



**SUBJECT:** Physical Education & Health 4

**TOPIC:** Recreational Activity

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**SEMESTER:** 2nd

**GRADE LEVEL:** 12

**WEEK:** 1

**General Instructions:**

- Activities and performance task contained in the module are for enhancement of learning purposes only. Students may answer then for mastery learning but it is for bench marking of learning only. Assessment result will self-check if there is learning that took place. In extreme cases the student scores unsatisfactory, the student will be required to answer in school the activities and performance task as a form of remedial measures.
- You will only submit the assessment (detach the last page) to the class adviser as this will be checked by the teacher and will be recorded, scores will be used in the computation of grades.

**Learning Competency:**

- *Discuss the nature of different recreational activities- PEH12FH-IIa-20*

**RECREATIONAL ACTIVITIES**

**Activity 1:** Guess the N!

**Direction:** Guess the name of the recreational activities that is being display in each item.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_

# INTRODUCTION

Recreation consists of activities or experiences carried on within leisure, usually chosen voluntarily by the participant—either because of satisfaction, pleasure or creative enrichment derived, or because he perceives certain personal or social values to be gained from them. It may, also be perceived as the process of participation, or as the emotional state derived from involvement.

Students now spend most of their time with high school friends and outside of home for various purposes and work. Hence, in the current scenario, the best place to include recreational activities in one's life is one's place of education rather than at home. This not only provides a chance to include recreations in one's life, but also helps students to socialize and become less dependent on one's parents.

Recreation is a significant element of preventive health care, used by community health centers as an aid to rehabilitation, moderation of stress and maintenance of health. Although the amount of leisure available to the people is increasing, many are unable to take full advantage of it due to inadequate recreational education or other causes. Community health centers have an educative responsibility in this regard especially towards the unemployed. These centers organize therapeutic and socializing groups for patients in need. Recreational activities are also useful in the relief of stress, during breaks in production in workplaces.

## What is Recreational Activities?

-it refers to all those activities that people choose to do to refresh their bodies and minds and make their leisure time more interesting and enjoyable. Examples of recreation activities are walking, swimming, meditation, reading, playing games and dancing.

## THE HEALTH AND SOCIAL BENEFITS OF RECREATION

Community Services provide a number of benefits to our community, which help strengthen families, build healthy communities, improve the quality of life, encourage the healthy development of children and help inspire community leaders.

### Recreation is Essential to Personal Health

- Recreation helps people live longer
- Recreation prolongs independent living for seniors – keeping seniors vital and involved in community life
- Recreation and fitness significantly reduces the risk of coronary heart disease and stroke
- Recreation and fitness combat osteoporosis
- Recreation and fitness combat diabetes
- Recreation and fitness help in preventing specific types of cancers – particularly in the colon, breast and lungs
- Recreation and fitness help prevent and rehabilitate back problems
- Recreation and arts/culture contribute to mental health
- Recreation and arts/culture enhance overall health and well-being
- Recreation is a proven therapeutic tool – helping to restore physical, mental and social capacities and abilities

### Recreation is Key to Balanced Human Development

- Recreation is essential to the development of our children and youth:  
We learn motor skills (physical) through play and sports  
We learn social skills through play and sports

We learn creativity through play and arts/cultural activities

We develop intellectual capacities and concepts through play – as well as many other life skills

- Recreation provides the opportunity for adults to develop their full and holistic potential
- Recreation and adult leisure learning provide exceptional opportunities

### **Recreation is Essential to Quality of Life**

- Recreation and arts/culture build self-esteem and positive self-image
- Recreation and arts/culture enhance life satisfaction levels
- Recreation and arts/culture enhance perceived quality of life – for individuals, families and communities
- Recreation, sports and arts/culture nurtures growth, acquisition of life skills and independent living for those with a disability

### **Recreation Reduces Self-Destructive and Anti-Social Behavior**

- Recreation, sports and arts/culture reduce self-destructive behavior and negative activity in youth – an antidote to smoking, substance abuse, suicide and depression
- Recreation and arts/culture can reduce crime
- Recreation and arts/culture can reduce racism – building understanding between diverse cultures
- Recreation reduces isolation, loneliness and alienation

