



ICSE 2026 EXAMINATION

SPECIMEN QUESTION PAPER

EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

Maximum Marks: 100

Time allowed: Two hours

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

Instruction for the Supervising Examiner

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

NOTE:

The Specimen Question Paper in the subject provides a realistic format of the Board Examination Question Paper and should be used as a practice tool. The questions for the Board Examination can be set from any part of the syllabus. However, the format of the Board Examination Question Paper will remain the same as that of the Specimen Question Paper.

SECTION A (40 Marks)

(Attempt *all* questions from this *Section*.)

Question 1

[20]

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

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

- (i) Every type of communication is affected by its_____ .
- (a) reception
 - (b) transmission
 - (c) non - regulation
 - (d) context
- (ii) Shital was running with a high temperature. The word high is a/an:
- (a) adjective
 - (b) adverb
 - (c) noun
 - (d) predicate
- (iii) What does **T** stand for in the SMART method of setting goals?
- (a) Truthful
 - (b) Tested
 - (c) Time-bound
 - (d) Tough
- (iv) Which of the following shortcut keys is used to cut a file?
- (a) Ctrl+x
 - (b) Ctrl+c
 - (c) Ctrl+a
 - (d) Ctrl+v

- (v) Which of the following is **NOT** a type of evaluation?
- (a) Formative
 - (b) Diagnostic
 - (c) Summative
 - (d) Subjective
- (vi) What should be the aim of a physical activity facilitator?
- (a) Social development
 - (b) Wholesome development
 - (c) Physical development
 - (d) Mental development
- (vii) **Assertion (A):** Non-verbal communication can be more effective than verbal communication.
- Reason (B):** Non-verbal signal can convey emotions and attitudes more accurately.
- (a) (A) is true and (R) is false.
 - (b) (A) is false and (R) is true.
 - (c) Both (A) and (R) are true and (R) is the correct explanation of (A).
 - (d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
- (viii) Identify the odd one.
- (a) Self-awareness
 - (b) Stress management
 - (c) Sleeping
 - (d) Productivity

- (ix) Which is **NOT** a factor of building self?
- (a) Social
 - (b) Economic
 - (c) Physical
 - (d) Cultural
- (x) With reference to first aid, what does **ABC** stand for?
- (a) Airway, Bandage and Call medical emergencies
 - (b) Airway, Breathing and Circulation
 - (c) Ambulance, Bandage and Circulation
 - (d) Airway, Breathing and Call medical emergencies
- (xi) Which of the following is **NOT** a skill related to physical fitness?
- (a) Speed
 - (b) Agility
 - (c) Muscular strength
 - (d) Reaction time
- (xii) Which of the following is **NOT** a computer virus?
- (a) Firewall
 - (b) Worms
 - (c) Online predator
 - (d) Trojan horse
- (xiii) The objective of feedback is to:
- (a) improve the performance of a person.
 - (b) critically analyze the skill of a person.
 - (c) judge the performance of a person.
 - (d) find the negative points of a person.

(xiv) The picture given below demonstrates _____.



- (a) Cardiopulmonary resuscitation
- (b) Cardiopulsary reunification
- (c) Cardiopulmonary respiration
- (d) Cardio plastic resuscitation

(xv) Swami owns a large retail shop. Radha owns a small shop of handcrafted apparels. Radha does not call herself an entrepreneur. Identify the misconception about entrepreneurship that can be related to the above statement?

- (a) Every business idea needs to be special or unique.
- (b) A person needs to have a big business to be called an entrepreneur.
- (c) A person needs a lot of money to start a business.
- (d) Entrepreneurs are born not made.

(xvi) A stressed person can stimulate endorphin release by regular activity and exercise.

- (a) True
- (b) False

(xvii) Ethnic, religious, and social differences are cultural barriers to communication.

- (a) True
- (b) False

- (xviii) Ctrl + Delete key is used to delete data to the right of cursor.
- (a) True
- (b) False
- (xix) Solar power, geothermal heating and cooling systems, and wind energy reduce a community dependency on gas, coal and other such forms of energy.
- (a) True
- (b) False
- (xx) Observe the given picture.



