



Name: _____
Section: _____ Schedule: _____

Class number: _____
Date: _____

Lesson title: Recreational Activities

Lesson Objectives: At the end of the lesson, the students should be able to:

1. Identify the nature and benefits recreational activities;
2. Classify which activities fall under indoor and outdoor recreation;
3. Demonstrate understanding and appreciation of the value of recreation through diary.

Materials:

{pen, extra sheets of paper.}

References:

<https://brainly.ph/question/2115995>
<http://www.ingilizcesinavlar.com/?p=3181>
<https://moneyhighstreet.com/health-y-lifestyle-importance-of-recreational-activities/>
https://en.wikipedia.org/wiki/Outdoor_recreation#:~:text=Outdoor%20recreation

A. LESSON PREVIEW/REVIEW

Introduction

Do you feel totally drained after a long day? Maybe you feel so stressed out that you think you don't have the energy to face another day in your life. Life in this century is extremely hectic, tiring and stressful for a good number of people. It could empty you of physical and mental strength. Engaging yourself in some kind of recreational activity that excites you is the best way to bring down unwanted worries, tensions, and stress and you feel happier and healthier. Taking part in recreational activities can greatly improve physical health. This module will help you choose recreational activities from both indoor and outdoor that will surely bring you fun and fitness.

Activity 1: What I Know Chart, part 1 (3 mins)

In this activity, read the questions in the middle column and write your answer in first column, leave the 3rd column unanswered for later use. Give your best answers based on what you know. No worries because there are no right or wrong answers here.

What I Know	Questions:	What I Learned (Activity 4)
	1. What is the importance of recreational activities?	
	2. Why do you need to have any form of recreation?	
	3. What are the two types of recreational activity?	



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B. MAIN LESSON

Activity 2: Content Notes (13 mins)

What is recreation?

Recreation is an activity of leisure, which is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, pleasure or health benefits and are considered to be fun. Recreation refers to the time spent in an activity one loves to engage in, with an intent to feel refreshed. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle. Recreational activities give enjoyment because while recreating one engages in something he likes. They are a source of joy and provide relaxation for one's mind and body. Recreational activities can be grouped into two groups: indoor and outdoor activities.

Two types of Recreational Activities

Indoor Recreational Activities are undertaken on the comfort of one's home or more specifically indoor and they are to recreate the mind and soul. For such indoor recreation activities there are well-established clubs or recreation centers offer a varied programme of activities throughout the year. Activities on offer include basketball, swimming, volleyball, chess, table tennis, bowling, singing, reading, listening to music, watching movies and more of the same. For example, basketball is the most popular indoor sport and second most popular team sport after soccer.

Outdoor Recreational or **outdoor activity** refers to recreation engaged in out of doors, most commonly in natural settings. The activities that encompass outdoor recreation vary depending on the physical environmental they are being carried out in. These activities can include fishing, hunting, backpacking, and horseback riding — and can be completed individually or collectively. Outdoor recreation is a broad concept that encompasses a varying range of activities and landscapes.

The Benefits of Recreational Activities

- reduced risk of heart disease and stroke
- reduced risk of developing high blood pressure
- reduced blood pressure in people who already have high blood pressure
- prevention of some cancers
- reduced risk of becoming overweight
- reduced risk of developing diabetes and prevention and treatment of non-insulin dependent diabetes - it has been estimated that 30 to 50 percent of new cases of type 2 diabetes could be prevented by appropriate physical levels of activity
- better bone and muscle development and prevention of osteoporosis
- improved muscle flexibility, strength and endurance
- reduced risk of dying prematurely
- reduced risk of falling, and improved mobility and strength for older adults
- improved quality of sleep.



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Activity 4: What I Know Chart, part 2 (2 mins)

Go back to activity 1 and revisit your definition. Write your new definition in Column 3.

Activity 5: Check for Understanding (5 mins)

Direction: With the given definitions of recreational activities earlier, determine which of the following game/activities belong to indoor or outdoor recreational activities. Write **(IN)** in all indoor recreational activities, and **(OUT)** on activities that are done outdoor.

	1. Bowling
	2. Boxing
	3. Rock Climbing
	4. Rafting
	5. Biking
	6. Arcades
	7. Squash
	8. Camping
	9. Table Tennis
	10. Skiing
	11. Fishing
	12. Playing Video games
	13. Sailing
	14. Hunting
	15. Snooker

Check your answers in the Key to Correction. Write your score here: _____

C. LESSON WRAP-UP

Activity 6: Thinking about Learning (5 min)

A. Work Tracker

You are done with this session! Let's track your progress. Shade the session number you just completed.

