quality equipment should be used.

(d) Budget

Schools should buy equipment according to budget.

(e) Number of Players

More students require more equipment.

(f) Space and Infrastructure

Equipment should fit the available ground or hall.

5. Care and Maintenance of Equipment

Proper care increases the life of equipment.

Important Points

- ❖ Clean equipment regularly
- ❖ Store properly after use
- ❖ Repair damaged items quickly
- ❖ Keep inventory records
- ❖ Inspect equipment for safety
- ❖ Benefits
- ❖ Saves money
- ❖ Prevents accidents
- ❖ Improves performance

6. Safety Measures

- ❖ Use equipment carefully
- ❖ Follow instructions
- ❖ Wear proper sports dress
- ❖ Check damaged equipment before use
- ❖ Key Words
- ❖ Safety rules, protection, proper use

7. Importance of Props and Equipment

- ❖ Improve learning
- ❖ Develop sports skills
- ❖ Increase participation
- ❖ Make activities enjoyable
- ❖ Ensure safety

Quick Revision Points

- ✓ Props help in learning and practice.
- ✓ Equipment is needed to play sports.
- ✓ Safety and quality are important while selecting equipment.
- ✓ Regular maintenance increases durability.
- ✓ Proper storage prevents damage.

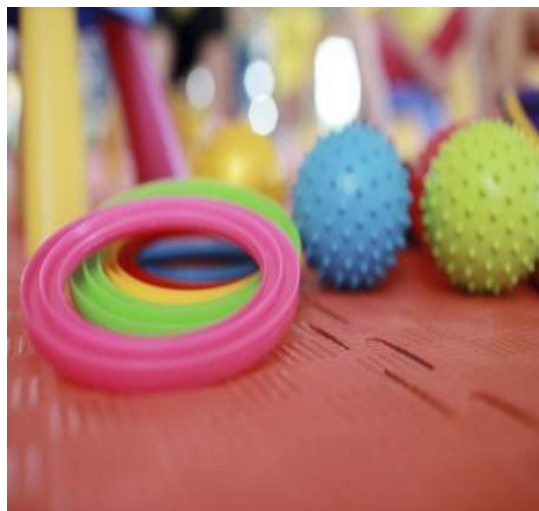
One-Line Definitions

Props: Simple tools used for practice and training.

Equipment: Materials required to play a sport.

Maintenance: Taking care of sports items to keep them safe and usable.

Inventory: Record of all sports items.



Important Keywords

Props, Equipment, Safety, Maintenance, Inventory, Storage, Sports Gear, Learning Aids, Practice, Physical Activity

1. Key Definitions

- **Props:** Tools or learning aids used to **mark play spaces**, practice specific skills, and improve student fitness.
- **Equipment:** All materials specifically **needed to play a sport** (e.g., goals, bats, or balls).

2. Factors for Selecting Resources

When planning yearly activities or organizing a sports competition, you must select resources based on these six criteria:

5. **Age Appropriateness:** Equipment must match the child's developmental stage to ensure safety and engagement.
6. **Industry Standards:** Items should follow official guidelines, such as using wooden cricket bats rather than metal.
7. **Sports Type:** Select items specific to the game; for example, do not use a volleyball to play football.
8. **Infrastructure:** Selection depends on whether the sport is **indoor or outdoor** and if the equipment is permanent (fixed) or mobile (makeshift).
9. **Group Size:** You must have enough props for the number of learners; large classes should be divided into smaller groups with adequate supplies.
10. **Budget:** Available funds determine the quality, brand, and durability of the items purchased.

3. Why Age Appropriateness Matters

Choosing the right props for the right age group is vital because:

- **Safety:** Using props meant for older students with younger children can lead to injury.
- **Interest:** Using props meant for younger children with older students causes a **lack of** interest or boredom.
- **Engagement:** The right equipment provides an appropriate challenge that keeps children focused.



4. Common Props and Their Usage

- **Parachute:** Teaches **space awareness** and team coordination.
- **Agility Ladder:** Used for jumping, hopping, and "twist and turn" drills.
- **Cones (Saucer/Marking):** Primary tools for **marking boundaries**.
- **Medicine Ball:** Used to develop **upper body strength** through throwing.
- **Bibs:** Used as jerseys to **differentiate** between opposing teams.
- **First-Aid Box:** A mandatory resource for safety during any physical activity.

5. Resource Management for Competitions

During the preparation for a Sports Day or tournament, the trainer must follow a **Facility Management Checklist**:

- **Procurement:** List and buy all required items (medals, whistles, lime powder for marking) in advance.
- **Equipment Check:** Ensure stopwatches, clappers, and hurdles are ready for officials.
- **Post-Event Collection:** Immediately after the event, **collect all props** and return them to their designated storage areas.

6. Maintenance and Safety Checklist

To keep the facility and resources in top condition:

- **Inspection:** Regularly check for broken parts, wood splinters, or **rust on metal** equipment.
 - **Air Pressure:** Balls for football (5.5-16PS), basketball, and volleyball must be inflated to correct levels.
 - **Storage:** Store items in **well-ventilated areas** away from direct sunlight and dampness to prevent damage or rusting.
 - **Cleanliness:** Wipe equipment with a dry cloth after use and keep the play area free of sharp objects like glass or stones.
-

Props and Equipment: A Guide for Physical Activity Trainers

Defining differences, explaining selection criteria, and highlighting common tools for physical education.



Competency -Based MCQs (15 Marks)

1. A trainer uses colourful hula hoops and bright saucer cones to set up a playground. The primary reason for using these specific **props** is to?

- a) Replace the actual sports equipment.
- b) Follow international Olympic rules.
- c) Make the physical activity colourful And attractive to the children.
- d) Reduce the cost of the sports session.

2. You are selecting cricket bats for Grade 3 students. You choose **plastic bats** instead of heavy wooden ones. Which factor are you prioritizing?

- a) Age appropriateness.
- b) Infrastructure availability.
- c) Industry standards for professional players.
- d) The school's history in sports.

3 A school decides to buy **rubber tennis balls** instead of leather ones for primary students to follow safety guidelines. This selection is based on?

- a) Budget constraints.
- b) Group size.
- c) Industry standards.
- d) Infrastructure.

4. During an inspection, you notice a **wooden jumping box** has developed sharp splinters? According to the maintenance checklist, you should?

- a) Paint it to hide the splinters.
- b) Avoid using it to prevent injury.
- c) Let the children play with caution.
- d) Move it to a damp area.

5. A trainer wants to teach students **space awareness** (moving at high, mid, and low levels). Which prop is specifically designed for this usage?

- a) Agility ladder.
- b) Medicine ball.
- c) Parachute.
- d) Relay baton

6. You need to develop **upper body strength** in students through throwing activities. The most suitable resource is?

- a) A plastic ball.
- b) A soft ball.
- c) A medicine ball.
- d) A sponge ring.

7. You are inspecting a **basketball** and find the air pressure is too low. To follow maintenance guidelines, you should inflate it to?

- a) 5.5 - 16 PS.
- b) 7 - 9 PS.
- c) 5.8 - 6.5 PS.
- d) 10 - 15 PS.

8. Metal equipment stored in a **damp, non-ventilated room** is at high risk of?

- a) Fading color.
- b) Over-inflation.
- c) Rusting.
- d) Becoming splintered.

9. A trainer has 40 students but only 5 footballs. According to the "Group Size" factor, the trainer should?

- a) Ask the students to wait in a long line.
- b) Divide them into smaller groups and use more props.
- c) Buy the most expensive brand of footballs.
- d) Cancel the session.

10. You need to measure a student's **back flexibility** for a fitness report. Which tool should you use?

- a) Measuring tape.
- b) Weighing scale.
- c) Sit and Reach box.
- d) Stopwatch.

11. A student is struggling with **hand-eye coordination**. Which prop would be best for practice?

- a) Bean bag scarf.
- b) Marking cone.
- c) Relay baton.
- d) Training arch.

12. After a rainy day, you find a **leather football** soaked in water. The correct maintenance step is to?

- a) Dry it under direct sunlight all day.
- b) Wipe it with a dry cloth and store it in a ventilated place.
- c) Wash it with more water and soap.
- d) Use a machine to dry it quickly.

13.When preparing for **Sports Day**, the PE department lists all required medals and trophies. This process is known as?

- a) Maintenance.
- b) Facility inspection.
- c) Procurement.
- d) Talent detection.

14.A trainer chooses **mobile (makeshift) goal posts** because the play area is used for multiple different activities. This choice is based on?

- a) Budget.
- b) Infrastructure.
- c) Industry standards.
- d) Group size.

15.A student uses a **bib** during a team game. What is the primary purpose of this prop?

- a) To improve fitness.
- b) To keep the student warm.
- c) To differentiate from the opponent team.
- d) To measure speed

10 Questions (2 Marks Each)

1. Define "Props" in physical activity?
2. Define "Equipment" in sports?
3. Why is "Age Appropriateness" critical when choosing props?
4. List two commonly used props and their usage?
5. State the correct air pressure (PS) for a Volleyball. The correct pressure range is 5.8 - 6.5 PS?
6. What should you check when inspecting wooden equipment?
7. How should balls be stored to increase their lifespan?
8. What is the "Infrastructure" factor in equipment selection?
9. Why should you avoid using machines to inflate balls?
10. What is a "Facility Management Checklist"?

3 Questions (4 Marks Each)

- 1.Explain four major factors that influence the selection of props and equipment.
2. Describe the maintenance procedure for balls before and after use.
3. Differentiate between Props and Equipment by providing two examples and two purposes for each.

ANSWER MCQs (15 Marks)

- 1.c) Make the physical activity colourful and attractive to children.
- 2.a) Age appropriateness.
- 3.c) Industry standards.
- 4.b) Avoid using it to prevent injury.

- 5.c) Parachute.
- 6.(c) A medicine ball.
- 7.b) 7 – 9 PS.
- 8.c) Rusting.
- 9.b) Divide them into smaller groups and use more props.
- 10c) Sit and Reach box.
11. a) Bean bag scarf.
12. b) Wipe it with a dry cloth and store it in a ventilated place.
13. c) Procurement.
14. b) Infrastructure.
15. c) To differentiate from the opponent team.

