



# **LEISURE, RECREATION AND PHYSICAL RECREATION**

**UNIT 3: Reasons and opportunities for  
participation in physical activity**



## OBJECTIVES

- Understand the distinction between leisure, recreation and physical recreation
- Understand what factors affect participation in these activities



# STARTER

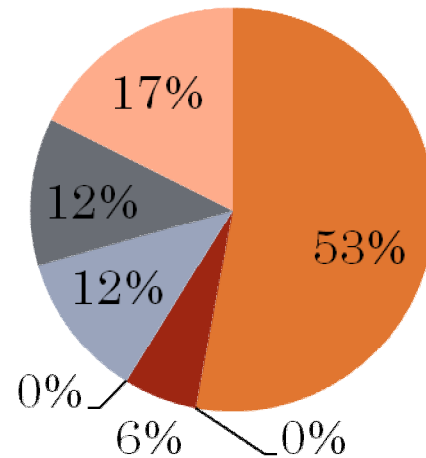
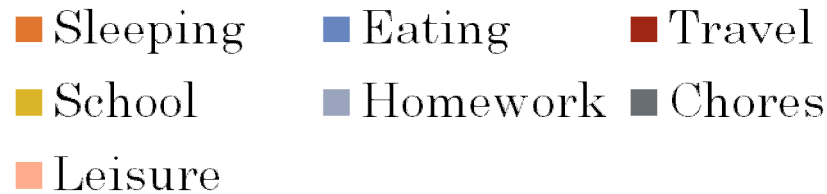
- Card sort
  - Match the definition to the word



# LEISURE

- The free time a person has when not working or sleeping

## Normal day



## THE GROWTH IN LEISURE TIME

- List as many reasons as you can why you think that people have more leisure time now than they did 50 years ago.



# THE GROWTH IN LEISURE TIME

## ○ Machines and technology

- Taken over in industry = unemployment / part time work
- Made many household chores much easier



