

Chapter 3

Leisure and Recreation

AQA GCSE PE Chapter 3.

3.1 Leisure

Leisure is simply the time when you can choose what you want to do. There are two types of leisure time; active and passive.



Active
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Objectives:

- Consider what is meant by leisure time
- Consider the choices people have about how they spend their leisure time
- Consider the benefits in becoming involved in active leisure.

Passive
→



Activity 1- listing

Name three active and passive leisure time activities.

Active Leisure: 1. _____ 2: _____ 3: _____

Passive Leisure: 1. _____ 2: _____ 3: _____

Activity 2- Application

Describe 2 similarities and 2 differences between active and passive leisure time

Activity 3- Exam Question

The amount of available leisure time has increased and this has had an effect on the leisure industry.

Identify and explain two reasons why leisure time has increased.

Reason 1:

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Reason 2:

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(4 marks)

Full course Specimen paper Q16 Unit3

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3.2 Recreation

Recreation can mean just relaxing and enjoying yourself, but it is also increasingly being used to mean doing something that is healthy and active.

Activity 1 – True or False (write an 'F' for False and 'T' for True depending on what you think is correct in each box on the left hand side)

- Physical Recreation activities differ depending on factors including age, location, provision and cost
- Swimming is a lifetime sport
- Outdoor recreation activities should not be challenging
- Physical recreation is carried out for extrinsic rewards such as medals.
- Badminton is a lifetime sport
- Outdoor recreation activities include sailing, mountain biking and climbing

Objectives:

- Consider what recreation and recreation time are
- Look at the different recreation options available
- Consider the link between recreation and leisure and the benefits gained of leading a healthy and active lifestyle.



Activity 2 - Application

Name 2 intrinsic and extrinsic rewards

Intrinsic 1. _____ 2. _____

Extrinsic 1. _____ 2. _____

Activity 3- Exam Question

Not all physical activity is competitive. Many individuals take part in a leisure or recreational pastime.

(a) **Describe** a leisure or recreational activity which is also non-competitive.

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(2 marks)

(Jan, 2013)