



PHYSICAL ACTIVITY TRAINER

CLASS X - 2025 -2026

WORKSHEET: UNIT 1 EARLY YEARS PAT INTRODUCTION

Part A: Multiple Choice Questions (15 Questions - 1 mark each)

1. What does PAT stand for?

- ☐ A) Physical Assessment Team
- ☐ B) Physical Activity Trainer
- ☐ C) Physical Activity Team
- ☐ D) Physical Assistance Trainer

Answer: B

2. Which age group is primarily focused on in Early Years PAT?

- ☐ A) 3-5 years
- ☐ B) 6-10 years
- ☐ C) 1-2 years
- ☐ D) 11-15 years

Answer: A

3. What is one of the primary goals of a Physical Activity Trainer?

- ☐ A) To specialize in nutrition
- ☐ B) To promote physical literacy
- ☐ C) To focus solely on children's academic performance
- ☐ D) To reduce screen time

Answer: B

4. Which is a responsibility of the Physical Activity Trainer?

- ☐ A) Teaching advanced sports techniques
- ☐ B) Ensuring safe play environments
- ☐ C) Conducting academic assessments
- ☐ D) Providing mental health counseling

Answer: B

5. How often should physical activity be facilitated for early years groups?

- A) Once a week
- B) Daily
- C) Monthly
- D) Biannually

Answer: B

6. Which of the following is NOT an activity facilitated by a Physical Activity Trainer?

- A) Dance
- B) Swimming
- C) Sewing
- D) Playground games

Answer: C

7. A Physical Activity Trainer should work closely with:

- A) Parents and caregivers
- B) The local competition committee
- C) Only school teachers
- D) None of the above

Answer: A

8. What should be considered when planning activities for young children?

- A) Weather conditions
- B) Children's interests and abilities
- C) Professional athlete performance
- D) Both A and B

Answer: D

9. What equipment is often used by Physical Activity Trainers in early years settings?

- A) Heavy weights
- B) Hula hoops and soft balls
- C) High jump bars
- D) None of the above

Answer: B

10. To assess physical development, a Physical Activity Trainer might:

- A) Use structured assessments only
- B) Observe during unstructured play
- C) Only rely on parent feedback
- D) Focus strictly on academic performance

Answer: B

11. Which activity specifically enhances coordination in young children?

- A) Silent reading
- B) Obstacle courses
- C) Math games
- D) Storytelling

Answer: B

12. Why is teamwork important in physical activities for young children?

- A) It teaches competition
- B) It helps develop social skills
- C) It reduces the need for guidance
- D) It focuses only on winning

Answer: B

13. How should a Physical Activity Trainer respond to a child's injury?

- A) Ignore it and continue
- B) Take immediate action to ensure safety
- C) Criticize the child
- D) Leave it for the teacher to handle

Answer: B

14. Which is a benefit of regular physical activity in early childhood?

- A) Increased screen time
- B) Enhanced gross motor skills
- C) Boredom

- D) Decreased social interaction

Answer: B

15. What should be a key consideration when selecting activities for children?

- A) The cost of equipment
- B) Children's fun and engagement
- C) Adult preferences
- D) Competitive nature of activities

Answer: B

Part B: Short Answer Questions (10 Questions - 2 marks each)

1. Define the term “Physical Activity Trainer” and their role in early childhood settings.

Answer: A Physical Activity Trainer is a qualified professional who facilitates physical activities for young children to promote physical literacy, motor skills development, and overall well-being. They create a safe and engaging environment for play and learning.

2. List two key responsibilities of a Physical Activity Trainer in early years settings.

Answer: 1) Planning and conducting age-appropriate physical activities; 2) Ensuring a safe environment for physical activities.

3. Explain the importance of engaging parents in children’s physical activities.

Answer: Engaging parents encourages them to support and reinforce physical activity at home, fostering a more holistic approach to healthy lifestyle habits for their children.

4. Mention two types of activities that promote social skills among young children.

Answer: 1) Team games; 2) Group dance activities.

5. How can a Physical Activity Trainer assess the effectiveness of their activities?

Answer: By observing children’s engagement, monitoring skill development, taking feedback from children and parents, and adjusting activities based on the children's responses.

6. What is the role of play in physical activity for young children?

Answer: Play serves as a natural context for young children to explore physical skills, build confidence, and develop social interactions, all while having fun.

