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CLASS X · PHYSICAL ACTIVITY TRAINER (418) · SKILL SUBJECT · CBSE BOARD EXAMINATION 2027

PART B · UNIT 3

Free-play

Choose · Move · Share · Heal

Unit Booklet · Short Notes · Board-Pattern Questions · Model Answers

Part B · 10 of 40 theory marks | 28 questions with model answers | Geetesh Sir | Taught: Wed 25 Nov

INSIDE THIS BOOKLET

1	**Unit Notes** 9 note blocks, key terms, exam tips	2
A	**Objective Questions** 15 questions · 1 mark	6
B	**Short Answer Questions** 6 questions · 2 marks	7
C	**Long Answer Questions** 5 questions · 4 marks	7
D	**Case-Based Questions** 2 cases · 4 marks	8
E	**Answers** Key + model answers, marking-scheme style	9

STUDENT DETAILS

NAME _____

CLASS & SECTION _____

ROLL NO. _____

UNIT FINISHED ON _____

OBJECTIVE SELF-CHECK _____ / 15

1

READ THIS FIRST · SHORT NOTES

Unit Notes

What free play is and why it matters, the factors that affect children's recreation, how to organise free-play sessions (objectives, activities, grouping, area, equipment), and how free play helps rehabilitation.

THIS UNIT IN THE BOARD PAPER

10 / 40

Unit 3 carries **10 marks**. Expect one-mark items on the meaning and features of free play, a 2-mark question on its importance or the factors that affect recreation, and a 4-mark question on organising free play or rehabilitation through play.

SYLLABUS 2026–27 · WHAT CBSE LISTS FOR THIS UNIT

- Free play: meaning and components
- Importance of free play in a child's life
- Factors influencing recreational activities
- Organising free play: objectives, selecting activities, grouping, area, equipment
- Rehabilitation through free play: heterogeneous to homogeneous groups, activities, timing and timetable, recording data

HOW THE CBSE SKILL-SUBJECT PAPER IS SET (THEORY 50 MARKS · 2 HOURS)

1 mark
Objective: MCQ, assertion–reason, fill in the blank, true/false, match. Q1 is Part A; Q2–Q5 (answer 5 of 6 in each) are Part B.

2 marks
Short answer in **20–30 words**: two clear points. Part B: answer any 4 of 6 (Q11–Q16).

4 marks
Long answer in **50–80 words**: four points, or 2 + 2. Answer any 3 of 5 (Q17–Q21); often case-based.

Part B = 40
Objective 20 + short 8 + long 12. Part A (Employability Skills) = 10. Practical = 50.

Write in points, start each point with the key word, and stay inside the word limit. Objective answers: write the option letter **and** the answer.

PRACTICAL WORK FOR THIS UNIT

Write a paragraph on the importance of free play · chart of factors that influence free play · group discussion on grouping children · speech on choosing equipment · pie chart on rehabilitation through free play.

1 What is free play?

Free play: play that children **choose for themselves** – what to play, how and with whom – with little direction from adults. The adult's job is to provide a safe space and supervise.

	Free play	Structured play
Led by	The child	The teacher or coach
Rules and goals	Made up by children, flexible	Fixed in advance
Example	Swings, tag, sand play, building with blocks, pretend games	A coached football drill, a relay race

2 Components (features) of free play

- **Freedom of choice:** the child decides the activity.
- **Child-directed:** children make and change the rules.
- **Fun for its own sake:** done for enjoyment, not for a prize.
- **Process, not product:** no fixed result is expected.
- **Active involvement** of body and mind; imagination and creativity.
- **Safe space and supervision** by an adult who does not take over.

Kinds of free play: physical (running, climbing), social (playing with friends), constructive (building), pretend (playing 'shop' or 'doctor'), games with self-made rules, and solitary play.

3 Why free play matters

Area	How free play helps
Physical	Builds strength, balance, coordination, motor skills and fitness; controls weight
Mental (cognitive)	Problem-solving, decision-making, creativity, imagination
Social	Sharing, taking turns, cooperation, making friends, leading and following
Emotional	Reduces stress, builds confidence and independence, helps express feelings
Language	Talking and planning with others builds vocabulary
For life	Children find their interests and talents and enjoy being active

4 Factors influencing recreational activities

Factor	Example
Age and stage of growth	Toddlers like sand and swings; older children like team games
Health and fitness	A child with asthma may need lighter activity
Interest and personality	Some like quiet games, others active ones
Family and money	Cost of equipment, parents' support and time
Culture and tradition	Kho-kho, kabaddi, gilli-danda, kite flying in a region
Climate and season	Heat, rain, cold change what can be played outdoors
Space, facilities, equipment	Playground, park, balls, ropes available or not
Time, peers, safety, screens	Homework load, friends to play with, safe area, mobile and TV time

5 Organising free play: objectives and activities

Objectives: joyful activity for every child; development of movement skills; social mixing; safety; inclusion of children with special needs.

