



SUBJECT: Physical Education & Health 4

TOPIC: Recreational Activity (TYPES)

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SEMESTER: 2nd

GRADE LEVEL: 12

WEEK: 2

LEARNING COMPETENCY: *Discuss the nature of different recreational activities-* **PEH12FH-Ila-20**

MISSION 2.1

ACTIVITY 2.1: Find me!

Find the five words in the box that has relation to recreational activities.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| V | X | G | O | O | L | V | J | O | U |
| X | V | Y | U | K | K | S | O | V | K |
| C | A | M | P | I | N | G | G | X | D |
| J | P | Q | Y | N | U | N | G | Y | G |
| E | E | M | N | F | I | I | I | Z | W |
| G | B | U | R | M | B | K | N | A | Q |
| U | N | K | M | D | U | K | G | C | T |
| O | I | I | Q | V | O | E | R | E | Y |
| J | W | L | K | Z | E | R | T | F | M |
| S | L | A | T | I | R | T | Y | H | H |
| Z | Y | S | D | W | H | I | J | I | T |

2 TYPES OF RECREATIONAL ACTIVITIES

- ✓ INDOOR
- ✓ OUTDOOR

What is the difference between indoor and outdoor activities?

Indoor activities are carried out inside a space. They are limited to the conditions of the place where they are held, to the number of people participating in the activities, among other factors. Example of indoor activities are badminton, chess, archery and Ice skating.

Outdoor activities are carried out in an outdoor space. It can be a green space on a property or in contact with nature. When carried out abroad, activities can become more interesting for the whole team. Although there may be weather limitation, it is outside that the teams engage and participate more intensely, possibly due to leaving their “comfort zone”. Example of outdoor activities are trekking, camping, hiking, jogging and swimming.

Indoor or outdoor. Which one to choose?

The choice of the type of activity may have as a limitation the budget, the place, the meteorology or the age of the employees of your company. More than choosing whether to do the activity inside or outside, select the skills you want to develop. They will be the basis for a proposal designed for you.

What skills can be worked?

During an indoor or outdoor activity, there are many skills that can be worked out. At SMART SET we give all the attention to 14 fundamental skills in all companies. With those skills as a starting point, we can propose a set of activities, adapting them to your needs. Developed skills such as:

- Communication
- Effort Management
- Focus on the task
- Trust
- Leadership
- Task management
- Stress management
- Team Coordination
- Teamwork
- Strategy
- Troubleshooting
- Task Definition
- Concentration

MISSION 2.2

ACTIVITY 2.2:

Illustrate the place that you want to spend your time in having recreational activities. Draw it in a short bond paper and explain what specific recreational activity you have chosen and why.

Criteria:

| | |
|-------------------------|-------------|
| Content (Explanation) – | 40% |
| Creativity- | 50% |
| Neatness – | 10% |
| Total - | 100% |

SYNTHESIS:

Recreation is alternative activities that help us live a healthy life-style and maintain desired weight. It encompasses activities done both indoor and outdoor that give you enjoyment, satisfaction, fitness, and learning.

REFERENCE:

<https://www.smartset.pt/en/indoor-and-outdoor-activities/#:~:text=Indoor%20activities%20are%20carried%20out,or%20in%20contact%20with%20nature.>



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____
Yr. & Sec: _____

Quarter: _____
Teacher: _____

ASSESSMENT- WEEK 2

Test I. Multiple Choices!!

Instructions: Write **T** if the statement is correct; write **F** if the statement is wrong.

- _____ 1. Volleyball is an Indoor Activity.
- _____ 2. Basketball is an Outdoor Activity.
- _____ 3. Table tennis is an Outdoor Activity.
- _____ 4. Swimming can be an Outdoor Activity.
- _____ 5. Recreational Activities increased self-esteem and confidence.

Test II. Enumeration

Instructions: Give what is being asked.

1. Give at least five skills that a person can develop through engaging recreational activities.