10 questions (2 Marks Each)

- 1. Define "Props" in physical activity:** Props are tools or learning aids used to mark play spaces, practice skills, and improve student fitness.
- 2. Define "Equipment" in sports:** Equipment refers to all materials specifically associated with a sport that are required to actually play it (e.g., bats, balls, goals).
- 3. Why is "Age Appropriateness" critical?** It ensures children are appropriately challenged according to their developmental stage (toddler to adolescent) while preventing injury and boredom.
- 4. List two props and their usage:** **Saucer cones** are used for marking boundaries or targets, and **flat rings** are used for hopscotch pathways to develop strength.
- 5. Correct air pressure for a Volleyball:** The air pressure for a volleyball must be maintained between **5.8 - 6.5 PS**.
- 6. Inspection of wooden equipment:** Check for **cracks, sharp splinters, or broken parts** that could cause injury during play.
- 7. Ball storage:** Balls should be stored in a **well-ventilated place** away from dampness and direct sunlight to increase their lifespan.
- 8. The "Infrastructure" factor:** This considers if the sport is played **indoors or outdoors** and if equipment should be **permanent** (fixed) or **mobile** (makeshift).
- 9. Why avoid machines for inflation?** Using machines can lead to **over-inflation**, which may damage the inner tube or bladder of the ball.
- 10. What is a "Facility Management Checklist"?** It is a list used to inspect the playground for **cleanliness, safety hazards** (like glass/stones), and the condition of equipment.

Questions (4 Marks Each)

- 1. Four factors influencing the selection of props and equipment:**
 - **Age Appropriateness:** Matching tools to the physical ability of children at different developmental stages.
 - **Infrastructure:** Suitability for the specific venue, whether indoor, outdoor, permanent, or mobile.
 - **Industry Standards:** Ensuring materials follow official guidelines for safety and quality (e.g., leather vs rubber).
 - **Class Size:** Ensuring there are enough props for all learners; large classes should be divided into groups.
- 2. Maintenance procedure for balls:**

- **Before Use:** Moisten the needle, squeeze the ball while adding air gradually, and inflate to the **exact PS** (e.g., 7-9 for basketball).
 - **After Use:** Deflate a small amount of air to prevent pressure damage, wipe with a **dry cloth**, and store in a well-ventilated area.
3. **Differentiate between Props and Equipment:**
- **Props:** Learning aids like **hula hoops and agility ladders**. Their purpose is to make activities attractive and help create variety in skill drills.
 - **Equipment:** The actual materials needed for the game, such as **cricket bats and footballs**. Their purpose is to provide the necessary tools for sport-specific play.

PRACTICE QUESTION PAPER

Subject: Physical Activity Trainer

Unit 4: Props and Equipment

Class: XI

Maximum Mark - 30

Time: 1 Hour

Section A – Multiple Choice Questions (MCQs) (1 Mark each)

Answer all questions

(10 × 1 = 10 Marks)

1. Props are mainly used for?

a) Decoration	b) Practice and learning
c) Cooking	d) Travelling
2. Which of the following is a prop?

a) Cricket bat	b) Football
c) Cone	d) Hockey stick
3. Equipment is used for?

a) Playing sports	b) Sleeping
c) Drawing	d) Singing
4. Which factor is important while selecting equipment?

a) Colour only	b) Safety
c) Fashion	d) Weight of teacher
5. Inventory means?

a) List of sports records	b) Record of sports items
c) List of players	d) Sports rules
6. Which of the following is sports equipment?

a) Rope	b) Marker
c) Volleyball net	d) Flag
7. Proper maintenance of equipment helps to?

a) Damage equipment	b) Increase durability
c) Waste money	d) Reduce safety
8. Damaged equipment should be?

a) Ignored	b) Repaired immediately
c) Thrown on the ground	d) Shared without checking

9. Which of the following is a safety measure?
- | | |
|---------------------------|--------------------------|
| a) Using broken equipment | b) Proper storage |
| c) Careless handling | d) Ignoring instructions |
10. Props make activities more?
- | | |
|----------------|--------------|
| a) Boring | b) Difficult |
| c) Interesting | d) Harmful |

Short Answer Questions (2 Marks each)

Answer any 6 questions.

(6 × 2 = 12 Marks)

1. Define props and equipment?
2. Mention any two examples of props?
3. Write any two factors affecting the selection of equipment?
4. State any two uses of props in physical education?
5. Why is safety important while using sports equipment?
6. Mention any two methods of maintenance of sports equipment?
7. What are the Strength Training Equipments?

Section C – Long Answer Questions (4 Marks each)

Answer any 2 questions.

(2 × 4 = 8 Marks)

1. Explain the importance of props and equipment in physical education?
2. Discuss the care and maintenance of sports equipment?
3. Explain the safety measures to be followed while using sports equipment?
4. Why should sports equipment be age-appropriate?

Answer Key
MCQ Answers

1. b) Practice and learning
2. c) Cone
3. a) Playing sports
4. b) Safety
5. b) Record of sports items
6. c) Volleyball net
7. b) Increase durability
8. b) Repaired immediately
9. b) Proper storage
10. c) Interesting

Answers for 2 marks

1. Define props and equipment

Props are simple tools used for practice and learning.

Equipment refers to materials required to play sports.

2. Examples of props

Cones

Hoops

Ropes

3. Factors affecting selection

Safety

Budget

Age of students

Number of players

(any two)

4. Uses of props

Improve skills

Increase participation

Help in fitness activities

(any two)

5. Importance of safety

Prevents injuries

Ensures proper use of equipment

6. Maintenance methods

Clean regularly

Store properly

Repair damaged equipment

(any two)

7. Strength Training Equipment

Dumbbells & Barbells

Resistance Bands

Kettlebells

Answers for 4 marks

1. Importance of props and equipment

Help in learning sports skills
Improve participation
Make activities enjoyable
Ensure safety during activities

2. Care and maintenance

Clean equipment regularly
Store in proper place
Repair damaged items
Maintain inventory records

3. Safety measures

Follow instructions
Wear proper sports dress
Check equipment before use
Avoid damaged equipment

Internal Choice Answers

(a) Difference between props and equipment

Props	Equipment
Used for practice	Used for playing sports
Simple tools	Sport-specific items

(b) Age-appropriate equipment

Provides safety
Easy and comfortable to use
Helps proper learning

UNIT - 3 HYGIENE AND SAFETY



HYGIENE, SAFETY & FIRST AID

BE CLEAN, BE SAFE, BE PREPARED



HYGIENE AND SAFETY

Hygiene means keeping ourselves and our surroundings clean. Good hygiene helps prevent diseases. Clean habits keep us healthy and active.



IMPORTANCE OF HYGIENE

- ✓ Prevents infections and illnesses.
- ✓ Keeps the body fresh and healthy.
- ✓ Helps us live a healthy and long life.



GOOD HYGIENE HABITS

- ✓ Take bath daily.
- ✓ Wash hands with soap before and after meals.
- ✓ Wash hands, face, and feet after playing.
- ✓ Brush teeth regularly.
- ✓ Wear clean clothes.
- ✓ Cut nails regularly.
- ✓ Wash fruits and vegetables before eating.
- ✓ Keep hair clean and combed.
- ✓ Carry a handkerchief.



MAINTENANCE OF HYGIENE IN PLAY AREA

Clean surroundings help maintain good health. Playground hygiene is important for safety and fitness. Everyone should behave responsibly to keep play areas clean.



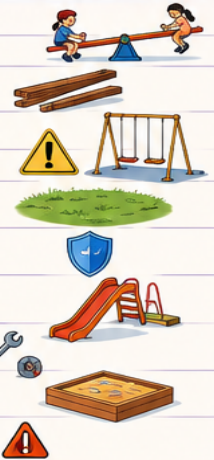
CLEANLINESS RULES

- Do not litter on the playground.
- Throw garbage only in dustbins.
- Do not spit in public places.
- Keep changing rooms clean.
- Do not damage plants or pluck flowers.
- Separate biodegradable and non-biodegradable waste.



MAINTENANCE OF PLAYGROUND EQUIPMENT

- ✓ Ensure equipment is clean and well maintained.
- ✓ Do not use broken equipment.
- ✓ Wooden equipment should not be cracked or splintered.
- ✓ Metal equipment should not be rusted.
- ✓ Unsafe areas should be identified and avoided.
- ✓ Playground surfaces should be soft and properly maintained.
- ✓ Equipment should be made of strong and durable materials.
- ✓ Keep enough free space around swings and slides.
- ✓ Check for sharp objects, loose bolts, nails, or hooks.
- ✓ Sand pits should be clean and covered when not in use.
- ✓ Report damaged or unsafe equipment immediately.



IMPORTANCE



Prevents accidents and injuries.



Stops the spread of germs and diseases.



Keeps the playground safe, clean, and healthy.

FIRST AID First aid means the treatment given to a 'patient' till proper medical aid comes.

FIRST AID PRINCIPLES AND PROCEDURES

Purpose: To preserve life, and prevent the injury from worsening until a doctor arrives and promote recovery.

Principles: Act quickly and quietly without panic, treat for shock by moving the patient as little as possible, stop bleeding, and reassure the patient.



THE DRABC PROTOCOL

D Danger

Ensure the area is safe for you and the victim.

R Response

Check for consciousness by talking or gently touching the person.

A Airways

Check if the airway is blocked; if unconscious, place on side, head up to open the throat.

B Breathing

Look for chest movement or feel for breath.

C Circulation

Check for signs of a heartbeat, movement or coughing.

CUTS AND BRUISES

- What are Cuts and Bruises?**
- Common minor injuries in children
 - Children should be allowed to explore and play safely
 - Serious cuts need medical attention

First Aid for Cuts and Bruises

- 1 Rinse the wound with clean water
- 2 Apply pressure if bleeding occurs
- 3 Use sterile gauze or a clean bandage
- 4 Raise the injured part above heart level
- 5 Cover the wound after bleeding stops
- 6 Seek medical help for deep cuts or continuous bleeding

Prevention

- Teach children safe handling of sharp objects
- Supervise children while using sharp items
- Keep home and school surroundings safe
- Avoid sharp corners and glass furniture
- Keep knives and sharp tools out of reach



HEAT EXHAUSTION



- Signs and Symptoms**
- Severe thirst and muscle weakness.
 - Nausea or vomiting.
 - Headache and increased sweating.
 - Difficulty breathing or decreased responsiveness.

