

Physical Education

Swimming



Recreational Activities



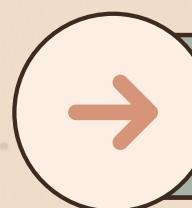
Recreational Activity

Recreational Activities

Experiences or organized activities that you actively participate in with others to have fun and enjoy life during your free time. This includes experiences that require physical activity and interactions and playing with other people.

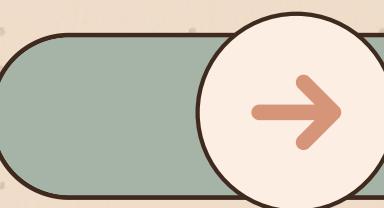


TYPES OF RECREATIONAL ACTIVITIES



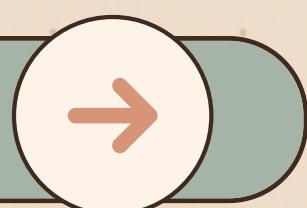
Club Recreational Activities

The ones that your club, friends, company or organization usually plan for to promote social interactions, team building or just social gathering.



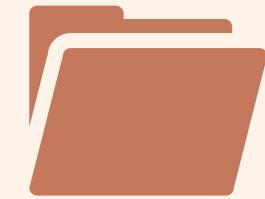
Recreation for Amusement

Sight-seeing, attending to gatherings or parties and shopping are some people's activities. Visiting parks, museums or historical places are for some while for this generation, these are internet surfing and playing video or computer games.



Diversion Through Entertainment

Singing, dancing, watching movies and listening to music are also recreational activities.



TYPES OF RECREATIONAL ACTIVITIES



Sports

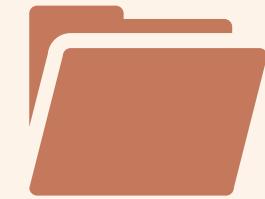


Adventure

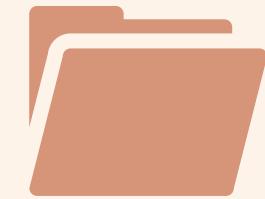


Sports

Playing different sports like basketball, volleyball, badminton or even swimming are recreational activities to some people. Being a way of exercising, these are healthful recreational activities.



TYPES OF RECREATIONAL ACTIVITIES



Sports



Adventure



Adventure

Biking, hiking, mountaineering, bungee jumping, trekking, aquatic activities and alike are adventurous type of recreational activities

AQUATIC RECREATIONAL ACTIVITIES

- Refers to any recreational activity that involves bodies of water like the different water sports.

1. Competitive Water Sports

- Water sports done in a form of competition that can either be individual, dual or team – based

