

CHAP 1 ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

SHORT NOTES

1. Roles and Responsibilities of a Physical Activity Facilitator

A physical activity facilitator plans, conducts, and supervises physical activities safely. They guide students, ensure discipline, promote fitness, identify talent, manage equipment, and create a positive learning environment while ensuring safety and inclusion.

2. Job Description of an Early Years Physical Activity Facilitator

An early years physical activity facilitator designs fun, safe, and age-appropriate activities for young children. They focus on basic movement skills, coordination, balance, and enjoyment while ensuring safety, encouragement, and emotional well-being.

3. Qualities of a Good Teacher

A good teacher is patient, knowledgeable, disciplined, empathetic, motivating, and a good communicator. They encourage participation, treat students equally, adapt teaching methods, and inspire students to learn and improve continuously.

4. Methods of Discipline Inculcation in Students

Discipline can be developed through clear rules, positive reinforcement, role modeling, consistency, fair treatment, counseling, and encouraging self-discipline rather than punishment. Respectful behavior builds responsible students.

5. Pros and Cons of Mass Drill

Pros: Improves coordination, discipline, teamwork, unity, and physical fitness.

Cons: Less individual attention, difficult for mixed abilities, may cause boredom or fatigue if repetitive.

6. Importance of Talent Identification in Sports

Talent identification helps recognize students' natural abilities early. It guides proper training, boosts confidence, promotes sports excellence, and helps students choose suitable sports for long-term success.

7. Activities Conducted by a Physical Activity Facilitator

A facilitator plans warm-ups, skill training, games, fitness drills, assessments, competitions, cool-downs, and recreational activities while ensuring safety, discipline, and student engagement.

8. Conducting Basketball and Volleyball Skill Development Sessions

These sessions include teaching basic skills like dribbling, passing, shooting, serving, and spiking through drills, practice matches, demonstrations, and feedback to improve performance and teamwork.

9. Altering Programs Based on Participation and Skill Level

Programs should be modified according to participant strength, age, turnout, and ability. This ensures inclusiveness, prevents injuries, maintains motivation, and allows effective learning for all students.

10. Arranging Facilities and Equipment & Risk Management

The facilitator ensures proper setup, checks equipment safety, inspects playing surfaces, removes hazards, and follows risk management guidelines to prevent accidents and injuries.

11. Dealing with Participants and Answering Questions

A facilitator should communicate politely, answer queries clearly, provide guidance, resolve doubts, and maintain positive relationships with students, parents, and stakeholders.

12. Rules, Regulations, and Etiquette Guidelines

Clear rules promote safety, discipline, fair play, and respect. Etiquette guidelines help maintain order, teamwork, sportsmanship, and proper conduct during activities and competitions.

13. Administrative Work and Documentation

The facilitator completes attendance, activity plans, assessment records, feedback forms, and reports accurately to track progress and improve program quality.

14. Conflict Resolution and Emergency Response

The facilitator must handle conflicts calmly, ensure fair solutions, follow emergency procedures, provide first aid if required, and report incidents to authorities for student safety.

WORKSHEET / ASSIGNMENT

UNIT: Roles & Responsibilities of a Physical Activity Facilitator

A. Multiple Choice Questions (1 × 10 = 10 marks)

1. The main role of a physical activity facilitator is to:
 - a) Only conduct games
 - b) Ensure safety and promote fitness
 - c) Punish students
 - d) Maintain attendance only
2. Early years facilitators should focus mainly on:
 - a) Heavy training
 - b) Competition
 - c) Fun and basic movement skills
 - d) Winning medals
3. Which is NOT a quality of a good teacher?
 - a) Patience
 - b) Discipline
 - c) Partiality
 - d) Communication skills
4. Discipline should be inculcated mainly through:
 - a) Fear and punishment
 - b) Positive reinforcement

- c) Ignoring students
 - d) Harsh rules
5. One advantage of mass drill is:
- a) Individual attention
 - b) Improved discipline
 - c) Boredom
 - d) Lack of coordination
6. Talent identification in sports helps to:
- a) Waste time
 - b) Identify natural abilities
 - c) Reduce participation
 - d) Stop training
7. Basketball skill development includes:
- a) Dribbling and passing
 - b) Only running
 - c) Sitting drills
 - d) Writing rules
8. Programs should be altered to:
- a) Increase difficulty always
 - b) Match participant skill level
 - c) Reduce participation
 - d) Avoid safety
9. Risk management involves:
- a) Ignoring hazards
 - b) Equipment safety checks
 - c) Playing without rules
 - d) Avoiding planning
10. Administrative work includes:
- a) Only teaching
 - b) Feedback and record keeping
 - c) Playing games
 - d) Discipline only
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B. Short Answer Questions (20–30 words) (2 × 5 = 10 marks)

1. Who is a physical activity facilitator?
2. Mention two qualities of a good teacher.

3. State two benefits of mass drill.
 4. Why should programs be modified according to skill level?
 5. What is the importance of safety checks?
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C. Long Answer Questions (50–80 words) (5 × 4 = 20 marks)

1. Explain the roles and responsibilities of a physical activity facilitator.
 2. Describe the job of an early years physical activity facilitator.
 3. Discuss the importance of talent identification in sports.
 4. Explain how a facilitator manages discipline and conflict resolution.
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ANSWER KEY

Section A: MCQs

1. **b**
 2. **c**
 3. **c**
 4. **b**
 5. **b**
 6. **b**
 7. **a**
 8. **b**
 9. **b**
 10. **b**
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Section B: Short Answer (Sample Answers)

1. A physical activity facilitator plans, conducts, and supervises physical activities safely while promoting fitness, discipline, teamwork, and overall physical development.
2. Two qualities of a good teacher are patience and good communication, which help in understanding students and encouraging active participation.

3. Mass drill improves discipline and coordination while promoting unity, teamwork, and physical fitness among students.
 4. Programs must be modified to suit participant strength and ability to ensure safety, inclusion, motivation, and effective learning.
 5. Safety checks help prevent injuries, ensure proper equipment use, and create a safe environment for physical activities.
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Section C: Long Answer (Sample Answers)

1. **Roles and Responsibilities of a Physical Activity Facilitator**

A physical activity facilitator plans and conducts physical activities, ensures safety, manages equipment, promotes discipline, encourages participation, identifies talent, and maintains records. They also motivate students and create a positive learning environment.

2. **Early Years Physical Activity Facilitator**

An early years facilitator focuses on fun-based, age-appropriate activities that develop balance, coordination, and basic movement skills. They ensure safety, encourage confidence, and support emotional and social development of young children.

3. **Importance of Talent Identification in Sports**

Talent identification helps recognize natural abilities at an early stage. It allows proper training, improves performance, boosts confidence, and helps students select suitable sports for long-term development.

4. **Discipline and Conflict Resolution**

Facilitators maintain discipline through clear rules, positive reinforcement, and fair behavior. Conflicts are handled calmly through discussion, guidance, and following safety and emergency procedures.