Choose the correct option with which the above picture is associated.

- (a) Solar energy
- (b) Crop rotation
- (c) Rainwater harvesting
- (d) Wind energy

Question 2

- (i) Fill in the blanks with the correct option given in the bracket: [5]
- (a) _____ assessment is also known as assessment of learning. [*Formative / Summative*]
- (b) A team in basketball consists of _____ players in all. [8 / 12]
- (c) Sprain is the injury of _____. [*Muscles / Ligaments*]

(d) The height of the volleyball net for men is _____.
[2.24mts / 2.43mts]

(e) _____ requires self-mystery, self-control, self-responsibility, and self-direction. [*Self – discipline / Innovation*]

(ii) Write True or False: [5]

(a) The barriers which are related to an individual's mental and emotional state are called psychological barriers.

(b) Negative stress can lead to mental as well as physical problems.

(c) Your beliefs control your thoughts and feelings.

(d) An entrepreneur needs a lot of investment in terms of money.

(e) High blood pressure is a common sign of stress.

Question 3

(i) What is the main purpose of inventory management? [2]

(ii) Explain *two* factors which influence recreational activities. [2]

(iii) Define sustainable development. [2]

(iv) Write *any two* characteristics of effective communication. [2]

(v) Why does a sender need feedback? [2]

SECTION B

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

Question 4

(i) What is stress? Mention *any three* steps to manage stress. [5]

(ii) Write a short note on SMART method to set goals. [5]

- (iii) In the context of employability skills, answer the following: [5]
- (a) Mention *any three* ways to protect computer data from theft and viruses.
- (b) Explain *any two types of* non-verbal communication with one example each.

Question 5

- (i) What are the various factors which influence the selection of any sports equipment? [5]
- (ii) Write a short note on how you would conduct a physical security risk assessment. [5]
- (iii) Mention *any five* important qualities of a successful entrepreneur. [5]

Question 6

- (i) What is free play? List *any two* advantages and *any two* disadvantages of free play. [5]
- (ii) Who is a social entrepreneur? Mention *any four* characteristics of social entrepreneurship. [5]
- (iii) Describe the various activities that can be conducted by an Early Years Physical Activity Facilitator. [5]

Question 7

- (i) What is the difference between Natural environment and Artificial environment? [5]
- (ii) Explain the importance of clean water and sanitation towards sustainable development. [5]
- (iii) Name *five* primary goals of sustainability. Explain *any two*. [5]

Question 8

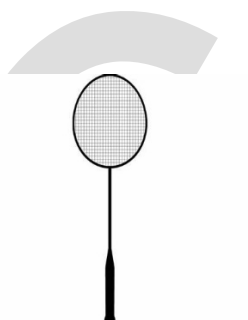
(i) (a) (b) [5]



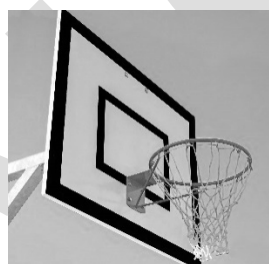
(c)



(d)



(e)



(f)



List *any five* equipment from the pictures given above and mention their usage.

(ii) Draw a well-labelled diagram of a basketball court with specifications and dimensions. [5]

(iii) Being an Early Years Physical Activity Facilitator, name *any three* points that you will keep in mind while selecting an activity and the precautionary measures you will take during the activity? [5]

Question 9

- (i) What are the benefits of following an energy conservation policy? [5]
- (ii) Briefly explain, how you would teach the *passing skill* in volleyball to the students. [5]
- (iii) How is effective communication helpful in dealing with customers? [5]

