

Marking Scheme
Strictly Confidential
(For Internal and Restricted use only)
Senior Secondary School Examination, 2026 (XIIth)
SUBJECT NAME: - Physical Activity Trainer (Q.P. CODE 845/369)

General Instructions: -

1	You are aware that evaluation is the most important process in the actual and correct assessment of the candidates. A small mistake in evaluation may lead to serious problems which may affect the future of the candidates, education system and teaching profession. To avoid mistakes, it is requested that before starting evaluation, you must read and understand the spot evaluation guidelines carefully.
2	“Evaluation policy is a confidential policy as it is related to the confidentiality of the examinations conducted, evaluation done and several other aspects. Its leakage to public in any manner could lead to derailment of the examination system and affect the life and future of millions of candidates. Sharing this policy/document to anyone, publishing in any magazine and printing in Newspaper/Website, etc. may invite action under various rules of the Board and IPC.”
3	Evaluation is to be done as per instructions provided in the Marking Scheme. It should not be done according to one’s own interpretation or any other consideration. Marking Scheme should be strictly adhered to and religiously followed. However, while evaluating, answers which are based on latest information or knowledge and/or are innovative, they may be assessed for their correctness otherwise and due marks be awarded to them. In Class-XII, while evaluating two competency-based questions, please try to understand given answer and even if reply is not from marking scheme but correct competency is enumerated by the candidate, due marks should be awarded.
4	The Marking scheme carries only suggested value points for the answers. These are in the nature of Guidelines only and do not constitute the complete answer. The students can have their own expression and if the expression is correct, the due marks should be awarded accordingly.
5	The Head-Examiner must go through the first five answer books evaluated by each evaluator on the first day, to ensure that evaluation has been carried out as per the instructions given in the Marking Scheme. If there is any variation, the same should be zero after deliberation and discussion. The remaining answer books meant for evaluation shall be given only after ensuring that there is no significant variation in the marking of individual evaluators.
6	Evaluators will mark (✓) wherever answer is correct. For wrong answer CROSS ‘X’ be marked. Evaluators will not put right (✓) while evaluating which gives an impression that answer is correct and no marks are awarded. This is most common mistake which evaluators are committing.
7	If a question has parts, please award marks on the right-hand side for each part. Marks awarded for different parts of the question should then be totalled up and written in the left hand margin and encircled. This may be followed strictly.
8	If a question does not have any parts, marks must be awarded in the left-hand margin and encircled. This may also be followed strictly.

9	If a student has attempted an extra question, answer of the question deserving more marks should be retained and the other answer scored out with a note " Extra Question "
10	No marks to be deducted for the cumulative effect of an error. It should be penalized only once.
11	A full scale of marks _____ (example 0 to 80/70/60/50/40/30 marks as given in Question Paper) has to be used. Please do not hesitate to award full marks if the answer deserves it.
12	Every examiner has to necessarily do evaluation work for full working hours i.e., 8 hours every day and evaluate 20 answer books per day in main subjects and 25 answer books per day in other subjects (Details are given in Spot Guidelines). This is in view of the reduced syllabus and number of questions in question paper.
13	Ensure that you do not make the following common types of errors committed by the Examiner in the past :- • Leaving answer or part thereof unassessed in an answer book. • Giving more marks for an answer than assigned to it. • Wrong totalling or marks awarded on an answer. • Wrong transfer of marks from the inside pages of the answer book to the title page. • Wrong question wise totalling on the title page. • Wrong totalling of marks of the two columns on the title page. • Wrong grand total. • Marks in words and figures not tallying/not same. • Wrong transfer of marks from the answer book to online award list. • Answers marked as correct, but marks not awarded. (Ensure that the right tick mark is correctly and clearly indicated. It should merely be a line. Same is with the X for incorrect answer.) • Half or a part of answer marked correct and the rest as wrong, but no marks awarded.
14	While evaluating the answer books if the answer is found to be totally incorrect, it should be marked as cross (X) and awarded zero (0) Marks.
15	Any unassessed portion, non-carrying over of marks to the title page, or totalling error detected by the candidate shall damage the prestige of all the personnel engaged in the evaluation work as also as the Board. Hence, in order to uphold the prestige of all concerned, it is again reiterated that the instructions be followed meticulously and judiciously.
16	The Examiners should acquaint themselves with the guidelines given in the " Guidelines for Spot Evaluation " before starting the actual evaluation.
17	Every examiner shall also ensure that all the answers are evaluated, marks carried over to the title page, correctly totalled and written in figures and words.
18	The candidates are entitled to obtain photocopy of the Answer Book on request on payment of the prescribed processing fee. All Examiners/Additional Head Examiners/Head Examiners are once again reminded that they must ensure that evaluation is carried out strictly as per value points for each answer as given in the Marking Scheme.