First Aid Procedures

If heat exhaustion is suspected, follow these steps:

- 1 **Move to shade:** Bring the child out of the heat into a shaded area.
- 2 **Positioning:** Undress the child and have them lie down with their feet elevated.
- 3 **Cooling:** If the child is alert, apply a cold sponge to their head.
- 4 **Hydration:** Offer sips of cool water or sports drinks.
- 5 **Safety:** If the child vomits, turn them onto their side to prevent choking.

Note: If the condition progresses to heatstroke, seek professional medical help immediately.

BREATHING DIFFICULTIES



- Check if the person can speak or respond when you touch their shoulder.
- If there is no response, call for help and start first aid immediately.
- If alone, give first aid for 1 minute before going for help.

Steps

- 1 Lay the person on their back.
- 2 Tilt the head back and lift the chin up.
- 3 Check breathing for 10 seconds:
 - Look for chest movement.
 - Listen for breathing.
 - Feel breath on your cheek.
- 4 If breathing normally, keep the head tilted back until help arrives.
- 5 If not breathing or only gasping, start CPR/basic life support.



CUTS AND BLEEDING

Small Cuts

- Small cuts usually stop bleeding in a few minutes.
- Wash the area properly.
- Cover it with a clean plaster.



Deep Cuts

- Deep cuts bleed slowly and steadily.
- Press gently on the wound with a clean cloth.
- Tie a clean bandage.
- Medical treatment may be needed for stitches or glue.



CHOKING

Choking happens when food or an object blocks the airway.

- The person may hold their throat or use hand signs for help.
- Give first aid quickly because oxygen supply to the brain is reduced.

First Aid (Heimlich Maneuver)

- 1 Stand behind the person.
- 2 Wrap your arms around the waist.
- 3 Make a fist and place it above the navel.
- 4 Hold the fist with the other hand.
- 5 Give quick upward pushes into the abdomen.
- 6 Repeat up to 5 times if needed.



If the Person Becomes Unconscious

- Lay the person on the floor.
- Check the mouth and remove visible blockage carefully.
- Start CPR if the object is still stuck and the person is not responding.
- Keep checking the mouth during CPR.



BASIC SPORTS INJURIES (SPRAINS AND STRAINS)



Sprain: Tearing of ligaments that support joints.

Muscle Strain: A twist, pull, or tear of a muscle or tendon.



FIRST AID FOR SPRAIN AND STRAIN R.I.C.E. TREATMENT

R Rest

Avoid all activities with the injured limb.

I Ice

Apply cold packs for 15–20 minutes, 4–8 times a day for the first 48 hours.

C Compression

Use an elastic wrap to limit swelling.

E Elevation

Keep the limb above the heart to prevent swelling.



THE CONCEPT OF FIRST AID KIT

A well-stocked kit is essential for physical education classes and should be easily accessible.



- ✓ First-aid manual.
- ✓ Sterile gauze pads, adhesive bandages (various sizes), and elastic bandages.
- ✓ Antiseptic wipes/solution and antibiotic ointment.
- ✓ Tweezers, sharp scissors, and safety pins.
- ✓ Disposable non-latex gloves and a mouthpiece for CPR.
- ✓ Thermometer and instant cold packs.
- ✓ A list of emergency phone numbers (hospital, principal, reliable transport).



EMERGENCY RESPONSE AND CAUSALITY MANAGEMENT

CARDIAC ARREST AND CARDIO PULMONARY RESUSCITATION (CPR)

Purpose: CPR (Cardiopulmonary Resuscitation) is performed when a heart stops beating to increase survival chances.

Hands-Only CPR Steps (for non-professionals):

- 1 **Check for Breathing:** Look for chest movement or listen for breath.
- 2 **Call for Help:** Dial 112 or 108 for an ambulance.
- 3 **Positioning:** Kneel beside the victim and place the heel of one hand on the center of the chest (lower half of the breastbone) with the other hand stacked on top.
- 4 **Chest Compressions:** Push hard and fast (100–120 compressions per minute). Compressions should be 2 inches (5 cm) deep for adults/teens, children and 1.5 inch for infants. Allow the chest to rise completely between pushes.
- 5 **Wait for Help:** Continue compressions until medical help arrives.



Stay Clean, Stay Safe.



Be Prepared, Not Scared.



Quick Action Can Save Lives.

YOUR SAFETY, OUR PRIORITY!

Hygiene and Safety

Hygiene is keeping ourselves and our surroundings clean.

Good hygiene helps prevent diseases.

Clean habits keep us healthy and active.

Good Hygiene Habits

Take bath daily.

Wash hands with soap before and after meals.

Wash hands, face, and feet after playing.

Brush teeth regularly.

Wear clean clothes.

Cut nails regularly.

Wash fruits and vegetables before eating.

Keep hair clean and combed.

Carry a handkerchief.



Importance of Hygiene

Prevents infections and illnesses.

Keeps the body fresh and healthy.

Helps us live a healthy and long life.

Maintenance of Hygiene in Play Area

Clean surroundings help maintain good health.

Playground hygiene is important for safety and fitness.

Everyone should behave responsibly to keep play areas clean.

Cleanliness Rules

- Do not litter on the playground.
- Throw garbage only in dustbins.
- Do not spit in public places.
- Keep changing rooms clean.
- Do not damage plants or pluck flowers.
- Separate biodegradable and non-biodegradable waste.



Maintenance of Playground Equipment

- Ensure equipment is clean and well maintained.
- Do not use broken equipment.
- Wooden equipment should not be cracked or splintered.
- Metal equipment should not be rusted.
- Unsafe areas should be identified and avoided.
- Playground surfaces should be soft and properly maintained.
- Equipment should be made of strong and durable materials.
- Keep enough free space around swings and slides.
- Check for sharp objects, loose bolts, nails, or hooks.
- Sand pits should be clean and covered when not in use.
- Report damaged or unsafe equipment immediately.

Importance

- Prevents accidents and injuries.
- Stops the spread of germs and diseases.
- Keeps the playground safe, clean, and healthy.

I. GENERAL SAFETY RULES WHILE PLAYING

PREPARATION

Never begin vigorous activity without a proper warm-up and always perform a cool-down with stretches after training.



ATTIRE & GEAR

Use correct sports attire (shoes and clothes) and appropriate safety equipment like helmets, pads, or mouth guards.



HYDRATION

Always carry a water bottle to the ground and stay hydrated before, during, and after games.



AWARENESS

Be alert to moving people and objects; never cross play areas while a game is actively being played.



PHYSICAL LIMITS

Do not push the body beyond its limits and avoid exercising during the hottest part of the day.



CONDUCT

Never use sports equipment as weapons and seek immediate help from a teacher or coach if an injury occurs.



REMEMBER!

- ✓ Warm-up before activity
- ✓ Use proper gear
- ✓ Stay hydrated
- ✓ Be aware and alert
- ✓ Know your limits
- ✓ Play safe and be responsible

II. PLAYGROUND AND EQUIPMENT SAFETY

HAZARD REMOVAL

Keep the playground free of sharp objects like nails, stones, glass, and metal.



EQUIPMENT CONDITION

Ensure there is no broken, cracked, splintered (wooden), or rusted (metal) equipment.



SAFE HARDWARE

Check for protruding bolts, S-shaped hooks, or sharp edges that could cut a child or entangle clothing.



FALL ZONES

Surface materials in fall zones around equipment must be maintained and loosely packed.



DESIGNATED AREAS

Ensure enough free space in front of equipment like slides and swings; immediately mark damaged equipment as "off-limits".



SANDPITS

Check for hazardous debris or bugs in sandpits and keep them covered when not in use.



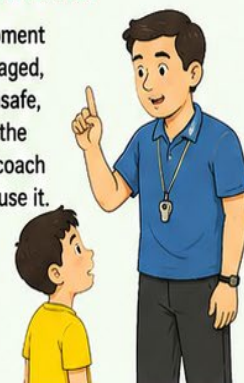
CLEAN AND SAFE

Keep the playground clean and report any safety problems immediately.



REPORT AND ACT

If any equipment seems damaged, loose, or unsafe, report it to the teacher or coach and do not use it.



SAFETY AND HYGIENE IN SWIMMING POOL

1. SUPERVISION AND ENTRY

- Never enter the pool without proper supervision, even if you are a proficient swimmer or using floats.
- Inform the staff on duty about your entry and exit.



2. HYGIENE PROTOCOLS

- Always take a shower before and after swimming.
- Use the toilet before entering the water.
- Use the pool gutter for spitting or blowing your nose.



3. HEALTH RESTRICTIONS

- ❌ Do not enter the pool if you are suffering from infections, skin diseases, or open wounds.



- ❌ Avoid swimming immediately after consuming heavy meals.



4. SAFE CONDUCT

- ❌ Avoid "horse play" around and inside the pool area.



- ❌ Never dive into shallow water.



- ❌ Do not swim for durations that exceed your physical capacity.



5. EMERGENCY SITUATIONS

- ❌ Do not imitate drowning as a joke.



- In case of real emergency, do not attempt to rescue a drowning person yourself; call for professional help immediately.



6. ATTIRE

- It is mandatory to always wear the correct swimming attire while using the facility.



ADDITIONAL TIPS



Do not run near the pool.



Check the depth before entering or diving.



Stay hydrated and take regular breaks.



Enter and exit the pool slowly.



Keep the pool area clean and hygienic.



Always follow the instructions of the lifeguard or coach.

FOLLOW THE RULES – STAY SAFE, STAY HEALTHY, ENJOY SWIMMING!

First Aid

First aid means the treatment given to a 'patient' till proper medical aid comes. **First Aid Principles and Procedures**

Purpose: To **preserve** life, and **prevent** the injury from worsening until a doctor arrives and **promote** recovery.

Principles: Act quickly and quietly without panic, treat for shock by moving the patient as little as possible, stop bleeding, and reassure the patient.

1st
RESPONSE

Principles of first aid

- **Preserve life:**
 - Airway
 - Breathing
 - Circulation
- **Prevent deterioration:**
 - Stop bleeding
 - Treat shock
 - Treat other injuries
- **Promote recovery:**
 - Reassure
 - Relieve pain
 - Handle with care
 - Protect from harm

Cuts and Bruises

What are Cuts and Bruises?