ICSE 2026 SPECIMEN

MARKING SCHEME – EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

SECTION A

Question 1		[20]
(i)	(d) context	
(ii)	(a) adjective	
(iii)	(c) Time-bound	
(iv)	(a) Ctrl+x	
(v)	(d) Subjective	
(vi)	(b) Wholesome development	
(vii)	(c) Both (A) and (R) are true and (R) is a correct explanation of (A).	
(viii)	(c) Sleeping	
(ix)	(b) Economic	
(x)	(b) Airway, Breathing and Circulation	
(xi)	(d) Reaction time	
(xii)	(a) Firewall	
(xiii)	(a) improve the performance of a person.	
(xiv)	(c) Cardiopulmonary respiration	
(xv)	(b) A person needs to have a big business to be called an entrepreneur.	
(xvi)	(a) True	
(xvii)	(a) True	
(xviii)	(a) True	
(xix)	(a) True	
(xx)	(d) Wind energy	
Question 2		
(i)	(a) Summative (b) 12 (c) Ligaments (d) 2.43mts (e) Self – discipline	[5]

(ii)	(a) True (b) True (c) True (d) False (e) True	[5]
Question 3		
(i)	The main purpose of inventory management is to ensure the right products are available in the right quantity at the right time while minimizing costs.	[2]
(ii)	1. Time: People need free time to enjoy recreational activities. If they are busy, they may not have time to play or relax. 2. Place and Equipment: People need places like parks or playgrounds and things like balls or bicycles to do many fun activities.	[2]
(iii)	Sustainable development means using resources in a way that meets present needs without harming the ability of future generations to meet their own needs.	[2]
(iv)	1. Clarity: The message is clear and easy to understand. 2. Listening: Both sides listen to each other carefully.	[2]
(v)	A sender needs feedback to know if the message was received and understood correctly. It helps improve communication.	[2]
SECTION B		
Question 4		
(i)	Stress is your body's natural reaction to any demand or challenge. It happens when you feel worried, pressured, or overwhelmed by something. Stress can make your heart beat faster, make you feel tense, or make it hard to focus. Some stress is normal and can help you stay alert, but too much stress can be harmful. 1. Identify Stressors: The first step to managing stress is recognizing what causes it. Keep a journal or note when you feel stressed and what triggered it. This awareness can help you anticipate and plan how to deal with stressful situations. 2. Practice Relaxation Techniques: Techniques such as deep breathing exercises, meditation, progressive muscle relaxation, or mindfulness can calm your mind and reduce physical symptoms of stress. Regular practice can make you more resilient when stress occurs.	[5]

	<p>3. Exercise Regularly: Physical activity helps reduce stress hormones and triggers the release of endorphins, chemicals that improve mood. Even a daily 30-minute walk can make a big difference.</p> <p>4. Maintain a Healthy Lifestyle: Eating a balanced diet, getting enough sleep, and avoiding excessive caffeine or alcohol can strengthen your body's ability to cope with stress.</p> <p>5. Time Management: Organize your tasks, set priorities, and break large projects into smaller steps. Effective planning can prevent last-minute rushes and reduce feelings of being overwhelmed.</p> <p>6. Build Strong Social Support: Talking to friends, family, or support groups can provide emotional comfort and practical help. Sometimes just sharing your feelings can lighten your stress load.</p> <p>7. Set Realistic Goals and Expectations: Don't try to do everything perfectly or take on more than you can handle. Learn to say no and delegate tasks when possible.</p> <p>8. Develop Healthy Coping Skills: Engage in hobbies, creative activities, or other enjoyable pursuits that distract from stress. Avoid negative coping behaviours like smoking, overeating, or substance abuse, which may worsen stress in the long run.</p> <p>9. Seek Professional Help if Needed: If stress becomes unmanageable, causing anxiety or depression, consulting a mental health professional like a counsellor or therapist can be very beneficial.</p> <p style="text-align: right;"><i>(Any five)</i></p>	
(ii)	<p>SMART Method to Set Goals:</p> <p>The SMART method is a widely used framework for setting effective and achievable goals, especially in sports. It ensures that athletes set goals that are clear, realistic, and motivating. SMART stands for:</p> <p>S – Specific: Goals should be clear and well-defined. Instead of saying “I want to be better at basketball,” a specific goal would be “I want to improve my free throw percentage by 10%.”</p> <p>M – Measurable: Progress should be trackable. Measurable goals help athletes know when they've achieved success. For example, “Run 5 kilometres in under 25 minutes.”</p> <p>A – Achievable: Goals should be challenging but realistic, based on the athlete's current abilities. Setting overly ambitious goals can lead to frustration and burnout.</p> <p>R – Relevant: The goal must be meaningful and aligned with the athlete's personal or team objectives. A swimmer focusing on sprint events should not set a goal related to long-distance performance unless it supports their main focus.</p> <p>T – Time-bound: Every goal needs a deadline to create urgency and focus. For instance, “Increase my bench press by 10 kg in 8 weeks.”</p>	[5]