## ○ Improved health care and Standard of living

- Living longer / more active retired people

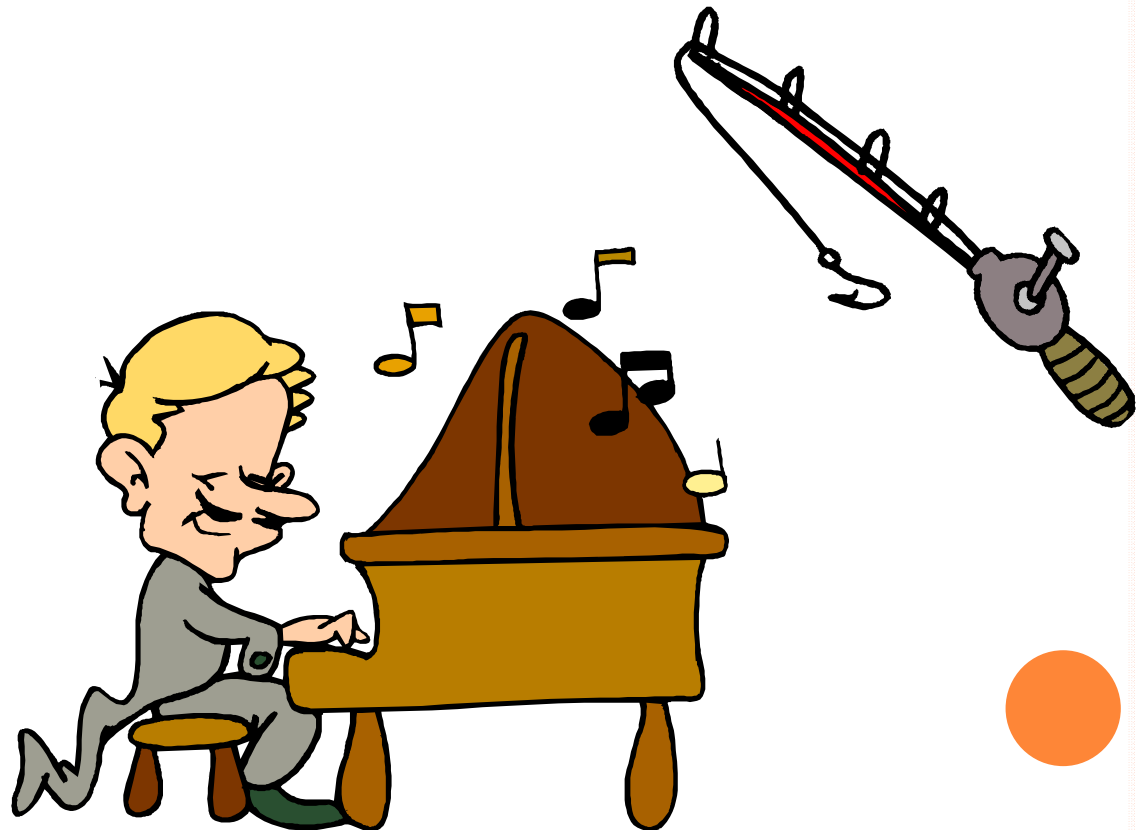


## ○ Working less

- People choose to work less hours / retire earlier

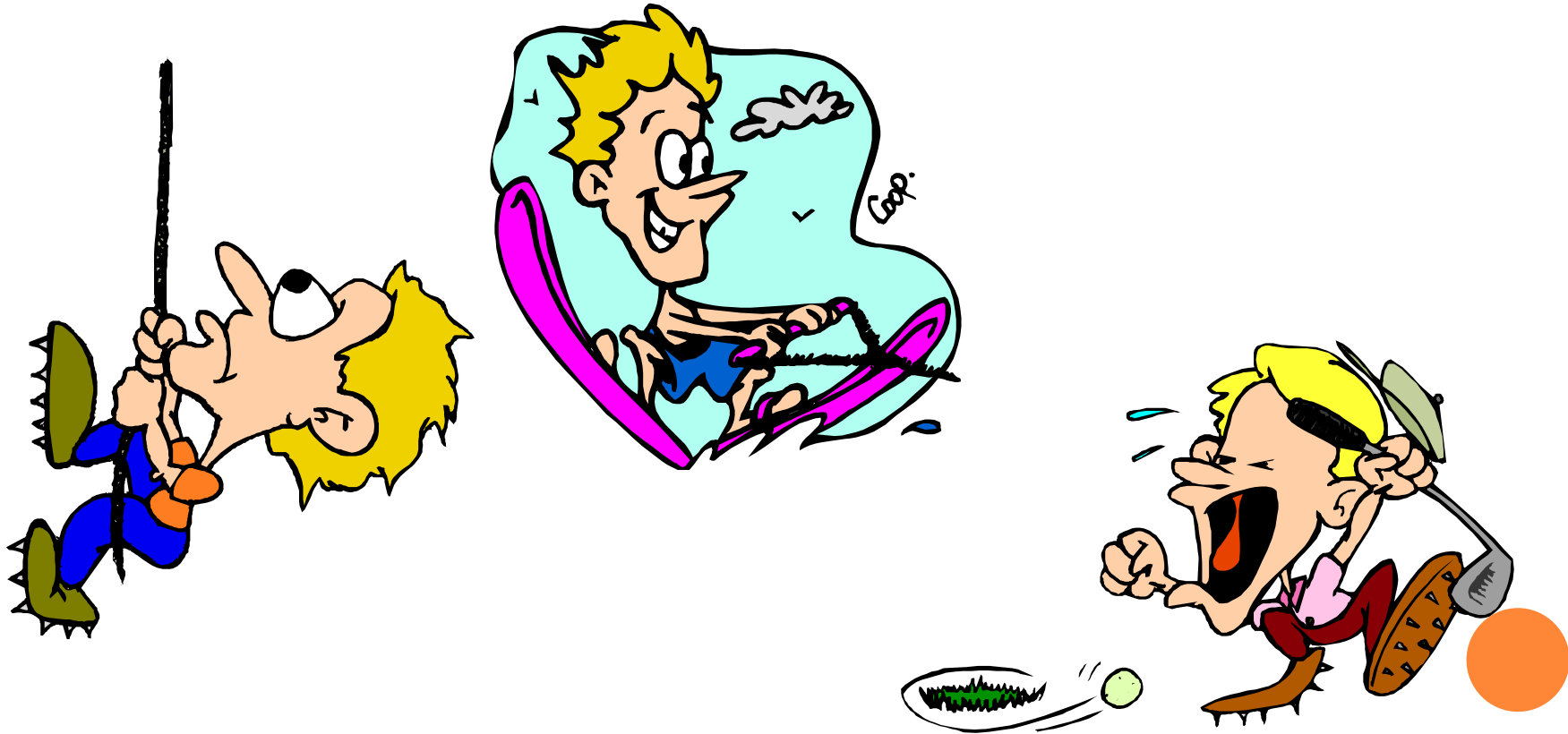
## RECREATION

- An activity you choose to do in your leisure time because you want to



# PHYSICAL RECREATION

- A physical activity you choose to do in your leisure time (NOT serious sport)





# PHYSICAL RECREATION V SPORT

Discussion: What are the main differences between sport and physical recreation?