Selecting a suitable activity – it should be:

- **Age-appropriate** and matched to skill level.
- **Safe** for the space, weather and numbers.
- **Inclusive** – every child can join.
- **Interesting and varied**, with choices.
- Possible with the **equipment and time** available.

6 Grouping, area and equipment

- **Categorising and grouping:** by age, size, ability or interest; small groups of about 6–8; mix boys and girls and abilities for social play; keep very young or weaker children in a safer zone.
- **Area selection:** flat, clean, free of stones and glass; enough space; shade and drinking water; away from traffic; fully visible to the supervisor; divide into zones (running zone, quiet zone).
- **Equipment selection:** right size and weight for the age; soft balls, hoops, cones, skipping ropes, bean bags, blocks; no sharp edges; enough for all; checked before use.

7 Steps to organise a free-play session

1. Set objectives; know the group (age, number, special needs).
2. Choose activities; prepare the area and equipment.
3. Explain boundaries, safety rules and the stop signal.
4. Let children choose; supervise actively; join in only when invited or for safety.
5. Give water breaks; rotate areas or stations.
6. End with a calm-down and tidy-up; note observations.

8 Rehabilitation through free play

> **Rehabilitation:** helping a person regain physical, mental or social abilities after illness, injury, disability or a shock.

- **Body:** play improves movement, strength and coordination, e.g. after a fracture.
- **Mind:** reduces fear, stress and anxiety; restores confidence.
- **Social:** helps children with special needs (autism, cerebral palsy) mix with others.
- **Motivation:** play is enjoyable, so children keep coming back – the exercise does not feel like treatment.

9 Planning rehabilitation sessions

Step	What it means
Heterogeneous → homogeneous groups	Start with a mixed group and **observe** each child; then regroup children with **similar needs and ability** so each group gets activities that suit it, and mix again later for social play
Selecting activities	Follow the doctor's or physiotherapist's advice; low risk; enjoyable; start simple and short, then increase
Session timing and timetable	Short sessions at first (about 15–20 minutes), at fixed times on fixed days, with rest breaks; not right after meals or in strong heat; timetable shows day, time, group, activity and facilitator
Recording data each session	Date, attendance, duration, activities, how well the child took part, mood, pain or tiredness, progress (e.g. steps walked, catches made), incidents, plan for next session

Why record? To see progress, change the plan, and inform parents and the therapist.

Key terms

12 terms

- **Free play:** play chosen and directed by children
- **Structured play:** adult-led play with set rules
- **Constructive play:** building and making things
- **Pretend play:** acting out roles and stories
- **Recreation:** activity done for enjoyment in free time
- **Inclusion:** every child can take part
- **Heterogeneous group:** mixed group with different needs
- **Homogeneous group:** group with similar needs or ability
- **Rehabilitation:** regaining abilities after illness or injury
- **Play therapy:** using play to help a child heal
- **Zone:** part of the area kept for one kind of play
- **Session record:** notes on each session's activity and progress

Common mistakes and exam tips

AVOID THESE

- In free play the **child** leads; the adult supervises. Do not describe a coached drill as free play.
- For "importance", cover several areas – physical, mental, social and emotional – not four physical points.
- Heterogeneous = **mixed**; homogeneous = **similar**.
- Rehabilitation sessions start **short and simple** and build up gradually.
- Always mention **safety and supervision** in an organising answer.

A

PART A · 1 MARK EACH

Objective Questions

15 questions: MCQs, assertion–reason, fill in the blanks and true/false, like Q2–Q5 of the board paper. Answers in Part E.

ASSERTION–REASON: HOW TO ANSWER

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

A1. In free play, who decides what to play? [1]

(a) The coach **(b)** The child **(c)** The principal **(d)** The parents

A2. Which of these is an example of free play? [1]

(a) A timed 100 m race
(b) A coach-led dribbling drill
(c) Children inventing a game in the sand pit
(d) A mass drill

A3. Sharing, taking turns and making friends during play are _____ benefits. [1]

(a) physical **(b)** social **(c)** financial **(d)** medical

A4. Kabaddi being popular in one region and kite flying in another shows the influence of: [1]

(a) Climate
(b) Culture and tradition
(c) Age
(d) Health

A5. Which area is BEST for a free-play session for 6-year-olds? [1]

(a) A car park
(b) A flat, shaded, fenced ground near water
(c) A rocky slope
(d) A busy corridor