(iii)	<p>(a) 1. Install Antivirus Software: Antivirus software detects and removes viruses, malware, and spyware. Keeping it updated ensures better protection.</p> <p>2. Use Strong Passwords: Use passwords that are hard to guess. A strong password includes letters (uppercase and lowercase), numbers, and special characters.</p> <p>3. Enable a Firewall: A firewall acts as a barrier between your computer and external threats. It blocks suspicious activity and prevents unauthorized access.</p> <p>4. Regular Software Updates: Always keep your operating system, antivirus, and software updated. Updates often fix security holes that can be exploited by hackers.</p> <p>5. Backup Your Data: Keep copies of your important files on external hard drives or cloud storage. This helps you recover your data in case of theft or virus attacks.</p> <p>6. Avoid Suspicious Emails and Links: Do not open emails or click on links from unknown sources. They may contain harmful viruses or phishing attempts.</p> <p>7. Use Encryption: Encrypting your data ensures that even if someone gets access to your files, they won't be able to read them without a password.</p> <p>8. Secure Wi-Fi Networks: Use a password-protected Wi-Fi connection to prevent unauthorized users from accessing your data.</p> <p style="text-align: right;">(Any two)</p> <p>(b) Non-verbal communication is the way we send messages and express ourselves without using words. It includes body language, facial expressions, gestures, posture, eye contact, and tone of voice. Sometimes, non-verbal signals are stronger than spoken words.</p> <p>Types of Non-Verbal Communication with Examples:</p> <ol style="list-style-type: none"> 1. Facial Expressions: The face shows emotions like happiness, sadness, anger, and surprise. Example: A smile shows friendliness, while a frown may show displeasure. 2. Gestures: Movements of hands and arms to express thoughts. Example: Nodding your head to say "yes" or waving your hand to say "hello." 3. Posture: The way you stand or sit can show confidence or nervousness. Example: Standing tall with shoulders back shows confidence, while slouching may show lack of interest. 4. Eye Contact: Making eye contact shows attention and honesty. Example: Looking someone in the eye during a conversation shows you are listening and interested. 5. Body Movements: Movements like shaking legs or tapping fingers can show nervousness or impatience. Example: Crossing arms may show defensiveness or disagreement. 	[2+3]
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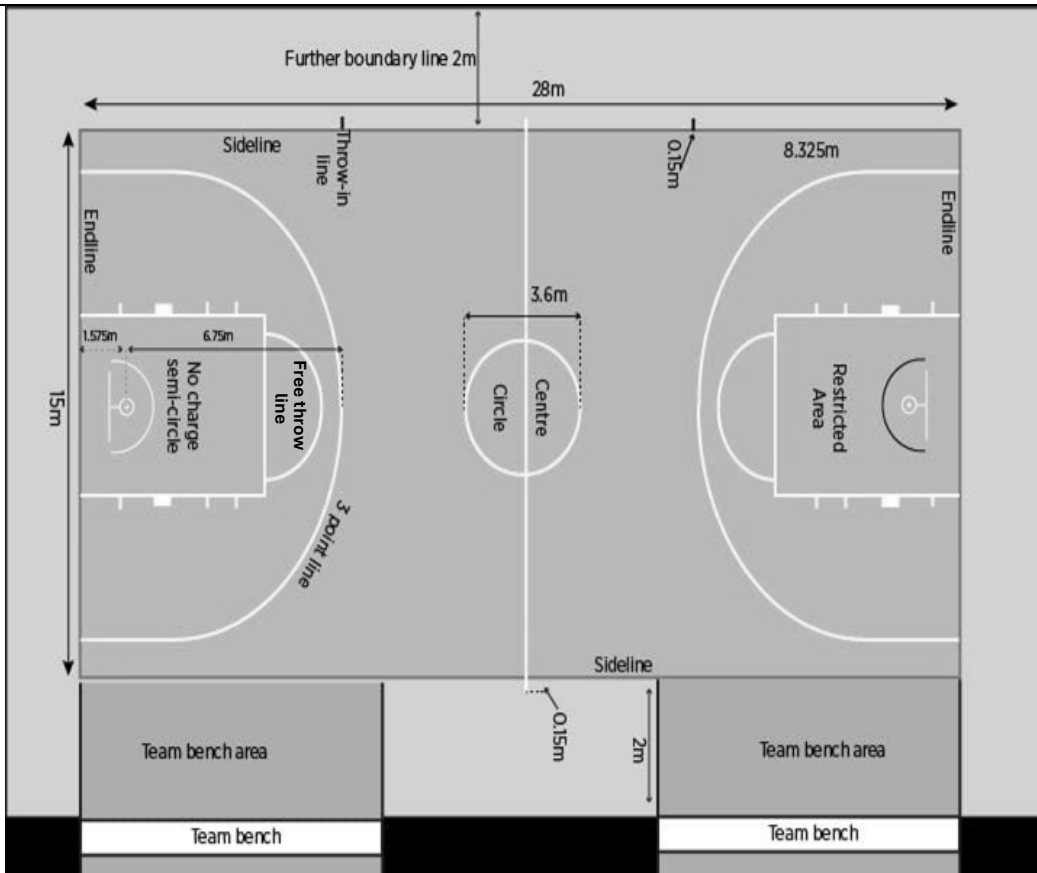
	<p>6. Tone of Voice: How something is said can change the meaning of words.</p> <p>Example: Saying “I’m fine” in a sad tone may actually mean the person is not fine.</p> <p style="text-align: right;">(Any two)</p>	
Question 5		
(i)	<p>Selection of right sports equipment is very important. It helps players play better and stay safe. Here are the main things to think about when selecting equipment:</p> <ol style="list-style-type: none"> Type of Sport: Different sports need different equipment. Example: Football needs a ball and shoes with studs. Cricket needs a bat, ball, pads, and helmet. Age and Skill Level: Younger or new players need lighter and easier equipment. Professional players use advanced equipment. Example: A child uses a smaller bat than an adult. Safety: Some equipment keeps players safe. Example: Helmets, gloves, pads, and guards. Quality and Durability: Good quality equipment lasts longer and works better. Cost or Budget: Some equipment is expensive. People choose based on how much money they can spend. Rules of the Game: Equipment must follow the rules of the sport. Example: The size of a cricket bat must follow official rules. Place of Play: Where you play (indoor or outdoor) also matters. Example: Different shoes for grass and for hard ground. Comfort and Fit: The equipment should feel good and fit well. Example: Shoes that fit properly help you run better. New Technology: Some equipment has new features that help improve your game. Example: Lightweight rackets or smart watches to track fitness. Coach Advice: Coaches can help you choose the best equipment for your needs. <p>Conclusion: Right equipment helps you play better and stay safe. Always choose what fits your sport, age, skill, and comfort.</p> <p style="text-align: right;">(Any five)</p>	[5]
(ii)	<p>To keep a place safe, we must check for any risks. Here’s how I would do a physical security risk assessment:</p> <ol style="list-style-type: none"> Know What to Protect: First, I will make a list of important things like people, buildings, machines, and documents. 	[5]

