

**SUBJECT----PHYSICAL AND HEALTH EDUCATION**

**BASIC 8--- BASIC 8**

**TERM----- FIRST TERM**

**WEEK ONE**

**TOPIC—RECREATION, LEISURE AND DANCE**

**SUB TOPIC---- TYPES OF RECREATIONAL ACTIVITIES AND EXAMPLES**

**RECREATION-** is the activity a person participates in voluntarily without monetary gain. It provides pleasure and amusement during the leisure time.

**LEISURE-** Leisure is defined as the free time left over after the day`s work.

**DANCE-**Is the act of moving the body in rhythmic pattern to the tempo of the music or song.

#### **TYPES OF RECREATIONAL ACTIVITIES**

**(1) INDOOR RECREATIONAL ACTIVITIES-** Are those activities that are performed inside the house, hall or generally under a roof

##### **EXAMPLES OF INDOOR RECREATIONAL ACTIVITIES**

- I. Ludo
- II. Table tennis
- III. Badminton
- IV. Dart
- V. Scrabble
- VI. Monopoly
- VII. Drawing
- VIII. Painting
- IX. Sewing/ knitting
- X. Playing Piano
- XI. Dancing
- XII. Chess
- XIII. Ayo
- XIV. Snake and ladders
- XV. Playing cards
- XVI. Watching television
- XVII. Squash

**(2) OUTDOOR RECREATIONAL ACTIVITIES-** are those activities that are performed outside or in the open air. Outdoor recreation centers could be parks, Picnicking, sports field or outside the house within the compound.

## **EXAMPLES OF OUTDOOR RECREATIONAL ACTIVITIES**

- I.** Running
- II.** Camping
- III.** Swi...

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