Common minor injuries in children

Children should be allowed to explore and play safely

Serious cuts need medical attention

First Aid for Cuts and Bruises

Rinse the wound with clean water

Apply pressure if bleeding occurs

Use sterile gauze or a clean bandage

Raise the injured part above heart level

Cover the wound after bleeding stops

Seek medical help for deep cuts or continuous bleeding

TREATMENT FOR CUTS



Rinse with water



Control Bleeding



Assess the injury



Apply antibiotic cream



Monitor the cut

Prevention

Teach children safe handling of sharp objects

Supervise children while using sharp items

Keep home and school surroundings safe

Avoid sharp corners and glass furniture

Keep knives and sharp tools out of reach

Heat exhaustion

Heat exhaustion is a heat-related illness that, while less severe than heatstroke, requires immediate attention to prevent it from becoming life-threatening.

Signs and Symptoms

A student suffering from heat exhaustion may experience:

Severe thirst and muscle weakness.

Nausea or vomiting.

Headache and increased sweating.

Difficulty breathing or decreased responsiveness.

First Aid Procedures

If heat exhaustion is suspected, follow these steps:

Move to shade: Immediately bring the child out of the heat and into a shaded area.

Positioning: Undress the child and have them lie down with their feet elevated.

Cooling: If the child is alert, apply a cold sponge to their head.

Hydration: Offer sips of cool water or sports drinks.

Safety: If the child vomits, turn them onto their side to prevent choking.

Note: If the condition progresses to heatstroke, seek professional medical help immediately

RECOGNIZE

THE SIGNS AND SYMPTOMS

HEAT STROKE

- Hot dry skin
- Confusion
- Loss of consciousness
- Fast, strong pulse
- Body temperature of 103°



RESPOND

HEAT STROKE

- ✓ CALL 911 IMMEDIATELY!
- ✓ Move to a cooler place
- ✓ Remove outer clothes
- ✓ Cool the body fast with a cold bath/shower
- ✓ Place cold wet cloths or ice packs on body

HEAT EXHAUSTION

- Heavy sweating
- Nausea
- Dizziness
- Headache
- Fast, weak pulse
- Thirst
- Irritability
- Weakness



 **NCDHHS**
Division of Public Health

HEAT HEALTH ALERT SYSTEM

Breathing Difficulties

Check if the person can speak or respond when you touch their shoulder.

If there is no response, call for help and start first aid immediately.

If alone, give first aid for 1 minute before going for help.

Steps

1. Lay the person on their back.
2. Tilt the head back and lift the chin up.
3. Check breathing for 10 seconds:
Look for chest movement. **Listen** for breathing. **Feel** breath on your cheek.
4. If breathing normally, keep the head tilted back until help arrives.
5. If not breathing or only gasping, start CPR/basic life support.

Cuts and Bleeding

Small Cuts

Small cuts usually stop bleeding in a few minutes.

Wash the area properly.

Cover it with a clean plaster.

Deep Cuts

Deep cuts **bleed slowly and steadily**.

Press gently on the wound with a clean cloth.

Tie a clean bandage.

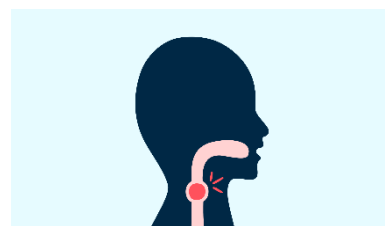
Medical treatment may be needed for stitches or glue.

Choking

Choking happens when food or an object blocks the airway.

The person may hold their throat or use hand signs for help.

Give first aid quickly because oxygen supply to the brain is reduced.



First Aid (Heimlich Maneuver)

Stand behind the person. Wrap your arms around the waist.

Make a fist and place it above the navel.

Hold the fist with the other hand.

Give quick upward pushes into the abdomen.

Repeat up to **5** times if needed.

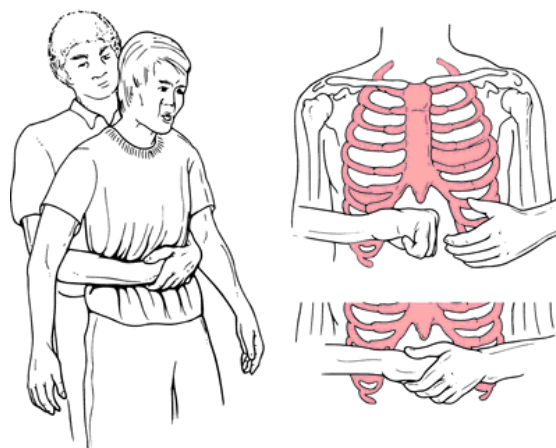
If the Person Becomes Unconscious

Lay the person on the floor.

Check the mouth and remove visible blockage carefully.

Start **CPR** if the object is still stuck and the person is not responding.

Keep checking the mouth during CPR.



Basic Sports Injuries (Sprains and Strains):

Sprain: Tearing of ligaments that support joints.

Muscle Strain: A twist, pull, or tear of a muscle or tendon.

First aid for sprain and strain

R.I.C.E. Treatment:

Rest: Avoid all activities with the injured limb.

Ice: Apply cold packs for 15–20 minutes, 4–8 times a day for the first 48 hours.

Compression: Use an elastic wrap to limit swelling.

Elevation: Keep the limb above the heart to prevent swelling.



The concept of first aid kit

A well-stocked kit is essential for physical education classes and should be easily accessible.

Core items include:

First-aid manual.

Sterile gauze pads, adhesive bandages (various sizes), and elastic bandages.

Antiseptic wipes/solution and antibiotic ointment.

Tweezers, sharp scissors, and safety pins.

Disposable non-latex gloves and a mouthpiece for CPR.

Thermometer and instant cold packs.

A list of emergency phone numbers (hospital, principal, reliable transport)





EMERGENCY RESPONSE AND CAUSALITY MANAGEMENT



TOPIC	DETAILS
 Causes of Sports Injuries	Overuse, direct impact, poor technique, and structural abnormalities
 Acute Injury	Sudden injury such as ankle sprain caused by awkward landing
 Chronic Injury	Injury caused by repeated overuse of muscles or joints
 Importance of Medical Attention	Sports injuries should receive proper medical care as injuries may be more serious than they appear

TYPES OF SPORTS INJURIES

TYPE OF INJURY	SYMPTOMS
 Ankle Sprain	Pain, swelling, stiffness
 Bruises	Small bleeding spots on the skin
 Cuts and Abrasions	Mild to severe bleeding; common on knees and elbows
 Dehydration	Heat exhaustion and heat stroke due to loss of water from the body
 Groin Strain	Pain and swelling in the groin area
 Hamstring Strain	Pain, swelling, bruising
 Knee Joint Injuries	Pain, swelling, stiffness
 Stress Fractures	Severe pain caused by repeated running or jumping on hard surfaces; shin bone pain is common



HOW DO YOU PREVENT SPORTS INJURIES?

Below are some of the common points an athlete or coach should keep in mind to prevent the occurrence of sports injuries.



1



Warm up thoroughly by gently going through the motions of your sport and performing slow, sustained stretches.

2



Wear appropriate footwear.

3



Tape or strap vulnerable and injured joints, if necessary.

4



Use the appropriate safety equipment, such as mouth guards, helmets and pads.

5



Drink plenty of fluids before, during and after the game.

6



Try to avoid exercising in the hottest part of the day.

7



Maintain a good level of overall fitness, particularly in the 'off season'.

8



Make sure that the overall fitness level is optimum with enough muscle strength.

9



Ensure training includes appropriate speed and impact work so muscles are capable of the demands of a game situation.

10



Don't exert beyond the level of fitness. Gradually increase intensity and duration of training.

11



Use good form and learn or teach correct technique of performing skills.

12



Cool down after training session with gentle, sustained stretches.

13



Allow adequate recovery time between sessions and repetitions.

14



Have regular health and sports specific assessments to know the level of fitness.



Prevention is better than cure. Follow these tips and enjoy a safe, healthy and injury-free sports experience!



Cardiac Arrest and CARDIO PULMONARY RESUSCITATION

Purpose: CPR (Cardiopulmonary Resuscitation) is performed when a heart stops beating to increase survival chances.

For non-healthcare providers or bystanders without formal CPR training:

Hands-Only CPR Steps (for non-professionals):

Check for Breathing: Look for chest movement or listen for breath.

Call for Help: Dial 112 or 108 for an ambulance.

Positioning: Kneel beside the victim and place the heel of one hand on the center of the chest (lower half of the breastbone) with the other hand stacked on top.

Chest Compressions: Push hard and fast (100–120 compressions per minute). Compressions should be 2 inches (5 cm) deep for adults/teens children and 1.5 inch for infants. Allow the chest to rise completely between pushes.

Wait for Help: Continue compressions until medical help arrives.

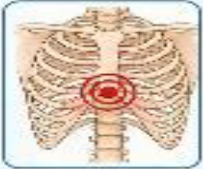
CHEST COMPRESSION RATE

The correct rate is essential for effective CPR and better chances of survival.



CORRECT HAND POSITION

- Place the heel of one hand on the center of the chest (lower half of the breastbone).
- Place the other hand on top and interlock the fingers.
- Keep your arms straight and shoulders above the patient's chest.



IDEAL CHEST COMPRESSION RATE

100 – 120
COMPRESSIONS PER MINUTE

✓ Press hard and fast at this rate.



HOW TO MAINTAIN THE RIGHT RATE



Use a metronome set to 100–120 beats per minute.



Sing a song with a steady beat (e.g., "Stayin' Alive" by Bee Gees).



Keep a steady rhythm without pausing.

IMPORTANT POINTS

- Rate: 100–120 compressions per minute
- Depth: At least 5 cm (2 inches) for adults
- Allow full chest recoil after each compression
- Minimize interruptions in chest compressions





REMEMBER:
GOOD RATE + GOOD DEPTH + MINIMAL INTERRUPTIONS = BEST CHANCE OF SURVIVAL

Follow latest CPR guidelines from your local health authority or organizations like AHA / ERC.

REHABILITATION OF SPORTS INJURIES



RECOVER RIGHT. REBUILD STRONGER. RETURN SAFER.



Treatment and rehabilitation depend on the type and severity of the injury.



Always see a doctor if pain continues after 24 hours of the injury. **Never attempt self-treatment** which may worsen the injury.



Physiotherapy can help to rehabilitate the injured site and, depending on the injury, may include exercises to promote strength and flexibility.