7. Describe an activity that fosters gross motor skill development.
Answer: An obstacle course that includes climbing, jumping, crawling, and balancing is a great activity for developing gross motor skills.
8. Why is it important for activities to be inclusive for all children?
Answer: Inclusivity ensures all children, regardless of ability, can participate and benefit from physical activity, promoting confidence, acceptance, and social development.
9. Give an example of how a Physical Activity Trainer can adapt an activity for children with different skill levels.
Answer: A trainer may simplify a game by reducing the rules or providing various equipment sizes, so all children can participate at their own pace.
10. Discuss the significance of safety in physical activity for early years.
Answer: Safety is crucial to prevent injuries, ensuring that children can explore physical activities in a secure environment, which promotes confidence and reduces fear of participation.

Part C: Extended Response Questions (5 Questions - 3 marks each)

1. Discuss the benefits of regular physical activity for children's physical and cognitive development.
Answer: Regular physical activity improves children's cardiovascular health, strengthens muscles and bones, enhances coordination, and contributes to healthy weight management. Cognitively, it increases focus, enhances memory, and boosts self-esteem, allowing for better performance in academic settings.
2. Explain how a Physical Activity Trainer can promote lifelong physical activity habits in young children.
Answer: By creating enjoyable, varied, and age-appropriate activities, trainers can instill a positive attitude towards exercise. By modeling enthusiasm for movement and providing opportunities for family involvement, they encourage children to view physical activity as a fun and essential part of life.
3. Describe strategies for successful behavior management during group physical activities.
Answer: Effective strategies include establishing clear rules, using positive reinforcement, setting up structured routines, and being consistent in responses to behavior. Engaging children with interactive and dynamic activities also helps maintain focus and minimize disruptive behavior.

4. Analyze the impact of technology on physical activity levels in young children.
Answer: While technology can provide resources for learning about healthy habits, excessive screen time can lead to sedentary behavior, reducing children's engagement in physical activity. Trainers should find a balance, incorporating technology positively while emphasizing active play and movement.
5. Propose a sample weekly schedule for a Physical Activity Trainer in an early years setting, including types of activities.
Answer: Monday: Movement games; Tuesday: Dance lessons; Wednesday: Outdoor play (running, climbing); Thursday: Equipment skills (throwing, kicking); Friday: Nature walk incorporating observational learning; Saturday: Family sports day. This balance emphasizes variety while encouraging physical activity throughout the week.

Part D: Essay Questions (5 Questions - 5 marks each)

1. Evaluate the role of Physical Activity Trainers in combating childhood obesity in early years.
Answer: Physical Activity Trainers play a crucial role in promoting active lifestyles among young children, emphasizing fun and engaging activities. By educating families about healthy habits and instilling physical literacy skills, trainers can directly influence children's attitudes toward movement, making regular exercise a natural and enjoyable part of their daily lives. They also serve as advocates for active play environments, ensuring accessibility and safety. Prevention of obesity begins early; thus, trainers' influence is significant in shaping lifelong healthy practices.
2. Discuss how physical activity can aid in social skill development among preschool-aged children.
Answer: Physical activity provides a natural context for children to interact, collaborate, and communicate with their peers. Through games, sports, and group exercises, children learn vital social skills like sharing, teamwork, and conflict resolution. Engaging in physical activities builds trust and friendships, as children encourage one another, celebrate achievements, and work together towards common goals. Hence, physical activity becomes a fundamental tool for social development in early childhood.
3. Assess the challenges that Physical Activity Trainers may face when delivering programs for young children.
Answer: Trainers may encounter various challenges, such as limited resources (equipment and space), varying levels of physical ability among

children, and competing interests (children's preferences for sedentary activities). Additionally, engaging children and maintaining their attention can be difficult, along with ensuring the involvement of parents and caregivers. They also need to adapt to diverse cultural backgrounds and ensure inclusivity, requiring creativity and flexibility in program planning. Addressing these challenges is vital for successful delivery of physical activity programs.

4. Define what constitutes a “successful” physical activity session for early years and the metrics that can be used to assess success.

Answer: A successful physical activity session for early years is characterized by active participation, engagement, enjoyment, and skill development. Metrics for success may include observing children's enthusiasm, assessing progress in skills (like coordination or teamwork), taking feedback from children about their enjoyment levels, and ensuring safety throughout the session. Tracking changes in children's physical abilities, social interactions, and positive attitudes toward movement over time also reflect the success of the activity.

5. Illustrate the connection between physical activity and cognitive development in early childhood and how PATs can foster this relationship.

Answer: Research indicates a strong link between physical activity and cognitive development in young children, as movement enhances neural connections and brain function. Physical activity boosts blood flow to the brain, resulting in improved concentration, memory, and problem-solving skills. PATs can foster this relationship by integrating movement with learning (such as counting games that involve jumping), facilitating activities that promote focus and coordination, and incorporating cooperative play that enhances cognitive teamwork skills. By using movement to enhance cognitive learning, trainers can create a holistic learning environment.