	<ol style="list-style-type: none"> 2. Find the Dangers: Then, I will think about what could go wrong – like theft, fire, break-ins, or accidents. 3. Check Weak Areas: I will look for areas that are not safe – like broken doors, no cameras, or dark places. 4. See What Security Is There: I will check what safety systems are already in place – such as guards, cameras, lights, or alarms. 5. Decide the Risk Level: I will think about how big each risk is and how likely it is to happen. 6. Suggest Better Safety Steps: I will give ideas to fix the weak points – like adding locks, more lights, training staff, or improving emergency plans. 7. Write a Simple Plan: I will make a clear and simple plan to follow for safety. (Any five) 	
(iii)	<p>A successful entrepreneur is someone who starts and grows a business by using smart ideas and hard work. To become successful, an entrepreneur needs some special qualities. Here are five important ones:</p> <ol style="list-style-type: none"> 1. Confidence: A good entrepreneur believes in themselves and their ideas. They are not afraid to take risks or face problems. Confidence helps them take the first step and keep going even when things get tough. Example: If their first business idea fails, they still try again with a new one. 2. Hardworking: Success does not come overnight. Entrepreneurs work long hours and do not give up easily. They keep trying until they reach their goal. Example: They may work late nights or weekends to complete their business tasks. 3. Creativity: Entrepreneurs think of new and smart ideas to solve problems or make life easier. They often start businesses with fresh ideas that no one has tried before. Example: Creating a mobile app that helps people order food quickly. 4. Decision-Making Skills: Entrepreneurs have to make many decisions every day, like hiring workers, buying materials, or choosing products. Good decision-making helps the business grow. Example: Choosing the right place to open a new shop. 5. Leadership: An entrepreneur is also a leader. They guide their team, motivate them, and help them do better. A good leader keeps everyone working together and focused on goals. Example: Leading a team to complete a project on time. <p>To be a successful entrepreneur, a person must be confident, hardworking, creative, a good decision-maker, and a strong leader. These qualities help them face challenges and grow a successful business.</p>	[5]

