

RECREATIONAL ACTIVITIES

FITT 4 – PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS 2 (Lecture)

BSIT – 2A | PROF. Carlota Lamqui-Vicedo | SEM 2 2023

What Is **Recreation**?

- **Anything that is stimulating and rejuvenating for an individual.** Some people enjoys nature hikes, others are mountain climbing. The idea behind this activities is to expand the mind and the body in a positive and healthy way.

Recreation

- It relaxes your mind and body. It relieves your day to day tension, universal need of man.

Values derived from recreation

- Mental Health
- Physical and Health growth
- Emotional Stability
- Social Fitness
- Psychological Awareness

Classification of Recreational Activities

Spectator Type

- People spend their time watching the event and derive enjoyment from it.

Participant Type

- People do not gain enjoyment merely by watching; they do so by joining the activity.

Active and Passive type of recreation

Active

- People have to function effectively in performing the action

Passive

- People have no excessive movement in performing the task or action.

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Physical, Social, Cultural, Intellectual Type of Recreation

Physical

- Minor Sports
- Group Games
- Camping
- Outing

Social

- Social Dancing
- Parties
- Parlor Games Participation

Cultural

- Arts and Crafts
- Glee Clubs or music ministries
- Dramatic Guilds or theater arts
- Dance Troupe
- Writing and Painting

Intellectual

- Song
- Poetry
- Jingle
- Short Story Writing
- Puzzle
- Board Games

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Benefits Of Recreational Activities

- 1.) Feel Great – Be Happier
- 2.) Build Family Unity
- 3.) Provides Child Care
- 4.) Control Weight, Look better, Build Strong Bodies
- 5.) Diminish Chance of Diseases – Live Longer
- 6.) Build Self – Esteem
- 7.) Reduce Stress
- 8.) Promotes sensitivity to cultural diversity
- 9.) Eliminates Loneliness – Conquer Boredom
- 10.) Increase community pride

TEAM SPORTS

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History of Team Sports

- Team sports extend a thousand years, evidence is found in the cave of Lascaux in France which depict people running after animals or vice versa, this was an issue of survival of the fittest.

What is Team Sports?

- A **team sport** includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. This can be done in several ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives.

Team

- Is a group of individuals working together to achieve a goal.

Sports

- It includes all forms of competitive physical activity or games. Through casual or organized participation aim to use, maintain or improve physical ability and skills while providing enjoyment to participants and in some cases, entertainment for spectators.

Team Sports

- A team sport includes any sport which involves more than two players working together towards a shared objective. A team sport is an activity in which individuals are organized it opposing teams which compete to win.

Types of Team Sports

- Football (American Football)
- Baseball
- Basketball
- Soccer (Football)
- Ice hockey
- Lacrosse
- Rugby
- Volleyball
- Ultimate Frisbee

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Benefits in Playing Team Sports

- You may prefer the solitude of a good run but there are social and health benefits to participating in team sports. Playing team sports can help with your social and mental well-being while providing a powerful way to build your fitness and reduce stress.

Benefits in Playing Team Sports

1. Being part of a team makes a difference
2. Playing in a team develops our social skills
3. Friendship outside the playing field/court
4. Team sports group exercise and mental health
5. Team sports develops important life skills

Team sports develop the following:

- Teamwork is a valuable life skill they can learn through participating in sports. Being part of a team teaches youth to learn about camaraderie and build stronger bonds while training and playing as one. No point is scored in isolation, as they learn that every player needs to work together to accomplish their goals.
 - Cooperation
 - Respect, and
 - Sportsmanship