Returning to sport after injury depends on doctor's or physiotherapist's assessment. Trying to play before the injury is properly healed will only cause further damage and delay recovery.



The biggest single risk factor for soft tissue injury is a previous injury.

In the meantime, you can maintain your fitness by choosing forms of exercise that don't involve your injury; for example, ride a stationary bicycle while your sprained wrist is healing.



Most rehabilitation programs go through different stages, an acute stage, immediately after injury, middle or rehabilitation stage where the aim is to regain normal movement and strength and finally a functional or sports specific phase where exercises are more relevant to the activity. These stages are further explained in the below table:

STAGES	POINTS TO BE NOTED DURING EACH STAGE
 Functional Activities	The first movement after treatment period, these movements develop necessary strength and flexibility at the injured part to function
 Sports activity, specific exercise and training	Very low intensity - these activities are for developing enough muscular endurance to start the training
 Bracing and Taping	Bracing or taping the injured part to provide extra support and protection to the injured part
 Modalities	Increase in the intensity of movement in terms of speed, duration and resistance to increase load bearing capacity
 Regaining of movement ability	Ability to perform activities in full intensity. The injured part is ready to bear optimum training load



EXERCISES FOR REHABILITATION



The following exercises are generally performed for rehabilitation:



ANKLE EXERCISES

Involve rehabilitation exercises for the calf muscles, achilles tendon injuries and ankle including ankle sprains.



ARM AND ELBOW EXERCISES

Are done to work the biceps and triceps muscles as well as the muscles which pronate and supinate the forearm.



BACK EXERCISES

Are done to work the back muscles.



CORE AND ABDOMINAL EXERCISES

Are used to work the trunk and are ideal for avoiding back pain.



HIP AND GROIN EXERCISES

Are used to work the adductor and hip muscles.



KNEE EXERCISES

Cover early, middle and late stage exercises for rehabilitation from thigh injuries including hamstring strain exercises, quadriceps strain as well as jumpers knee, iliotibial band friction syndrome, and knee ligament injuries.



SHOULDER EXERCISES

Cover the exercises and general approach to shoulder rehabilitation.



WRIST AND HAND EXERCISES

For recovering from wrist sprains and other hand injuries.



Follow a structured rehabilitation program.



Be patient and consistent.



Do not rush your return to sport.



Always follow your doctor's or physiotherapist's advice.



Recover well, perform better!

Hygiene, Safety and First Aid – Question Bank

Multiple Choice Questions

1. Hygiene means:
a) Playing games b) Keeping ourselves and surroundings clean
c) Sleeping late d) Eating junk food
2. Good hygiene helps to:
a) Spread diseases b) Prevent diseases
c) Increase pollution d) Damage health
3. Which is a good hygiene habit?
a) Not washing hands b) Wearing dirty clothes
c) Brushing teeth regularly d) Littering
4. Garbage should be thrown:
a) Anywhere b) In playground
c) In dustbins d) On roads
5. First aid is given:
a) After hospital treatment b) Before medical help arrives
c) Only by doctor d) Only at home
6. Heat exhaustion is caused by:
a) Cold weather b) Excess heat and water loss
c) Sleeping more d) Eating junk food
7. Which is a symptom of heat exhaustion?
a) Headache b) Toothache
c) Ear pain d) Back pain
8. Choking occurs when:
a) Airway is blocked b) Person is sleeping
c) Water is drunk d) Person is walking
9. CPR is used when:
a) A person sleeps b) Heart stops beating
c) Person is hungry d) Person is exercising
10. The emergency ambulance number is:
a) 100 b) 101
c) 108 d) 999
11. Sprain means:
a) Bone break b) Tearing of ligaments
c) Muscle growth d) Fever

12. R in R.I.C.E. stands for:

- | | |
|----------|-----------|
| a) Run | b) Rest |
| c) Raise | d) Repeat |

13. Playground equipment should be:

- | | |
|--------------------|-----------|
| a) Broken | b) Rusted |
| c) Well maintained | d) Sharp |

14. Deep cuts may require:

- | | |
|-------------|-------------|
| a) Exercise | b) Stitches |
| c) Running | d) Sleeping |

15. During CPR, chest compressions should be:

- | | |
|------------------|------------|
| a) Slow | b) Gentle |
| c) Hard and fast | d) Avoided |

MCQ Answers

1.b) 2. b) 3.c 4.c 5.b 6.b 7.a 8.a 9.b 10.c 11.b 12.b 13.c 14.b 15.c

SHORT ANSWER QUESTIONS

1. What is hygiene?
2. Why is playground hygiene important?
3. What is first aid?
4. What are cuts and bruises?
5. What is heat exhaustion?
6. What causes choking?
7. Define sprain.
8. What is CPR?
9. Why should broken equipment not be used?
10. What is the purpose of a first aid kit?

ANSWER

1.Hygiene means keeping ourselves and our surroundings clean to prevent diseases and maintain good health.

2.Playground hygiene is important because it prevents diseases, accidents, and keeps children healthy and safe.

3.First aid is the immediate treatment given to an injured or sick person before medical help arrives.

4.Cuts and bruises are common minor injuries caused during play or accidents and may require basic first aid.

5.Heat exhaustion is a condition caused by excessive heat and water loss from the body.

- 6.Choking occurs when food or another object blocks the airway and makes breathing difficult.
- 7.A sprain is the tearing or stretching of ligaments supporting a joint due to twisting or injury.
- 8.CPR is an emergency procedure performed when a person's heart stops beating to maintain blood circulation.
- 9.Broken equipment may cause accidents and injuries, so it should be repaired or avoided immediately.
- 10.A first aid kit helps provide immediate treatment during injuries or emergencies before professional medical care arrives.

LONG ANSWER QUESTIONS

1. Explain the importance of hygiene.
2. Explain first aid for cuts and bruises.
3. Describe first aid for heat exhaustion.
4. Explain the Heimlich Maneuver.
5. Explain R.I.C.E. treatment.
6. Describe the importance of a first aid kit..
7. Explain the steps for breathing difficulties..
8. Explain how playground equipment should be maintained.
9. Describe Hands-Only CPR.
10. Explain the importance of cleanliness rules in play areas.

ANSWER

- 1.Good hygiene prevents infections and diseases, keeps the body fresh and healthy, and promotes a healthy lifestyle. Clean habits like bathing, hand washing, and wearing clean clothes help people remain active and safe from illness.
- 2.Wash the wound with clean water and apply pressure if bleeding occurs. Use sterile gauze or a clean bandage. Raise the injured part above heart level and seek medical help for deep cuts or continuous bleeding.
- 3.Move the person to a shaded place and make them lie down with feet elevated. Apply cooling methods like a cold sponge and provide cool water or sports drinks. Seek medical help if symptoms worsen.
- 4.Stand behind the choking person and wrap your arms around the waist. Place a fist above

the navel and give quick upward thrusts. Repeat until the blockage is removed or medical help arrives.

5.R.I.C.E. stands for Rest, Ice, Compression, and Elevation. It is used to treat sprains and strains by reducing swelling, pain, and further injury. Ice packs and elastic bandages help in faster recovery.

6.A first aid kit contains essential items needed during emergencies, such as bandages, antiseptics, scissors, and gloves. It helps provide immediate care and prevents injuries from worsening before medical help arrives.

7.Check if the person responds and look for normal breathing. Lay the person on their back, tilt the head back, and lift the chin. If breathing stops or becomes abnormal, begin CPR and call emergency services.

8.Playground equipment should be clean, strong, and free from rust, cracks, or sharp objects. Unsafe equipment must be repaired immediately. Proper maintenance prevents accidents and keeps children safe during play.

9.Hands-Only CPR is performed when a person's heart stops beating. Call emergency services, place hands on the center of the chest, and give hard and fast chest compressions at 100–120 compressions per minute until help arrives.

10.Cleanliness rules help maintain hygiene and safety in playgrounds. Throwing garbage in dustbins, avoiding spitting, and keeping changing rooms clean prevent the spread of germs and create a healthy environment.

Question Paper – Hygiene, Safety and First Aid

Total marks: 25

Time : 1 Hr

Section A – Multiple Choice Questions (1 Mark Each)

1. What is the main purpose of good hygiene?

- | | |
|--------------------------|------------------------|
| a) To make people taller | b) To prevent diseases |
| c) To play better games | d) To sleep more |

2. Which of the following should be done before eating food?

- | | |
|----------------------|----------------------------|
| a) Running fast | b) Washing hands with soap |
| c) Jumping exercises | d) Wearing shoes |

3. What does the “R” in R.I.C.E. treatment stand for?
 - a) Run
 - b) Rest
 - c) Raise
 - d) Rub
4. Which emergency number can be called for an ambulance?
 - a) 100
 - b) 101
 - c) 108
 - d) 104
5. Choking happens when:
 - a) The person sleeps deeply
 - b) Food or an object blocks the airway
 - c) A person runs very fast
 - d) The body becomes cold

Section B – Answer the Following (2 Marks Each)

(Answer in 20–30 words)

1. What is hygiene? Why is it important?
2. Mention any two cleanliness rules for playgrounds.
3. Write two first aid steps for small cuts.
4. What are the signs of heat exhaustion?

Section C – Answer the Following (4 Marks Each)

(Answer in 30–50 words)

1. Explain the R.I.C.E. treatment used for sprains and strains.
2. Describe the steps of Hands-Only CPR for non-professionals.
3. Explain the first aid procedure for choking.

Answer Key

Section A – MCQ Answers

1. b) 2.b) 3.b) 4.c) 5.b)

Section B – Answers

1. Hygiene means keeping ourselves and surroundings clean. It prevents diseases and keeps us healthy and active.
2. We should not litter on playgrounds and should throw garbage only in dustbins.
3. Wash the wound with clean water and cover it with a clean plaster or bandage.
4. Signs include sweating, headache, thirst, muscle weakness, nausea, and breathing difficulty.

Section C – Answers

1. R.I.C.E. treatment is used for sprains and strains. Rest the injured part completely. Apply ice packs for 15–20 minutes to reduce swelling. Use compression with an elastic bandage and keep the injured limb elevated above heart level to reduce pain and swelling.
2. In Hands-Only CPR, first check if the person is breathing. Call 108 or 112 for emergency help. Place both hands on the center of the chest and give hard, fast compressions at 100–120 compressions per minute until medical help arrives.
3. When a person is choking, stand behind them and give quick upward thrusts above the navel. If the person becomes unconscious, lay them on the floor, check the mouth for blockage, and start CPR if the object is not removed.