Question 6		
(i)	<p>Free play refers to unstructured, spontaneous, and self-directed play where children choose their own activities without adult direction. It typically involves imagination, creativity, and physical or social interaction.</p> <p>Two Advantages of Free Play:</p> <ol style="list-style-type: none"> Promotes Creativity and Imagination: Children invent games, scenarios, and rules, helping develop their creativity and problem-solving skills. Enhances Social Skills: During free play with others, children learn to cooperate, negotiate, and resolve conflicts, fostering strong social development. <p>Two Disadvantages of Free Play:</p> <ol style="list-style-type: none"> Lack of Structure May Lead to Risky Behaviour: Without adult supervision, children might engage in unsafe or inappropriate activities. Unequal Participation: Some children may dominate play, while others may feel excluded or unsure of how to join in, leading to social imbalance. 	[5]
(ii)	<p>A social entrepreneur is a person who pursues innovative solutions to social problems. They use entrepreneurial principles to develop, fund, and implement solutions that directly improve society. These individuals are often seen as change-makers in their communities and beyond.</p> <p>Characteristics of Social Entrepreneurship:</p> <ol style="list-style-type: none"> Mission-Driven: The central focus is to create social impact rather than maximize profits. Innovation: Social entrepreneurs think creatively to find unique solutions to complex social issues. Sustainability: Social enterprises aim to be financially self-sufficient, often reinvesting profits into their mission. Measurable Impact: Success is measured not just by financial returns, but by the extent of social change created. 	[5]
(iii)	<p>Activities conducted by Early Years Physical Activity Facilitator:</p> <ul style="list-style-type: none"> Gross Motor Activities: Obstacle courses, running games, ball games, climbing. Fine Motor Activities: Threading beads, playdough, drawing building blocks. Movement and Dance: Action songs, creative movement, simple dance routines. Balance and Sensory: Balance beams, sensory paths, simple yoga/stretching. Outdoor Play: Nature walks, sand and water play, gardening. Structured Games: Parachute games, relay races, balloon or bean bag toss. Rest and Relaxation: Breathing exercises, calm storytelling with gentle movement. 	[5]