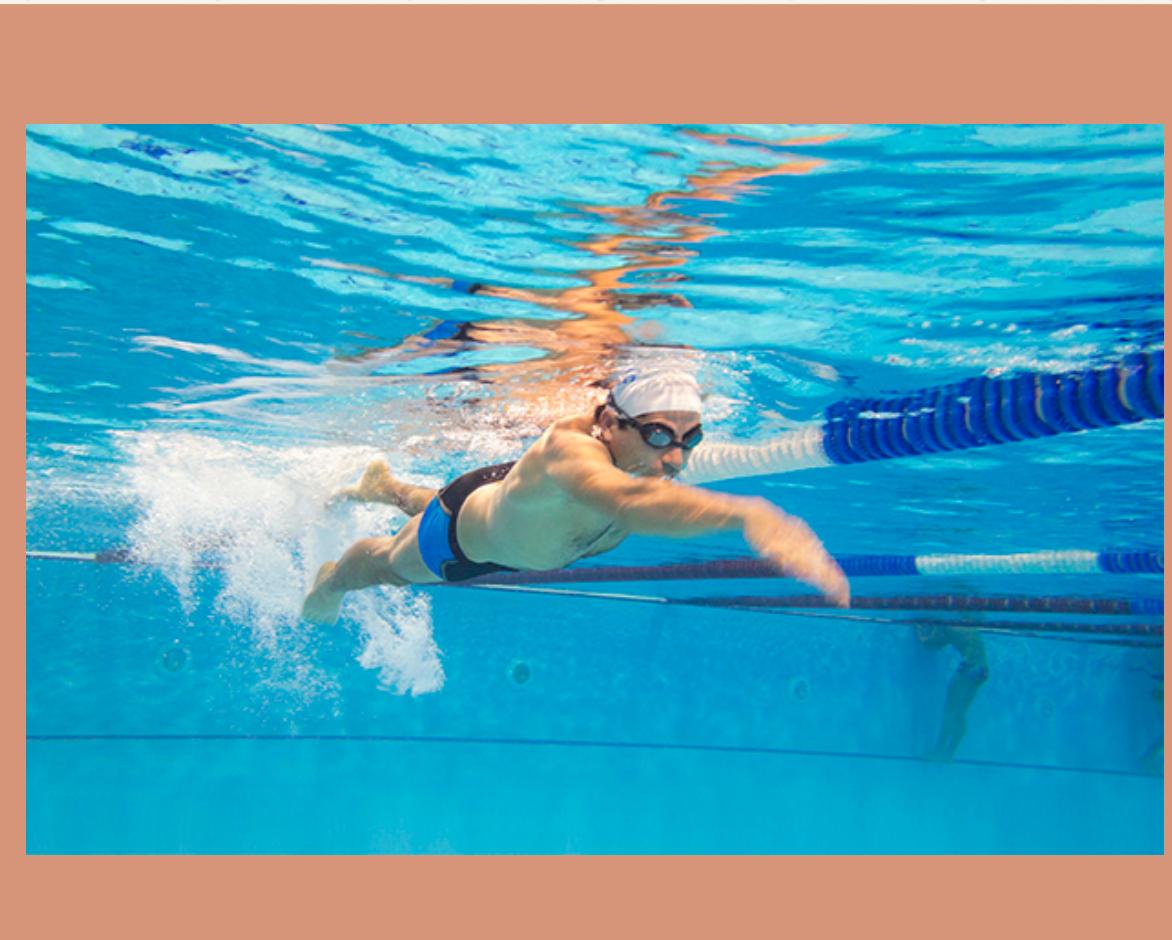


INDIVIDUAL WATER SPORTS

- individual performance that brings out the best in each contender.
- requires physical strength, perseverance, determination, positive attitude and a burning desire to excel



1. Swimming



1. Swimming - One of the most popular water sports. It has evolved to become one of the most common recreational activities. This sport will test your fitness and stamina.

Surfing



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2. Surfing - is riding a surfboard on the forward face of a wave, which mostly carries you towards the shore. Balance plays a critical role in maintaining the posture on the various equipment that can be used for surfing. These include surfboards, surf mats, long-boards, stand up paddle boards, wave-skis, knee-boards, or skim-boards.

Windsurfing



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3. Windsurfing - it's all about radical technique of surfing, combined with sailing know-how and skill. The equipment used here is surfboard with sail fixed on movable mast. The wind surfer has to move with the waves to control board, and at the same time manage to sail according to the wind.

Jet Skiing



4. Jet Skiing - is basically racing over a body of water on a one-man watercraft machine.

Wakeboarding



5. Wakeboarding - the board here is a specifically design board with fins and weight, to allow the raider to manipulate it with his/her feet.

Water Skiing



6. Water Skiing - another water surface sport and is basically skiing in the water. An individual uses 2 skis or single ski to slim or glide along the surface of water, and is pulled along by a high-speed power board with the help of a ski cable or rope.

Kitesurfing



7. Kitesurfing - uses a small surfboard or wakeboard which is pulled by a kite.

Skimboarding



8. Skimboarding - another board sport with a twist. Skimboarders start at the beach, wading with the board into the wash of previous waves. They then catch the next wave back to the beach. The board is smaller than a surfboard.

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ASSIGNMENT #1

Create a collage of your outdoor activities and write your most unforgettable experience about the activity.

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NEXT LESSON

TEAM WATER
SPORTS