A6. A group of children with similar abilities and needs is called a: [1]

(a) heterogeneous group
(b) homogeneous group
(c) mixed group
(d) random group

A7. Rehabilitation sessions for a child recovering from a leg fracture should begin with: [1]

(a) long, hard sessions
(b) short, simple activities that build up
(c) competitive matches
(d) no supervision

A8. Which is NOT a feature of free play? [1]

(a) Freedom of choice
(b) Fun for its own sake
(c) Fixed rules set by the coach
(d) Imagination

A9. Building a tower with blocks is an example of: [1]

(a) Constructive play
(b) Solitary rehabilitation
(c) Mass drill
(d) Structured drill

A10. Why should data be recorded after each rehabilitation session? [1]

(a) To give grades
(b) To track progress and adjust the plan
(c) To punish absent children
(d) It is not needed

A11. ASSERTION–REASON [1]

Assertion (A): Free play helps children develop decision-making skills.

Reason (R): In free play children choose their own activities and rules.

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

A12. ASSERTION–REASON [1]

Assertion (A): Equipment for young children should be heavy and full-sized.

Reason (R): Equipment must suit the age of the children.

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

A13. FILL IN THE BLANK [1]

Helping a person regain abilities after illness or injury is called _____.

A14. FILL IN THE BLANK [1]

A mixed group of children with different needs is a _____ group.

A15. TRUE OR FALSE [1]

The supervisor should take over and direct every free-play game.

B — Short Answer Questions

PART B · 2 MARKS EACH

Answer in 20–30 words: two clear points. Model answers in Part E.

B1. What is free play? Give one example. [2]

B2. Give two differences between free play and structured play. MUST DO [2]

B3. State any two benefits of free play for a child's emotional development. [2]

B4. Name any four factors that influence recreational activities. MUST DO [2]

B5. What should be kept in mind while selecting an area for free play? [2]

B6. Why are rehabilitation groups moved from heterogeneous to homogeneous? [2]

C — Long Answer Questions

PART C · 4 MARKS EACH

Answer in 50–80 words: four points, or two points with an example each. Model answers in Part E.

C1. Explain the importance of free play in a student's life. MUST DO [4]

C2. Describe the steps of organising a free-play session. MUST DO [4]

C3. Explain four factors that influence children's recreational activities. [4]

C4. How does free play help in rehabilitation? [4]

C5. What points should a facilitator follow for session timing and recording data in rehabilitation? [4]

D

PART D · CASE AND COMPETENCY BASED

Case-Based Questions

Read the situation, then answer from it and from the unit. These are the 4-mark board questions that test application.

D1. Case-Based · Free-play hour at the play school [4]

A play school has 24 children aged 4–6 and a small ground with one corner full of loose bricks. The new facilitator gives every child the same heavy football and blows the whistle for a fixed game every five minutes. Children look bored and two get hurt near the bricks.

(i) Is this free play? Give a reason. [1]

(ii) Point out two mistakes in area and equipment. [1]

(iii) Suggest two changes to make it real, safe free play. [2]

D2. Competency-Based · Back on his feet [4]

Kabir, 10, is recovering from a leg fracture and has become quiet and fearful. The physiotherapist allows light activity. The school facilitator plans free-play sessions for him with two other children recovering from injuries.

(i) Is Kabir's group heterogeneous or homogeneous? Why? [1]

(ii) Give one physical and one emotional benefit he can get. [1]

(iii) Write two points about the timing and records of his sessions. [2]

E

PART E · ANSWERS IN CBSE MARKING-SCHEME STYLE

Answers

Objective key with a reason, then model answers: numbered value points, key word first, the mark for each point in orange, and the word count under each answer. Any other correct, relevant point also earns the mark.

Objective questions – answer key

Part A

Write the option letter **and** the answer, as the marking scheme does.

Q	Answer	Why (one line)
A1	**(b) The child**	It is child-directed.
A2	**(c) Children inventing a game in the sand pit**	Children choose and make the rules.
A3	**(b) social**	They build social skills.
A4	**(b) Culture and tradition**	Local traditions shape recreation.
A5	**(b) A flat, shaded, fenced ground near water**	Safe, shaded, visible.
A6	**(b) homogeneous group**	Homo = same.
A7	**(b) short, simple activities that build up**	Gradual progress keeps it safe.
A8	**(c) Fixed rules set by the coach**	Fixed adult rules belong to structured play.
A9	**(a) Constructive play**	Making or building something.
A10	**(b) To track progress and adjust the plan**	Records guide the next session.
A11	**(a) Both true; R explains A**	R explains A.
A12	**(d) A false, R true**	A is false; R is true.
A13	**rehabilitation**	Play can support it.
A14	**heterogeneous**	Hetero = different.
A15	**False**	Correct: the adult supervises for safety and lets children lead; taking over turns it into structured play.