	(Create safe environment, adapt activities for all, encourage participation, observe development, promote positive attitude toward physical activity.) <i>(Any five)</i>	
Question 7		
(i)	<p>The natural environment and artificial environment are two distinct types of surroundings that have different characteristics.</p> <p>Natural Environment</p> <p>The natural environment refers to the physical surroundings that occur naturally on Earth, including:</p> <ol style="list-style-type: none"> 1. Landscapes (forests, mountains, deserts) 2. Water bodies (oceans, rivers, lakes) 3. Atmosphere (air, weather, climate) 4. Living organisms (plants, animals, microorganisms) <p>Artificial Environment</p> <p>The artificial environment, on the other hand, refers to the surroundings that are created by humans, including:</p> <ol style="list-style-type: none"> 1. Built structures (buildings, roads, bridges) 2. Urban areas (cities, towns) 3. Agricultural environments (farms, gardens) 4. Indoor environments (homes, offices) 	[5]
(ii)	<p>Clean water and good sanitation are very important for building a better and healthier world. Here's why they matter for sustainable development:</p> <ol style="list-style-type: none"> 1. Good Health: Clean water helps prevent diseases like diarrhoea and cholera. When people have clean water to drink and good toilets to use, they stay healthier. 2. More Time for School and Work: In many places, people, especially women and children, spend hours collecting water. If clean water is nearby, they can use that time to go to school or work instead. 3. Better Education: Schools with clean toilets and water help children stay in school, especially girls who may miss school during their periods if there are no proper facilities. 4. Protects the Environment: When toilets and waste are managed properly, it keeps rivers, lakes, and land clean. This helps nature and wildlife too. 5. Fights Poverty: Healthy people can work and earn money. Clean water and toilets help families save money on medicine and stay strong enough to work. 6. Prepares for the Future: Managing water wisely helps us deal with problems like droughts and floods caused by climate change. <p><i>(Any five)</i></p>	[5]

(iii)	<p>Five primary goals of sustainability are:</p> <ol style="list-style-type: none"> 1. Environmental protection 2. Economic growth 3. Social development 4. Efficient use of resource 5. Preservation of biodiversity <p>Explanation of Two Goals:</p> <ol style="list-style-type: none"> 1. Environmental Protection: This goal focuses on keeping our air, water, and land clean and safe. It includes reducing pollution, fighting climate change, and protecting forests, oceans, and wildlife. A healthy environment is essential for people to live well now and in the future. 2. Economic Growth: Sustainability supports growing the economy in a way that creates jobs and improves lives, without harming the environment. It means using resources wisely so that businesses and communities can thrive long-term, not just for short-term profit. 3. Social development: Social development is the process of improving the well-being of every individual in society so they can reach their full potential. It focuses on creating conditions that allow people to lead healthy, productive, and meaningful lives. 4. Efficient Use of Resources: Efficient use of resources means using natural materials like water, energy, minerals, and raw materials in a way that maximizes their value, reduces waste, and minimizes environmental impact. 5. Preservation of biodiversity: Prevention of biodiversity loss refers to the actions and strategies taken to protect and preserve the variety of life forms on Earth—including animals, plants, fungi, and microorganisms and their natural habitats. 	[5]
Question 8		
(i)	<ol style="list-style-type: none"> (a) Hockey Stick: A long stick with a curved end used to hit the ball in the game of hockey. (b) Wicket (in cricket): A set of three vertical stumps and two small horizontal bails used as a target for the bowler and a goal for the batsman to protect. (c) Stopwatch: A device used to measure time in seconds and minutes, commonly used in sports to track how long an event or activity takes. (d) Badminton Racket: A racket used to hit a shuttlecock over a net during a game of badminton. It can be played by two (singles) or four players (doubles). (e) Basketball Ring: A metal hoop with a net attached, fixed to a backboard. Players try to throw the basketball through the ring to score points. (f) Table Tennis Racket: A small paddle used to hit the ball in table tennis. It has a flat surface with rubber on each side. 	[5]