MARKING SCHEME
Physical Activity Trainer (Subject Code-845)
(PAPER CODE: 369) (P3690845)

Q.No.	EXPECTED OUTCOMES/VALUE POINTS	Unit/ Chap. No.	Page No.	Marks
	SECTION – A (Objective Type Questions)			
1.	Answer any 4 out of given 6 questions on Employability Skills.			4x1=4
	(i) (B) A group of words that communicates a complete thought or meaning.	Unit 1	Pg. 9	1
	(ii) Stress is a state of feeling upset, annoyed and hopeless.	Unit 2	Pg. 26	1
	(iii) (A) Suspicious	Unit 2	Pg. 34	1
	(iv) (B) Information and Communication Technology	Unit 3	Pg. 39	1
	(v) (D) Workarea	Unit 4	Pg. 42	1
	(vi) 'Startup India'			1
2	Answer any 5 out of given 7 questions			5x1=5
	(i) (c) Asking students to work in pairs and give feedback on performance.	Unit 1	Pg.8	1
	(ii) (b) Overhead medicine ball throw	Unit 1	Pg 22	1
	(iii) (c) Quarterly or Semi – annually	Unit 3	Pg 49	1
	(iv) (b) Damp places	Unit 3	Pg 54	1
	(v) (b) Strenuous activity	Unit 2	Pg 44	1
	(vi) (a) Planning	Unit 2	Pg 34	1
3.	Answer any 5 out of given 6 questions			5x1=5
	(i) (a) 1.5 inches	Unit 2	Pg 38	1
	(ii) (b) Equipment that protects a specific body area	Unit 3	Pg 49	1
	(iii) (b) Self assessment	Unit 1	Pg 09	1
	(iv) (b) Outcome	Unit 1	Pg 17	1
	(v) (c) Deep cut	Unit 2	Pg 42	1
	(vi) (d) Do not eat fruit and vegetables without washing.	Unit 3	Pg 47	1
4.	Answer any 5 out of given 6 questions			5x1=5
	(i) (c) Harsh Chemical	Unit 3	Pg 50	1
	(ii) (d) Maintain cleanliness and quality of equipment	Unit 3	Pg 53	1
	(iii) (c) 5 abdominal Thrusts.	Unit 2	Pg 43	1
	(iv) (c) Vertical Jump	Unit 1	Pg 22	1
	(v) (b) Strength tests can be done on the same day	Unit 1	Pg 26	1
	(vi) (d) Persistent cough	Unit 2	Pg 35	1

5.	Answer any 5 out of given 6 questions			5x1=5
	(i) (b) Next to the Victim	Unit 2	Pg 37	1
	(ii) Air ways	Unit 2	Pg 39	1
	(iii) Health	Unit 3	Pg 47	1
	(iv) Rust and Odour Free	Unit 3	Pg 50	1
	(v) Upload well Checked data on Excel Sheets	Unit 1	Pg 19	1
	(vi) (a) Practice	Unit 1	Pg 9/10	1
	SECTION – B (Subjective Type Questions)			
	Answer any 3 out of the given 5 questions on Employability Skills. Answer each question in 20-30 words.			3x2=6
6.	Communication is a two-way process through which information or message is exchanged between individuals using language, symbols, signs or behaviour. Speaking, listening, reading and writing are the parts of communication.	Unit 1	Pg. 1	2
7.	1. Openness – Individuals are creative, curious, active, flexible and adventurous. 2. Consciousness – Self disciplined, work on time, take care of others. 3. Extraversion – Love to interact with people. 4. Agreeableness-kind, sympathetic, cooperative, considerate and warm. 5. Neuroticism – Tendency towards anxiety, self doubt, depression, shyness.	Unit 2	Pg. 33	(0.5x4) any four
8.	1. Sorting Data in IT refers to the process of arranging data elements in a specific order such as ascending or descending based on pre-defined criterion. 2. It helps in data organization, making it easier to search, analyze and process information efficiently.	Unit 3	Pg. 58	(1x2)
9.	Environmental Barriers. 1. Lack of adequate resources or raw material 2. Non-availability of skilled labour 3. Lack of requisite machinery and infrastructure. 4. Unavailability of monetary resources on time.	Unit 4		2
10.	According to UNEP – United Nations Environment Program, green jobs or green collar jobs are works in agricultural, administrative, research and development, manufacturing and service activities that contribute substantially to preserving or restoring environment quality.	Unit 5	Pg. 112	2
	Answer any 4 out of the given 6 questions in 20-30 words each.			4x2=8