P1									P2									P3							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

B. Think about your Learning: My Learning Tracker

What is the date today?	What module/ lesson have you accomplished? What are the activities you've done?	What are the things you have learned in today's session?



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FAQs

Read some of the answers to these Frequently Asked Questions to add to your knowledge about today's topic.

Q: Why you should be scheduling your free time for recreational activity?

A: In an ideal world, we'd be able to have it all. Work. Family. Social life. Hobbies. But our reality doesn't always play out that way. Work takes up the majority of our "work-life balance" equation. A growing body of research has found that spending time on recreational activities not only makes us happier and more relaxed but also improves our workplace productivity, focus, and creativity.

Q: How can recreation strengthen my community?

A: Parks and recreation facilities are incredibly important for a healthy, vibrant community, and for citizens reaping the benefits of having a health community. These recreation or community centres provide opportunities for residents to be active and to interact with other people.

KEY TO CORRECTIONS

Activity 5 -Check for Understanding

IN	1. Bowling
IN	2. Boxing
OUT	3. Rock Climbing
OUT	4. Rafting
OUT	5. Biking
IN	6. Arcades
IN	7. Squash
OUT	8. Camping
IN	9. Table Tennis
OUT	10. Skiing
OUT	11. Fishing
IN	12. Playing Video games
OUT	13. Sailing
OUT	14. Hunting
IN	15. Snooker



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IMPORTANT ANNOUNCEMENT

Submitting a PORTFOLIO is a requirement in PED 028. There are two portfolios that you need to submit: one for P2; Another one for P3. There are guidelines on this requirement, as follows:

Guidelines

Objective: This portfolio is to exhibit the collection of activities done by the students throughout the semester.

Directions:

1. The portfolio to be submitted is an “e-Portfolio”.
2. Through a portfolio, your performance tasks and practicums in PED 028 are documented. For this subject, gather and compile pictures (or videos/screenshots) of your performance tasks, practicums, and any other activities which may identified by your teacher.
3. Label and describe each performance task, practicum, and activities identified by your teacher.
4. For each task, practicum, or activity, you write your reflection, which must be in 3-5 sentences.
5. In writing your reflection you will be guided by the following questions:
 - a. How did the recreational activity affect your fitness?
 - b. What are the challenges or difficulties you have experienced?
 - c. What is the importance of the activity in your daily life as a student?
6. Your portfolio will be assessed using a rubric.

Format:

- Must be done in Microsoft word page size is “Letter size”, with 1-inch margins on the top, bottom, and sides.
- Font is 12-point Times New Roman.
- Lines are double-spaced.

Important:

- There will be two e-portfolio to be submitted for PED 028: one is for P2 and the other one is for P3
- The e-portfolio for P2 covers those performance tasks, practicums, and identified activities done during P2 grading period. This e-portfolio is 50% of the P2 Exam. (Note: On reasonable grounds, your teacher has the discretion to increase the percentage allotted.)
- The e-portfolio for P3 covers those performance tasks, practicums, and identified activities done during P3 grading period. This e-portfolio is 50% of the P3 Exam. (Note: On reasonable grounds, your teacher has the discretion to increase the percentage allotted.)



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Rubrics for the e-Portfolio

Criteria	Very Good (10pts)	Good (9pts)	Fair (8pts)
Content	Content is accurate and all required information is presented in a logical order. No spelling errors. Images are professionally done, cropped and clear.	Content is accurate but some required information is missing and/ or not presented in a logical order, but is still generally easy to follow. Few spelling and grammar errors. Images are blurry.	Content is inaccurate. Information is not presented in a logical order, making it difficult to follow. Many spelling and grammar errors. No image presented.
Reflection	From his or her experience, the writer is able to pull out three ideas to explore and reflect on the skills and knowledge acquired. Discussion of points is clear and supported by specific details so that the reader can understand the importance of each.	Two key ideas related to the writer's learning experiences are clear. Elaboration consists of some specific details and some undeveloped details.	Little focus is evident. Discussion is just a recounting of the process with almost no details or added information.
Originality	Product shows a large amount of original thought. Ideas are creative and inventive.	Product shows some original thought. Work shows new ideas and insights.	Uses other people's ideas, but there is little evidence of original thinking.
Recreational Activities	Describe four recreational activities as indoor or outdoor and include the skills, techniques, safety considerations and if needed environmental considerations	Describe two recreational activities as indoor or outdoor and include the skills, techniques, safety considerations and if needed environmental considerations	Describe one recreational activity as indoor or outdoor and include the skills, techniques, safety considerations and if needed environmental considerations