PART-B, UNIT: 4 -SPORTS AND FITNESS

PHYSICAL FITNESS, SPORTS ACTIVITIES & ORGANIZING COMPETITIONS – GIST

1. HEALTH

According to WHO: "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity."



2. PHYSICAL FITNESS

Definition: Physical fitness is a measure of the body's ability to function efficiently and effectively in work and leisure activities without injury.

BENEFITS OF PHYSICAL FITNESS



Improved Health through

- Increased efficiency of heart and lungs
- Increased muscle strength
- Reduced risk of diabetes, heart disease
- Weight loss
- Reduced cholesterol levels
- Reduced blood pressure



Improved Sense of Well-Being through

- Increased energy levels
- Improved quality of sleep
- Increased mental sharpness
- Reduction of stress
- Improved ability to cope with stress



Improved Appearance through

- Weight loss
- Improved posture
- Toned muscles



Enhanced Social Life through

- Improved self-image
- More opportunities to share activity with family/friends
- More opportunities to make new friends



Increased Stamina through

- Increased productivity
- Less frequent injuries
- Increased physical capabilities
- Improved immunity to minor illnesses

3. SELECTING YEARLY SPORTS ACTIVITIES

Planning of Sports Activities

- Planned at the beginning of every academic year.
- Linked with the sports "Goals" of the school.
- Goals aligned with the school's Vision and Mission.
- Approval and consent of the school management are necessary.



Factors Determining Sports Activities

- Availability of sports infrastructure in the school.
- Availability and specialization of PE teachers/coaches.
- Past achievements and sports history of the school.
- Type of school: Boys' / Girls' / Co-educational
- Skill level of students in different sports.
- Popularity of sports in the local region.

Responsibility of PE and Sports Department

- Form teams for different sports and categories.
- Ensure students receive proper training before selection.
- Plan and conduct the selection process carefully.



Three Stages of Team Selection

1

Talent Detection

- Students are exposed to different sports.
- Grouped by interest and skill level.
- Identifies potential in students not already involved in sports.



2

Talent Identification

- Recognizes students already in sports.
- Identifies players with potential to excel.
- Predicts performance using: Physical, Physiological, Psychological, Sociological attributes.



3

Talent Development

- Provides suitable learning and training environment.
- Helps students realize and improve their sporting talent.
- Focuses on continuous practice and skill improvement.



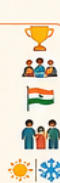
Sport-Specific Parameters (Examples)

	Football	Ball control (foot, thigh, chest, head), dribbling, passing accuracy, attacking/defending, endurance.
	Basketball	Space awareness, ball handling (both hands), sense of direction, shooting (free shots/2 pointers).
	Volleyball	Agility, setting with fingertips, spiking (jumping and timed contact), 15-minute continuous play endurance.

4. ORGANIZING SPORTS COMPETITION

Important Events in a Year

- Sports Day
- Intramural & Extramural Tournaments
- Independence Day / Republic Day
- Father's Day / Mother's Day / Grandparent's Day / Children's Day
- Summer / Winter Camp



Sports Day Planning – Three Phases

1

Pre-Sports Day

- Setting agenda for the Sports Day
- Assigning duties
- Inviting Chief Guest and Parents
- Trials



2

Sports Day

- Ceremonies
- Final activities / events
- Prize distribution



3

Post-Sports Day

- Winding up
- Feedback
- Settling accounts



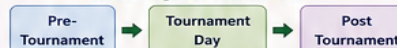
Post Sports Day Checklist

Task	Process	Status (✓ / X)	Remarks
Props Collection	Collect and return all props and clean the venue.		
Handover	Return or handover borrowed/rented items.		
Report	Prepare and submit the report to concerned departments.		
Settlement of Accounts	Pay bills, prepare statement of expenditure and deposit balance.		
Team Meeting & Feedback	Evaluate the event, discuss strengths and improvements.		

Organizing Tournaments

A tournament is a competition involving a relatively large number of competitors in a sport or game.

Three Stages of Tournament



Tournament Management Plan

Pre-Tournament	Infrastructure, number of teams, organizing team, roles & responsibilities
Tournament Day	Ground readiness, fixture/agenda, activities – finals, prize distribution
Post Tournament	Winding up, feedback & learnings, report to the school

Bye Formula in Knockout Tournament

Used when number of teams is not a power of 2 (2, 4, 8, 16, 32...).

Bye allows a team to directly advance to the next round.

$$\text{Number of Byes} = 2^n - N$$

Where: 2^n = Next higher power of 2
N = Total number of teams



Checklist

A checklist is a tool to ensure that nothing important is forgotten while organizing an event.



5. CONDUCT FITNESS SESSIONS

Importance of Training

Training improves fitness and sports performance. It helps in:

- Increasing cardiovascular capacity
- Converting more fat into energy
- Strengthening muscles for prolonged activity
- Strengthening tendons and ligaments
- Improving sport-specific performance

Health Related Components of Fitness

1, Aerobic Capacity		Ability to use oxygen during long-duration activities (cardio fitness). Helps heart and lungs supply oxygen to muscles.	Examples: Long-distance running, Jogging, Swimming, Cycling
2, Anaerobic Capacity		Ability to perform high-intensity, short-duration activities with less or stored oxygen.	Examples: 30 m run, 50 m run, 100 m run, Weight lifting
3, Strength		Maximum force produced by muscles during a single maximal contraction.	Examples: Standing Broad Jump, Medicine Ball Throw
4, Flexibility		Range of movement possible at a joint. Important for maintaining mobility.	Examples: Sit and Reach test, Split, Gymnastics, Yoga Asanas
5, Weight/Resistance Training		Training using weights or resistance to improve muscle strength.	Note: Not recommended for primary school children.

6. WARM-UP, COOL-DOWN & STRETCHING

Warm-up Exercises

Prepare body and mind before activity. Increase blood flow, reduce stiffness, lower injury risk and improve performance.

Benefits

- Increases muscle temperature and flexibility
- Reduces chances of muscle strain and injury
- Improves blood circulation and oxygen supply
- Dilates blood vessels and reduces stress on heart
- Increases range of motion at joints
- Helps in better energy production (hormonal changes)
- Mentally prepares athletes; improves focus



Cool-down Exercises

Done after activity to help body return to normal gradually.

Benefits

- Gradually lowers heart rate and breathing rate
- Prevents dizziness and muscle cramps
- Reduces muscle soreness and stiffness
- Helps remove waste products like lactic acid
- Promotes relaxation and recovery

Examples

Slow walking, Light jogging, Stretching exercises, Deep breathing



Stretching

Stretching improves flexibility and joint movement. Cartilage at the ends of bones gets nourishment from synovial fluid.

Benefits

- Enhances physical fitness and performance
- Enhances ability to learn and perform skilled movements
- Increases mental & physical relaxation
- Enhances body awareness
- Reduces risk of injury to joints, muscles, tendons
- Reduces muscular soreness and tension



ALWAYS do stretching either from head to toe or toe to head.



1. Don't bounce.



2. Keep it comfortable. Never stretch until you have pain.



3. Count to at least 10... slowly.



4. Don't stretch a cold muscle. Jog a little before you stretch.



5. Stretch a bit before you run. Stretch a lot after.

Health

According to WHO (World Health Organization), “Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity.”

Physical Fitness

Definition: Physical fitness is a measure of the body's ability to function efficiently and effectively in work and leisure activities without injury. It is the ability to perform daily tasks vigorously with enough energy left for emergencies and leisure.

Benefits of Physical Fitness

Improved Health through

Increased efficiency of heart and lungs

Increased muscle strength

Reduced risk of major illnesses such as diabetes and heart disease

Weight loss

Reduced cholesterol levels

Reduced blood pressure

Improved Sense of Well-Being through

Increased energy levels

Improved quality of sleep

Increased mental sharpness

Reduction of stress

Improved ability to cope with stress

Improved Appearance through

Weight loss

Improved posture

Toned muscles

Enhanced Social Life through

Improved self-image

Increased opportunities to share an activity with friends or family members

Increased opportunities to make new friends

Increased Stamina through

Increased productivity

Less frequent injuries

Increased physical capabilities

Improved immunity to minor illnesses

Selecting Yearly Sports Activities

Planning of Sports Activities

Yearly sports activities are planned at the beginning of every academic year.

Activities are linked with the sports “Goals” of the school.

Sports goals are aligned with the school’s Vision and Mission.

Approval and consent of the school management are necessary.

Factors Determining Sports Activities

Availability of sports infrastructure in the school.

Availability and specialization of PE teachers/coaches.

Past achievements and sports history of the school.

Type of school:

Boys’ school

Girls’ school

Co-educational school

Skill level of students in different sports.

Popularity of sports in the local region.

Responsibility of PE and Sports Department

Form teams for different sports and categories.

Ensure students receive proper training before selection.

Plan and conduct the selection process carefully.

Three Stages of Team Selection

Talent Detection

Students are exposed to different sports.

Students are grouped according to:

Interest

Skill level

Identifies students with potential who are not already involved in sports.

Talent Identification

Recognizes students already participating in sports.

Identifies players with the potential to excel.

Performance is predicted using:

Physical attributes

Physiological attributes

Psychological attributes

Sociological attributes

3. Talent Development

Provides a suitable learning and training environment.

Helps students realize and improve their sporting talent.

Focuses on continuous practice and skill improvement.

Sport-Specific Parameters for Selection:

Football: Ability in ball control (using foot, thigh, chest, head), dribbling, passing accuracy, attacking/defending, and endurance.

Basketball: Space awareness, ball handling (both hands), sense of direction, and shooting (free shots/2 pointers).

Volleyball: Agility, setting with fingertips, spiking (jumping and timed contact), and 15-minute continuous play endurance.

Organizing Sports Competition

List of important events in a year

- Sports Day
- Intramural & Extramural Tournaments
- Independence Day/ Republic Day
- Father's Day/ Mother's Day/ Grandparent's Day/ Children's Day
- Summer/Winter Camp, Organizing Competitions

Organizing Sports Day

Sports Day Planning: Divided into three phases:



SPORTS DAY PLANNING



Divided into three phases

1 PRE-SPORTS DAY

(Planning & Preparation)



- Prepare agenda and programme schedule.
- Send invitations to guests, parents, alumni and officials.
- Publicity and communication.
- Conduct trials and finalise participants.
- Arrange facilities, equipment, transport, first aid and venue.
- Assign duties to staff and student volunteers.

