

RECREATION LEISURE AND DANCE

1. Recreation: Recreation is the voluntary participation in sporting activities by individuals at the free or leisure time, for the development of their wellbeing.
2. Leisure: is that moment when we are free from work or daily activities, where an individual can relax and do whatever he pleases.
3. Dance: this is the movement of the body, in a rhythmic way in line with music.

COMPONENTS OF RECREATION

The components of recreation are:

1. Indoor Recreation
2. Outdoor Recreation

INDOOR RECREATIONAL ACTIVITIES

These includes activities done within the confines of a building

Examples are:

1. Watching Tv.
2. Playing Video Games
3. Reading story books or news papers e.t.c.

OUTDOOR RECREATIONAL ACTIVITIES

These includes activities done outside the confines of a building Examples are:

1. Swimming
2. Camping
3. Skating
4. Walking....e.t.c.

CHARACTERISTICS OF RECREATION

For an activity to be considered as recreational, it must be:

1. Voluntary
2. Enjoyable
3. At leisure time
4. One that involves the movement of the body.
5. Non Survival.

BENEFITS OF RECREATION

1. It helps students learn how to make use of their leisure time
2. It promotes mental alertness and creativity
3. It makes individuals appreciate their environment
4. It creates room for fun and enjoyment
5. It helps people to develop the spirit of adventure
6. It helps people develop a sense of responsibility honesty, leadership and good citizenship
7. It encourages social interaction and friendship.

AIMS AND OBJECTIVES OF RECREATION

1. To develop physical fitness
2. To correct postural defects
3. To relax after work
4. To reduce tension and boredom
5. To develop skills in sports
6. To reduce crime in the society.

DANCE

We have two main types of dances:

1. Local Dance: these are dances steps that originated from within Nigeria
2. International Dance: These are dance steps that originated from outside Nigeria.