11.	To create a benchmark, one needs data points from different schools and states of the same age group, with separate data for males and females. The data should be large for accuracy, analysed properly and norms should be presented in grading format.	Unit 1	Pg 15	2
12.	(i) Remove leaves, stones, pebbles and sharp objects from the pitch. (ii) Swipe the cemented floor daily (iii) Allow only recommended footwear on the court. (iv) Maintain cleanliness of pitch, surrounding, props and equipment.	Unit 3	Pg 52	$\frac{1}{2} \times 4 = 2$
13.	First Aid is the immediate treatment given to a patient until medical help arrives. It is important because it can prevent complications and may help save lives.	Unit 2	Pg 39	$1+1=2$
14.	1. Take bath everyday after practice. 2. Wash hands, face and feet after playing a game. 3. Change clothes and undergarments frequently. 4. Cut nails regularly and avoid going to bed in daily clothes.	Unit 3	Pg 47	$\frac{1}{2} \times 4 = 2$
15.	A checklist is a tool that helps collect data in an orderly and systematic way. It ensures that the teacher does not forget any important point.	Unit 1	Pg 12	2
16.	The steps are : 1. Rest – Stop all activity and allow the injured wrist to rest. 2. Ice – Apply a cold pack for 15 – 20 minutes at intervals to reduce swelling 3. Compress – Wrap the wrist with an elastic bandage to control swelling 4. Elevation of injured limb	Unit 2	Pg 44	2
17.	A survey plan should includes the following points : 1. Playground Cleanliness and Safety • Check if dustbin, drinking water sources and restrooms are nearby. • Ensure a first aid kit is available. • Inspect for hazardous materials (glass, stones) and broken/malfunctioning, sports equipment. 2. Common Area Cleanliness • Record frequency of sweeping and mopping • Check availability of dustbins and how often they are emptied. • Verify how often display cases (like school awards) are cleaned.	Unit 3	Pg 57	4
18.	1. Aerobic Capacity Ability to sustain activity with Oxygen, measured by Beep test or 600 m Run/Walk 2. Anaerobic Capacity	Unit 1	Pg 21	$2+2=4$

	Force generated with little/no Oxygen, measured with 30 m sprint test. 3. Flexability Range of motion of the back; measured by sit and reach test 4. Abdominal Strength Core strength, measured by sit-up (Cuel-Ups) test in fixed time 5. Explosive Strength (Lower Body) Measured using Standing Board Jump test. 6. Explosive Strength (Upper body) Measured by Overhead Medicine Ball Throw (distance covered in meters)			
19.	The following steps should be taken : 1. Place the person on his back on the floor. 2. Tilt the head back by lifting the jaw and pressing down the forehead to keep the airway open. 3. Check for breathing for 10 seconds by by placing the ear next to the mouth 4. If breathing is normal, maintain the position until help arrives, if not, start basic life support.	Unit 2	Pg 41	1x4=4
20.	1. Always inform the staff on duty about entry and exit. 2. Never enter the pool without proper supervision. 3. Do not drive in shallow Water. 4. Avoid swimming after heavy meals/ or any other relevant point.	Unit 3	Pg 38	1x4=4
21.	The assessment plan outlines includes : 1. Objectives : Assessment goals from the perspectives of students, teachers, schools and parents. 2. Techniques : Method and tools to be used for testing. 3. Time-Line : Schedule of testing, data collection, analysis, reporting and recommendations. 4. Resources and Materials : Roles and responsibilities of people involved, ground and equipment readiness and availability of first aid and drinking water.	Unit 1	Pg 17	1x4=4
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