V



# PHYSICAL RECREATION V SPORT

- Institutionalised and competitive
- Vigorous physical exertion and/ or the use of complex skills
- Player is motivated by enjoyment +++++



# PHYSICAL RECREATION AND SPORT CONTINUUM (SWIMMING EXAMPLE)

PHYSICAL RECREATION

TOP CLASS SPORT

Increasingly organised, competitive and demanding

In the pool on holiday

Once a week for fitness

For your club

For your region

For your country





# **LEISURE, RECREATION AND PHYSICAL RECREATION**

**UNIT 3: Reasons and opportunities for  
participation in physical activity**



## OBJECTIVES

- Understand the factors that affect why people participate in certain sports
- Understand the positive and negative affects that these factors have



## STARTER

- On the sheet provided :
  1. Write the definition of Health
  2. List the Social, physical or mental benefits of being healthy
  3. Write these in your book



# FACTORS AFFECTING PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY

## AGE

Older = Less

33% 70+

85% 16-

Choice =

70+ = No rugby/gym

70+ = Yes walking, swimming, bowling

## GENDER

57% Females

72% Males

## EDUCATION

If your school delivers good PE that you enjoy you are more likely to participate later

## PEER GROUP PRESSURE

Peer group = the group of people you associate with. Same age, interests and background. If your peer group takes part in an activity you are more likely to or not!

**FAMILY** More likely to take part if encouraged by a family member



## TRADITION AND CULTURE AND RACE

Some cultures disapprove of women taking part in physical recreation  
Some nations have a strong tradition in sport  
e.g. cricket . West Indies, Baseball - USA

**POLITICS** A government could decide, make everyone do PE / pay towards the building of facilities for everyone

**ECONOMICS** Some sports cost a lot to access you may not afford them. Also a city or country may not invest money into sport

**ACCESS** the easier to get to a sports facility the more likely you are to go

**DISABILITY** Can restrict your choice of activity

**ENVIRONMENT/ CLIMATE**  
Sailing needs water, Ski-ing needs cold mountains

**MEDIA** plays a big part in making sport, exercise and fitness popular. An activity is exciting, attractive, trendy or fun

Sport can go out of fashion

# FAMILY

## ○ Positive

- When young family have the most influence
- If they like sport and want you to do sport then you will
- When young you need your parents, for support, transport and finance

## ○ Negative

- If your family have a negative view of sport or a certain sport you are unlikely to do it





## GENDER - NEGATIVE

- Sport = A man's World?
- Less Barriers for men than women
  - Traditional roles of wife and mother
  - Creche facilities
  - Shortage of role models
  - Little media coverage and sponsorship
  - Negative Stereotypes
- What does sport mean to you?



# GENDER - POSITIVE

- It is improving
  - More role models
  - More media coverage and sponsorship
  - Special Women only Sports Councils
  - Women can be sporty and attractive
  
- BUT



## TRADITION CULTURE AND RACE

- Some cultures disapprove of women taking part although this is improving



# TRADITION CULTURE AND RACE

- Physiological Differences?
  - White men can't jump
  - Black men can't swim
- Stereotyping of performers
  - Certain races and cultures steered towards certain sports
  - Black pop culture



# DISABILITY

- Can restrict your activities
- People's prejudice can be a barrier
- Improvements since Sydney paralympics 2000
- Much higher profile

Special Olympics Commercial 'Different' -  
YouTube.flv



# PLENARY

- List as many new/key words that you can from the last two lessons
  
- Do you .....
  - Understand the distinction between leisure, recreation and physical recreation
  - Understand what factors affect participation in these activities
  
- Homework (By Tuesday's Lesson)
  - Make sure you know the definition/meaning of all new/ key words learnt today
  - Questions 1,2,3 P139 – PE to 16
  - Questions 1,2,3,4 P141 – PE to 16

