

Characteristics of Physical Activity – Student's notes

Leisure Time



Why has there been a growth in leisure time in the last 50 years?

Leisure Time - What is it that changes as you move from play to sport?

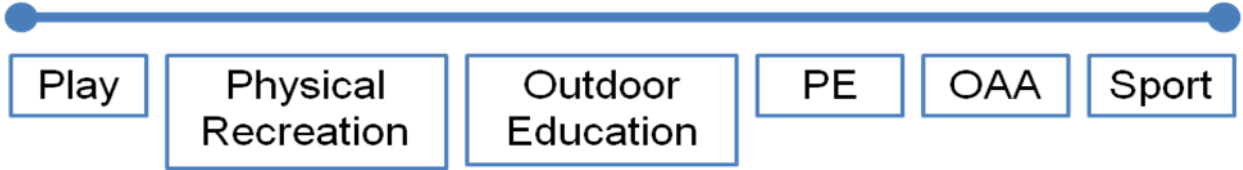
Leisure is....

Functions of
leisure

Leisure Time



The Leisure Continuum



Factors influencing leisure time



Physical Recreation

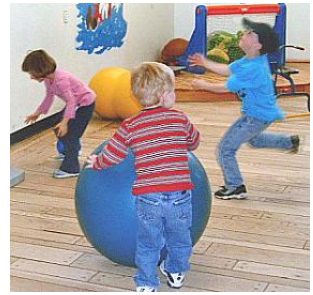
Give some examples of physical recreation.



Physical recreation objectives

Physical recreation and society

Play



Can you give other examples of play?



Comparing and contrasting play and recreation:

The differences between play and recreation include:

Play teaches children 6 main values:



Sport

The 4 'W' Questions:

Functions of sport



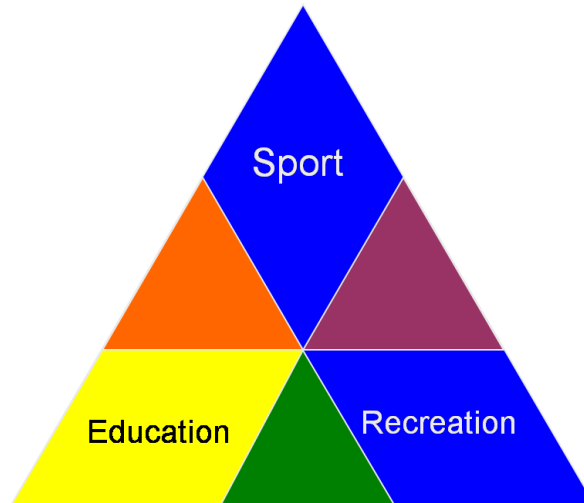
Sportsmanship

Gamesmanship



Physical Education

What is function of PE? (Why is it important?)



The National Curriculum



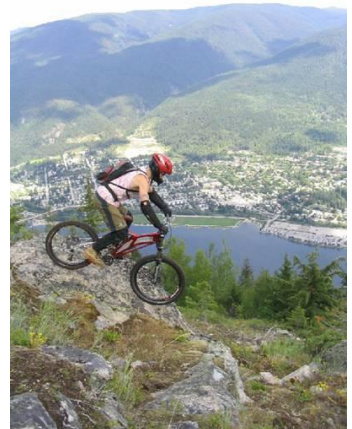
The ideal situation is to get everyone at school to take part in meaningful PE experiences. **Why is this not possible?**

Outdoor and Adventurous Activities



How is an outdoor activity educational?

Outdoor and Adventurous Activities



Give some other examples of outdoor recreation.

Functions of OAA as Outdoor Recreation

Quick fire Questions

1. Any activity using the natural environment is called an activity
2. Physical Recreation is the active aspect of
3. Play mainly leads to intrinsic rewards in comparison to sport which involves rewards which are
4. Playing for the school hockey team would be classified as what?
5. To be classed as a sport an activity must have a
6. PE only takes place in what type of institutions?

Exam Style Questions.

1. Define the term recreation. (2)

2. Describe the difference between sportsmanship and gamesmanship. (3)

3. Explain how you could experience Physical Education, Physical Recreation, Play and Sport as part of a Physical Education Programme.

P.E

Physical Recreation

Play

Sport

(4)