2 SPORTS DAY

(Execution)



- Opening ceremony (flag hoisting, oath, march past).
- Conduct final events and activities as per schedule.
- Ensure safety, discipline and smooth coordination.
- Prize distribution to winners and participants.
- Closing ceremony and vote of thanks.

3 POST-SPORTS DAY

(Follow-up & Evaluation)



- Winding up and thank you notes to all.
- Collect feedback from students, staff, parents and guests.
- Review and evaluate the event.
- Settle all accounts and bills.
- Record and document for future reference.



Good planning leads to smooth execution, happy participants and a successful Sports Day!



- **Pre-Sports Day** (agenda, invitations, trials),
- Setting up the agenda for the Sports Day
- Assigning of Duties
- Inviting Chief Guest and Parents
- **Sports Day** (ceremonies, final activities, prizes),

Checklist on the Day of the Event

S. No.	Category	Checklist Item	Yes	No	N/A
1.1	March Past	Ground marking	☐	☐	☐
1.2	March Past	Drums and sticks (at least 2 drums and 4 sticks)	☐	☐	☐
1.3	March Past	House flags and house placards	☐	☐	☐
1.4	March Past	Flag stands	☐	☐	☐

2.1	Mass Drill	Ground marking for formations with entry and exit	☐	☐	☐
2.2	Mass Drill	PA system and music CD	☐	☐	☐
2.3	Mass Drill	Teachers' names with assigned duties	☐	☐	☐
2.4	Mass Drill	Props	☐	☐	☐
3.1	Athletic Events & Fun Games	Track marking	☐	☐	☐
3.2	Athletic Events & Fun Games	Event list	☐	☐	☐
3.3	Athletic Events & Fun Games	Officials – Competition director, starter, time keepers, etc.	☐	☐	☐
3.4	Athletic Events & Fun Games	Starter's stand / Clapper / Gun	☐	☐	☐
3.5	Athletic Events & Fun Games	Stop watch	☐	☐	☐
3.6	Athletic Events & Fun Games	Batons for relay	☐	☐	☐
3.7	Athletic Events & Fun Games	Props and equipment related to athletic events and fun activities	☐	☐	☐
3.8	Athletic Events & Fun Games	Event completion sheets	☐	☐	☐
4.1	Prize Ceremony	Certificates, trophies and medals for 1st, 2nd & 3rd place with ribbons	☐	☐	☐
4.2	Prize Ceremony	Tray to present medals	☐	☐	☐
4.3	Prize Ceremony	Guest names for prize distribution	☐	☐	☐
4.4	Prize Ceremony	Vote of thanks	☐	☐	☐
5.1	Facility Arrangement	Volunteers – task distribution and briefing	☐	☐	☐
5.2	Facility Arrangement	Wash rooms / Toilets	☐	☐	☐

5.3	Facility Arrangement	Drinking water	☐	☐	☐
5.4	Facility Arrangement	Shamiana, chairs and tables for students and audience	☐	☐	☐
5.5	Facility Arrangement	Victory stand	☐	☐	☐
5.6	Facility Arrangement	Stationery items – paper, pen/pencil, eraser, sharpener, etc.	☐	☐	☐
5.7	Facility Arrangement	Balloons	☐	☐	☐
5.8	Facility Arrangement	PA / Music System – speakers and microphones including cordless microphones	☐	☐	☐
6.1	First-Aid	First-aid box	☐	☐	☐
6.2	First-Aid	Doctor / Nurse	☐	☐	☐
6.3	First-Aid	Ice pack / Ice box	☐	☐	☐
7.1	Others	House competition point table	☐	☐	☐
7.2	Others	Sports day schedule – multiple copies	☐	☐	☐
7.3	Others	Bouquets	☐	☐	☐
7.4	Others	Snacks and water bottles for chief guest and distinguished guests	☐	☐	☐
7.5	Others	Placards on themes – Global warming, Go Green Earth, Drug Abuse, etc.	☐	☐	☐

Post-Sports Day (winding up, feedback, settling accounts).

Post Sports Day Checklist

Task	Process	Status (✓/X)	Remarks
Props Collection	Collect all props and equipment, score boards, cards, stationeries and place them back in the designated area. Ensure the ground/courts are clean and tidy before leaving the venue.		
Handover	Handover different props and equipment borrowed or rented from various places.		
Report	Prepare a report and send it to the concerned departments.		
Settlement of Accounts	Complete payment and submission of bills, prepare statement of expenditure, and deposit the balance amount in the accounts office.		
Team Meeting & Feedback	Evaluate the event and discuss strengths as well as areas needing improvement.		

Organizing Tournaments

A tournament is a competition involving a relatively large number of competitors; all participating in a sport or game.

THREE STAGES OF TOURNAMENT

Pre-Tournament • Tournament Day • Post Tournament

Tournament Management Plan

Stage	Details
Pre-Tournament	Infrastructure, Number of Teams, Organizing Team, Roles and Responsibilities
Tournament Day	Ground Readiness, Fixture/Agenda, Activities – Finals, Prize Distribution
Post Tournament	Winding Up, Feedback and Learnings, Report to the School

Checklist

Checklist is a tool that helps you ensure that you do not forget or miss out on anything important while organizing the event.

Knockout tournament

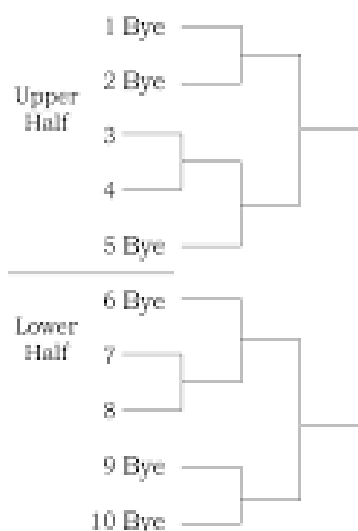
Bye Formula in Tournament

The **Bye Formula** is used in knockout tournaments when the number of teams is not a power of 2 (2, 4, 8, 16, 32, etc.).

A **bye** allows a team to automatically advance to the next round without playing in the first round.

The formula for determining the number of byes in a knockout tournament is to subtract the total number of teams from the next highest power of

$$\text{Number of Byes} = 2^n - N$$



$$\text{Upper Half} = \frac{N}{2} = \frac{10}{2} = 5 \text{ Teams}$$

$$\text{Lower Half} = \frac{N}{2} = \frac{10}{2} = 5 \text{ Teams}$$

$$\text{No. of Byes} = 16 - 10 = 6$$

$$\text{No. of Byes in Upper Half} = \frac{Nb}{2} = \frac{6}{2} = 3$$

$$\text{No. of Byes in Lower Half} = \frac{Nb}{2} = \frac{6}{2} = 3$$

$$\text{No. of matches} = 10 - 1 = 9$$

Where:

- 2^n = Next higher power of 2
- N = Total number of teams

Conduct Fitness Sessions

Importance of Training

Training improves fitness and sports performance. It helps in:

- Increasing cardiovascular capacity.
- Converting more fat into energy.
- Strengthening muscles for prolonged activity.
- Strengthening tendons and ligaments.

- Improving sport-specific performance.

Health Related Components of Fitness

1. Aerobic Capacity

- Ability of the body to use oxygen during long-duration activities.
- Also called cardiovascular fitness.
- Helps the heart and lungs supply oxygen to muscles.

Examples:

- Long-distance running
- Jogging
- Swimming
- Cycling

2. Anaerobic Capacity

- Ability to perform activities with less oxygen or stored oxygen.
- Involves short-duration and high-intensity activities.

Examples:

- 30 m run
- 50 m run
- 100 m run
- Weight lifting

3. Strength

It is the maximum force that can be developed in a muscle or group of muscles during a single maximal contraction.

- Maximum force produced by muscles during contraction.

Examples:

- Standing Broad Jump – explosive leg strength
- Medicine Ball Throw – explosive shoulder strength

4. Flexibility

It is the range of movement possible at a joint

- Range of movement possible at a joint.
- Important for maintaining mobility and fitness.

Examples:

- Sit and Reach test
- Split
- Gymnastics
- Yoga Asanas

5. Weight or Resistance Training

- Training using weights or resistance to improve muscle strength.
- Not recommended for primary school children.

Warm-up and Cool-down Exercises**Warm-up Exercises**

Warm-up exercises prepare the body and mind before physical activity. They increase blood flow to muscles, reduce stiffness, lower the risk of injury, and improve performance.

Benefits of Proper Warm-up

- Increases muscle temperature and flexibility.
- Reduces the chances of muscle strain and injury.
- Improves blood circulation and oxygen supply to muscles.
- Dilates blood vessels and reduces stress on the heart.
- Increases range of motion at joints.
- Helps in better energy production through hormonal changes.
- Mentally prepares athletes by improving focus and concentration.

Cool-down Exercises

Cool-down exercises are performed after physical activity to help the body return to normal gradually.

Benefits of Cool-down

- Gradually lowers heart rate and breathing rate.
- Prevents dizziness and muscle cramps.
- Reduces muscle soreness and stiffness.
- Helps remove waste products like lactic acid.
- Promotes relaxation and recovery.

Examples of Cool-down Activities

- Slow walking
- Light jogging
- Stretching exercises
- Deep breathing exercises

Stretching:

The listed benefits of stretching include:

- enhanced physical fitness
- enhanced ability to learn and perform skilled movements
- increased mental and physical relaxation
- enhanced development of body awareness
- reduced risk of injury to joints, muscles, and tendons
- reduced muscular soreness
- reduced muscular tension

❖ Things to remember when you stretch **ALWAYS DO THE STRETCHING EXERCISE EITHER FROM HEAD TO TOE OR TOE TO HEAD**

1. Don't bounce.
2. Keep it comfortable. Never stretch until you have pain.
3. Count to at least 10...slowly.
4. Don't stretch a cold muscle. Make sure you've jogged around a little before you stretch.
5. Stretch a bit before you run. Stretch a lot after

Benefits of Stretching

Stretching exercises help improve flexibility and joint movement. The cartilage present at the ends of bones does not receive nutrients directly through blood supply. Instead, it gets nourishment from the synovial fluid surrounding the joints.