(ii)	 <p>1. Court Dimensions Length: 28 meters Width: 15 meters</p> <p>2. Key Areas Free Throw Line Distance: 4.6 meters 3-Pointer Line Distance: 6.75 meters</p> <p>3. Basket Specifications Rim Height: 3.05 meters (10ft) Rim Diameter: 45 cm Backboard Size: 1.8 m wide × 1.05 m height Center Circle Diameter: 3.6 meters Free Throw Circle Diameter: 3.6 meter No-Charge Semi-Circle: 1.25 meters radius</p>	[5]
(iii)	<p>Points to Keep in Mind While Selecting an Activity:</p> <ol style="list-style-type: none"> 1. Age-appropriate – The activity should match the children’s age and developmental stage. 2. Fun and engaging – Activities should be enjoyable to keep children interested. 3. Simple instructions – Activities should be easy to understand and follow. 4. Inclusive – All children, regardless of ability, should be able to participate. 	[5]

	<p>5. Skill development – Activities should help improve basic motor skills like running, jumping, or balancing.</p> <p>6. Space and equipment – Ensure enough space and safe equipment are available.</p> <p style="text-align: right;"><i>(Any three)</i></p> <p>Precautionary Measures During the Activity:</p> <ol style="list-style-type: none"> Supervision – Always watch children closely during the activity. Safe environment – Check that the play area is clean and free of hazards. Warm-up – Begin with a simple warm-up to prepare their bodies. Hydration – Ensure children stay hydrated, especially in warm weather. First aid ready – Keep a first aid kit nearby in case of minor injuries. Clear rules – Set and explain safety rules before starting the activity. <p style="text-align: right;"><i>(Any two)</i></p>	
Question 9		
(i)	<p>Making use of solar power, geothermal heating and cooling system and wind energy can significantly reduce a community dependency on gas, coal and other forms of energy.</p> <ol style="list-style-type: none"> Lower energy bills – You save money by using less electricity and fuel. Reduced environmental pollution – Less energy consumption means fewer harmful emissions. Conservation of natural resources – It helps preserve resources like coal, oil, and water for future generations. A healthier environment – Cleaner air and reduced global warming. Improved energy security – Reduces dependence on imported energy and supports sustainability. 	[5]
(ii)	<p>To teach the passing skill in volleyball, I would follow these steps:</p> <ol style="list-style-type: none"> Explain the purpose: Tell students that passing is used to receive a serve or a low ball and send it accurately to a teammate. Demonstrate the technique: Stand with feet shoulder-width apart. Knees slightly bent, arms straight and together. Hands joined, thumbs flat and pointing forward. Contact the ball with the forearms (not the hands). Use drills and practice: Begin with tossing and catching drills to develop hand-eye coordination. Progress to simple partner passing. Gradually add movement and teamwork drills. Give feedback and correct posture: Watch each student and guide them to keep their arms firm and not swing too much. Make it fun: Include games and friendly challenges to keep students motivated and engaged. 	[5]

(iii)	<ol style="list-style-type: none"> 1. Builds Trust and Understanding: Clear communication helps customers understand the situation or product better. It shows honesty and professionalism, which builds trust. 2. Solves Problems Quickly: When you listen carefully and speak clearly, problems can be solved faster. It prevents misunderstandings and confusion. 3. Increases Satisfaction: Customers feel respected and valued when they are heard. This leads to better cooperation and satisfaction. 4. Improves Relationships: Good communication creates a positive relationship over time. It helps in teamwork and working together for the best outcomes. 5. Providing Valuable Information: Clearly conveying information about products, services or policies helps customers make informed decisions. 	[5]
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