Short answers

Part B · 2 marks

B1. What is free play? Give one example. [2]

1. **Meaning:** play that children choose and direct themselves, with adult supervision. 1
2. **Example:** children making up a game of tag in the park. 1

22 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1

B2. Give two differences between free play and structured play. [2]

1. **Leader:** free play is child-led; structured play is adult-led. 1
2. **Rules:** free play rules are flexible; structured play rules are fixed. 1

20 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1 | MUST DO

B3. State any two benefits of free play for a child's emotional development. [2]

1. **Stress:** play relaxes the child and reduces stress. 1
2. **Confidence:** making choices builds confidence and independence. 1

15 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | Any two, 1 mark each

B4. Name any four factors that influence recreational activities. [2]

1. **Personal:** age and health. 1
2. **Surroundings:** climate and available space. 1

9 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | ½ for each factor | MUST DO

B5. What should be kept in mind while selecting an area for free play? [2]

1. **Safety:** flat, clean, free of stones and away from traffic. 1
2. **Comfort:** enough space, shade, water and full view for supervision. 1

20 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1

B6. Why are rehabilitation groups moved from heterogeneous to homogeneous? [2]

1. **Observe:** the facilitator first sees each child's needs in a mixed group. 1
2. **Suit needs:** similar groups get activities that match their level safely. 1

23 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1

Long answers

Part C · 4 marks

C1. Explain the importance of free play in a student's life. [4]

1. **Physical:** builds strength, balance, motor skills and fitness. 1
2. **Mental:** develops problem-solving and creativity. 1
3. **Social:** teaches sharing, turn-taking and cooperation. 1
4. **Emotional:** reduces stress; builds confidence. 1

24 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each | MUST DO

C2. Describe the steps of organising a free-play session. [4]

1. **Plan:** set objectives and know the group. 1
2. **Prepare:** choose activities, area and equipment. 1
3. **Brief:** explain boundaries, safety rules and signals. 1
4. **Supervise and close:** watch actively, give breaks, end with tidy-up and notes. 1

32 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each | MUST DO

C3. Explain four factors that influence children's recreational activities. [4]

1. **Age:** younger children prefer simple, active play. 1
2. **Health:** illness or disability limits some activities. 1
3. **Climate:** heat or rain changes outdoor play. 1
4. **Facilities:** space and equipment decide what can be played. 1

30 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | Any four, 1 mark each

C4. How does free play help in rehabilitation? [4]

1. **Movement:** improves strength and coordination after injury. 1
2. **Mind:** lowers fear and anxiety. 1
3. **Social:** helps children with special needs mix with others. 1
4. **Motivation:** enjoyable, so children attend regularly. 1

27 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each

C5. What points should a facilitator follow for session timing and recording data in rehabilitation? [4]

1. **Timing:** short sessions at fixed times with rest breaks. 1
2. **Timetable:** shows day, time, group, activity and facilitator. 1
3. **Record:** date, attendance, activities, participation and mood. 1
4. **Progress:** note improvement and plan the next session. 1

32 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each

Case-based answers

Part D

D1. Case-Based · Free-play hour at the play school (passage printed in Part D) [4]

(i) Is this free play? Give a reason. [1]

No – the adult fixes the game and timing, so it is **structured**, not child-led.

(ii) Point out two mistakes in area and equipment. [1]

Loose bricks left in the **area**; **heavy** footballs not suited to small children.

(iii) Suggest two changes to make it real, safe free play. [2]

(1) Clear the bricks, mark zones and offer **light, varied equipment** (soft balls, hoops, blocks). (2) Let children **choose** their play while the facilitator supervises and steps in only for safety.

Marking: 1 + 1 + 2 = 4 | 1 + 1 + 2

D2. **Competency-Based · Back on his feet** (passage printed in Part D) **[4]**

(i) **Is Kabir's group heterogeneous or homogeneous? Why?** [1]

Homogeneous – all the children have **similar needs** (recovering from injury).

(ii) **Give one physical and one emotional benefit he can get.** [1]

Physical: **stronger leg and better balance**. Emotional: **less fear, more confidence**.

(iii) **Write two points about the timing and records of his sessions.** [2]

(1) **Short** sessions (about 15–20 min) at fixed times, increased slowly, with rest breaks. (2) **Record** each session: activities, pain or tiredness, mood and progress, and share with the physiotherapist and parents.

Marking: 1 + 1 + 2 = 4 | 1 + 1 + 2