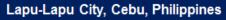


## ASIAN LEARNING CENTER

#### SENIOR HIGH SCHOOL DEPARTMENT





**GRADE LEVEL: 12** 

**SUBJECT:** Physical Education & Health 4 **TOPIC:** Recreational Activity (TYPES) PREPARED BY: Jevril E. Malbasias

SEMESTER: 2nd WEEK: 2

LEARNING COMPETENCY: Discuss the nature of different recreational activities- PEH12FH-IIa-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	0	0	L	V	J	0	U
Х	V	Y	U	K	K	S	0	V	K
С	Α	M	Р	I	N	G	G	Х	D
J	Р	Q	Υ	N	U	N	G	Υ	G
E	E	M	N	F	I	I	I	Z	W
G	В	U	R	M	В	K	N	Α	Q
U	N	K	M	D	U	K	G	С	Т
0	I	I	Q	V	0	Е	R	Е	Υ
J	W	L	K	Z	Е	R	Т	F	M
S	L	Α	T	I	R	Т	Υ	Н	Н
Z	Y	S	D	W	Н	I	J	I	Т

#### **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:

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

#### **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.



# **ASIAN LEARNING CENTER**

## SENIOR HIGH SCHOOL DEPARTMENT





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

Yr. & Sec:	
ASSE	ESSMENT- WEEK 2
Test I. Multiple Choices!!	
<b>Instructions:</b> Write $\underline{\mathbf{T}}$ if the statement is co	rrect; write <b>F</b> if the statement is wrong.
1. Volleyball is an Indoor	Activity.
2. Basketball is an Outdoo	or Activity.
3. Table tennis is an Outo	door Activity.
4. Swimming can be an C	Outdoor Activity.
5. Recreational Activities	increased self-esteemed 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.