### **Recreation Builds Strong Families and Healthy Communities**

- Families that play together, stay together
- Recreation provides safe developmental opportunities for the latch-key child
- Recreation, sports and arts/culture produce leaders who serve their communities in many ways
- Recreation, sports and arts/culture build social skills and stimulate participation in community life
- Recreation is often the catalyst that builds strong, self-sufficient communities (i.e. sport groups, arts guilds)
- Arts/culture helps people understand their neighbors, their history and their environment
- Recreation and arts/culture build pride in a community

### **Recreation Reduces Health Care, Social Service and Police/Justice Costs**

- Fitness and well-being reduce both the incidence and severity of illness and disability – lowering healthcare costs
- Recreation supports families – reducing costs of social service intervention and foster care
- Recreation reduces crime and social dysfunction – reducing police, justice and incarceration costs

### **Recreation and Parks are Significant Economic Generators in the Community**

- Recreation and fitness improve work performance – increase productivity, decrease absenteeism, decrease staff turnover and reduce “on the job” accidents
- Recreation and arts/culture attract businesses to the community – prime economic development and relocation magnets
- Recreation, sports and arts/culture draw tourism – the third largest and one of the fastest growing industries in the world
- Recreation, fitness, sports and arts/culture are significant economic generators on their own – providing many jobs
- Small investments in recreation, sports and arts/culture often yield large economic returns – money generated by events, capital development and providing ongoing services is spent several times in the community

### **Parks, Open Space and Natural Areas are Essential to Ecological Survival**

- Green space protects habitats, biodiversity and ecological integrity

- Green spaces improve air quality – removing carbon dioxide, sulphur dioxide and other pollutants from the air
- Outdoor recreation is one of the best approaches to environmental education – a key to long-term sustainability
- Protecting land from development (keeping it as open space) mitigates against potential environmental disasters (flooding, slip zone, aquifer depletion)
- Trail and pathway systems save energy and protect air quality by encouraging non-motorized transportation
- Arts/culture is one of the best ways to express the spirituality of the land, thereby encouraging stewardship ethics

## ACTIVITY 2: CHOOSE ONE!

**Direction:** Choose one benefit of the recreational activities that we discussed and explain how important it is to your life. Explain in two to three sentences only.

### REFERENCES:

[https://www.google.com/search?rlz=1C1CHBF\\_en-gbPH922PH922&ei=vEe3X9fLL6Kvr7wPopOp4AM&q=swimming+recreational+activities&oq=SWIMMING&gs\\_lcp=CgZwc3ktYWIQARgCMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMgQIABBDMgQIABBDMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMggIABCxAXCDATIICAAQsQMQgwE6DggAE0oCELQCEJoBEOUCOgcIABDJAXBD0gUIABCxAzoLCC4QsQMQxwEQowl6BwguELEDEENQ2wxY3yRgtjZoAXABeACAAyQCiAGdCpIBBTEuNS4ymAEAoAEBqgEHZ3dzLXdperABBSABAQ&scient=psy-ab](https://www.google.com/search?rlz=1C1CHBF_en-gbPH922PH922&ei=vEe3X9fLL6Kvr7wPopOp4AM&q=swimming+recreational+activities&oq=SWIMMING&gs_lcp=CgZwc3ktYWIQARgCMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMgQIABBDMgQIABBDMgcIABCxAXBDMgcIABCxAXBDMgQIABBDMggIABCxAXCDATIICAAQsQMQgwE6DggAE0oCELQCEJoBEOUCOgcIABDJAXBD0gUIABCxAzoLCC4QsQMQxwEQowl6BwguELEDEENQ2wxY3yRgtjZoAXABeACAAyQCiAGdCpIBBTEuNS4ymAEAoAEBqgEHZ3dzLXdperABBSABAQ&scient=psy-ab)



**PHYSICAL EDUCATION AND HEALTH 4**  
**S.Y 2023-2024**

**Name:** \_\_\_\_\_  
**Yr. & Sec:** \_\_\_\_\_

**Quarter:** \_\_\_\_\_  
**Teacher:** \_\_\_\_\_

**ASSESSMENT- WEEK 1**

**Test I. Enumeration!!**

**Instructions: Give what is asked in each item.**

1. List at least 3 reasons why recreation is essential to Personal health.
2. Give at least 7 benefits of recreational activities to the health and social.

**Test II.**

**ESSAY:** Answer the question to the best of your knowledge. It must compose of three to five sentences. Write your answer o space provided. (5 points)

1. What is recreational activities?