During stretching, pressure and suction forces are created in the joints, helping the cartilage absorb synovial fluid effectively. Regular stretching improves cartilage nutrition, loosens connective tissues, and increases flexibility. Stretching also requires both physical and mental concentration for better results.

Multiple Choice Questions

- 1. At which point in the academic year are yearly sports activities generally planned by schools?**
(A) Mid-term (B) Start of the year (C) End of the year (D) During the summer break
- 2. Which of these factors is considered when selecting yearly sports activities for a school?**
(A) Available infrastructure (B) PE teacher's specialization (C) Popularity of the sport in the region (D) All of the above
- 3. Which stage of team selection involves recognizing elite potential by measuring physiological and psychological attributes?** (A) Talent Detection (B) Talent Identification (C) Talent Development (D) Talent Maintenance
- 4. How is Talent Detection defined in the context of school sports?** (A) Providing a suitable learning environment (B) Predicting performance over time (C) Discovering potential performers not currently involved in the sport (D) Measuring sociological attributes of current players
- 5. In Football team selection, what specific ball control skill is assessed?**
(A) Finger-tip setting (B) Controlling the ball with foot, thigh, chest, and head
(C) Two-step dribbling (D) Throwing with both hands overhead
- 6. A student being assessed for a Basketball team should be able to dribble the ball with quick direction changes using:** (A) Only their dominant hand (B) Both hands
(C) The palm of the hand (D) Their feet
- 7. For Volleyball talent identification, what is the required duration for continuous play to demonstrate endurance?** (A) 5 minutes (B) 10 minutes (C) 15 minutes
(D) 60 minutes
- 8. Which items are required for the March Past checklist on the day of a Sports Day event?** (A) Stopwatches and batons (B) House flags and placard flag stands
(C) PA system and music CD (D) Victory stand and balloons
- 9. In the organization of tournaments, what is the practice of allowing a team to advance to the next round without playing?** (A) A foul (B) A walkover (C) A bye
(D) A draw
- 10. Aerobic Capacity is defined as the body's ability to perform a task in the presence of:** (A) Limited oxygen (B) Reserve oxygen (C) Oxygen (D) No oxygen
- 11. Which of the following is an example of an Anaerobic activity?**
(A) Long-distance running (B) 100m run (C) Cycling (D) Swimming

12. **What is the definition of Flexibility as a component of physical fitness?**
(A) Maximum force developed in a muscle (B) Ability to perform tasks without fatigue (C) The range of movement possible at a joint (D) Ability to utilize maximum oxygen
13. **Regarding physical training for children in their primary years, which of the following is correct?** (A) Resistance training is highly recommended (B) Weight training should be done daily (C) Weight or Resistance Training is not recommended (D) Strength training should be the primary focus
14. **According to the text, which of the following is a physiological benefit of a proper Warm-up?** (A) Blood vessels constrict (B) Muscle temperature decreases (C) Blood vessels dilate (D) Oxygen release in muscles decreases
15. **What is a key rule to remember when performing stretching exercises?**
(A) Always bounce to increase the stretch (B) Stretch until it becomes painful (C) Hold the stretch and count to at least 10 (D) Stretch cold muscles immediately after waking up

MCQ Answers

1. B 2.D 3.B 4.C 5.B 6.B 7. C 8.B 9.C 10.C 11.C 12.C 13.C 14.C 15.C

Short Questions

1. What is talent identification in school sports and how does it help recognize participants with the potential to become elite performers in their chosen sports?
2. What specific factors must be considered by the PE department when selecting and planning the school's yearly sports activities at the start of each academic year?
3. In the context of organizing knockout tournaments, what is the purpose of a "bye" and when is it generally necessary to include one in competition brackets?
4. How is flexibility defined as a component of physical fitness and why is it considered an important part of fitness to maintain as individuals grow much older?
5. What is the primary function of a checklist when organizing a school tournament and how does it assist the physical education teacher in managing the event?

SHORT QUESTION ANSWER

- 1.**Answer:** It involves recognizing current participants with elite potential by predicting performance over time using physical, physiological, psychological, and sociological measurements to facilitate further growth and professional development.
- 2.**Answer:** Selection is determined by infrastructure, teacher specialization, school history, student levels, and regional popularity, ensuring activities align with the school's vision, mission, and specific yearly sports goal
- 3.**Answer:** A bye is the practice of allowing a specific team or player to advance directly to the next round of a play-off without actually playing a match.
- 4.**Answer:** Flexibility is the range of movement possible at a joint, which naturally decreases with age, making it an essential part of fitness to maintain for lifelong health.
- 5.**Answer:** A checklist is a tool ensuring teachers do not miss important details, covering all pre-tournament, event day, and post-tournament tasks required for successful and organized event execution.

Long questions

1. What is talent identification and how does it help recognize participants with the potential to become elite performers in their chosen sports?
2. What specific factors must be considered by the PE department when selecting and planning the school's yearly sports activities at the start of each year?
3. How is aerobic capacity defined in the context of health-related fitness components, and what are some common examples of aerobic exercises?
4. In the organization of school knockout tournaments, what is the specific purpose of a "bye" and when is it necessary to include one?
5. According to the textbook, what are the primary physiological benefits of performing a proper warm-up before starting a vigorous physical activity session?
6. What are the essential tasks involved in the "Post-Sports Day" stage of event organization to ensure a successful and tidy conclusion? sporting events.
7. What are the key safety rules to remember when performing stretching exercises to ensure they effectively reduce muscle tension and prevent joint injury?

ANSWERS

1.Answer: It involves recognizing current participants with elite potential by predicting performance over time using physical, physiological, psychological, and sociological measurements to facilitate further growth and professional development.

2.Answer: Selection is determined by infrastructure, teacher specialization, school history, student levels, and regional popularity, ensuring activities align with the school's vision, mission, and specific yearly sports goals.

3.Answer: Aerobic capacity is the body's ability to utilize oxygen during exercise to perform tasks. Examples include long-distance running, swimming, and cycling, which help strengthen the heart muscle.

4.Answer: A bye is the practice of allowing a team or player to advance directly to the next round without playing. It is necessary when entrants are not a power of two.

5.Answer: Warm-ups increase muscle and blood temperature, dilate blood vessels for better oxygen flow, and prepare the athlete mentally by increasing focus and reviewing skills while reducing injury risks.

6.Answer: This stage involves collecting all props, tidying the venue, settling financial accounts, and holding team meetings to evaluate feedback and discuss improvements for future school

7.Answer: Hold stretches for at least ten seconds without bouncing. Stretching should be comfortable and performed only after muscles are warm, usually from head-to-toe or vice-versa.

Practice Question paper: SPORTS AND FITNESS

SUBJECT: Physical Activity Trainer (845)

CLASS –XI

Total marks: 25

Time: 1 Hour

Section A: Multiple choice Questions (1 Mark each)

5x1=5

1. Which sport is most appropriate for improving cardiovascular endurance?
(a) Chess (b) Weight lifting
(b) Swimming (d) Yoga
2. What does Body Composition refer to in physical fitness?
(c) Muscle power (b) Reaction time
(d) Ratio of Fat, Muscle, Bone, and water (d) Yoga
3. Which is a skill-related component of physical fitness?
(a) Flexibility (b) Balance
(c) Muscular Endurance (d) Body composition
4. What is a benefit of engaging in physical fitness activities regularly?
(a) Increase sugar cravings (b) Reduce teamwork
(c) Enhances sleep quality (d) Decreases brain function
5. Which of the following is a seasonal consideration for sports activity selection?
(a) Player's interest (b) Budget constraints
(c) Weather conditions (d) Skill level

Section B: Short Answer Questions (2 Marks each)

4x2=8

6. What are the main components of the Health Triangle?
7. Define cardio respiratory endurance and give an example.
8. How does regular physical activity benefit mental health?
9. What are the key stages of talent identification in sports?

Section C: Long Answer Questions (4 Marks each)

3x4=12

10. What are the benefits of physical fitness for the body and mind?
11. Explain the process of team selection.
12. How can one maintain good health and physical fitness?

Answer key

Section A: Multiple choice Questions

Section B: Short Answer Questions-Answer

6. The Health Triangle includes three components: Physical Health, Mental Health and Social Health. Physical Health relates to body function, mental health involves emotional well-being, and social health is about maintaining positive relationships. All three are interdependent and essential for overall health and well-being, promoting a balanced and fulfilling life.

7. Cardiorespiratory endurance is the ability of the heart and lungs to supply oxygen during prolonged physical activity. It is essential for sustaining effort in sports and daily activities. Activities like running, cycling, and swimming help develop this component, improving overall stamina and cardiovascular health, while reducing the risk of heart disease.

8. Regular physical activity improves mental health by reducing stress, anxiety, and depression. It boosts mood, increases self-confidence, improves sleep, enhances brain function, and promotes emotional well-being through the release of endorphins.

9. The key stages of talent identification in sports are observation, testing physical and mental abilities, performance evaluation, selection, training, and continuous monitoring to develop athletes' skills and achieve success.

Section C: Long Answer Questions-Answer

10. Physical fitness improves strength, flexibility, endurance, and overall health of the body. It helps maintain healthy weight, improves heart function, and increases energy levels. Mentally, it reduces stress, anxiety, and depression while improving concentration, confidence, mood, and emotional well-being. Regular exercise also promotes better sleep and a healthier lifestyle.

11. The process of team selection involves identifying skilled players through trials, performance tests, and observation. Coaches evaluate fitness, discipline, teamwork, and game skills. Players are compared based on their abilities and suitability for different positions. Finally, the best-performing and balanced group of players is selected to represent the team in competitions.

12. Good health and physical fitness can be maintained through regular exercise, balanced nutrition, proper sleep, and personal hygiene. Drinking enough water, avoiding harmful habits, and managing stress are also important. Participating in sports and physical activities improves strength; stamina, flexibility, and mental well-being, helping individuals lead an active and healthy life.

DIGITAL RESOURCES

WORKSHEET	<u>PAT INTERACTIVE WORKSHEET CLASS-XI</u>
QUESTION PAPER	<u>PAT PRACTICE QUESTION PAPER CLASS-XI</u>

