

Sport & P E

Learning Resource

SOME DEFINITIONS

16 pages

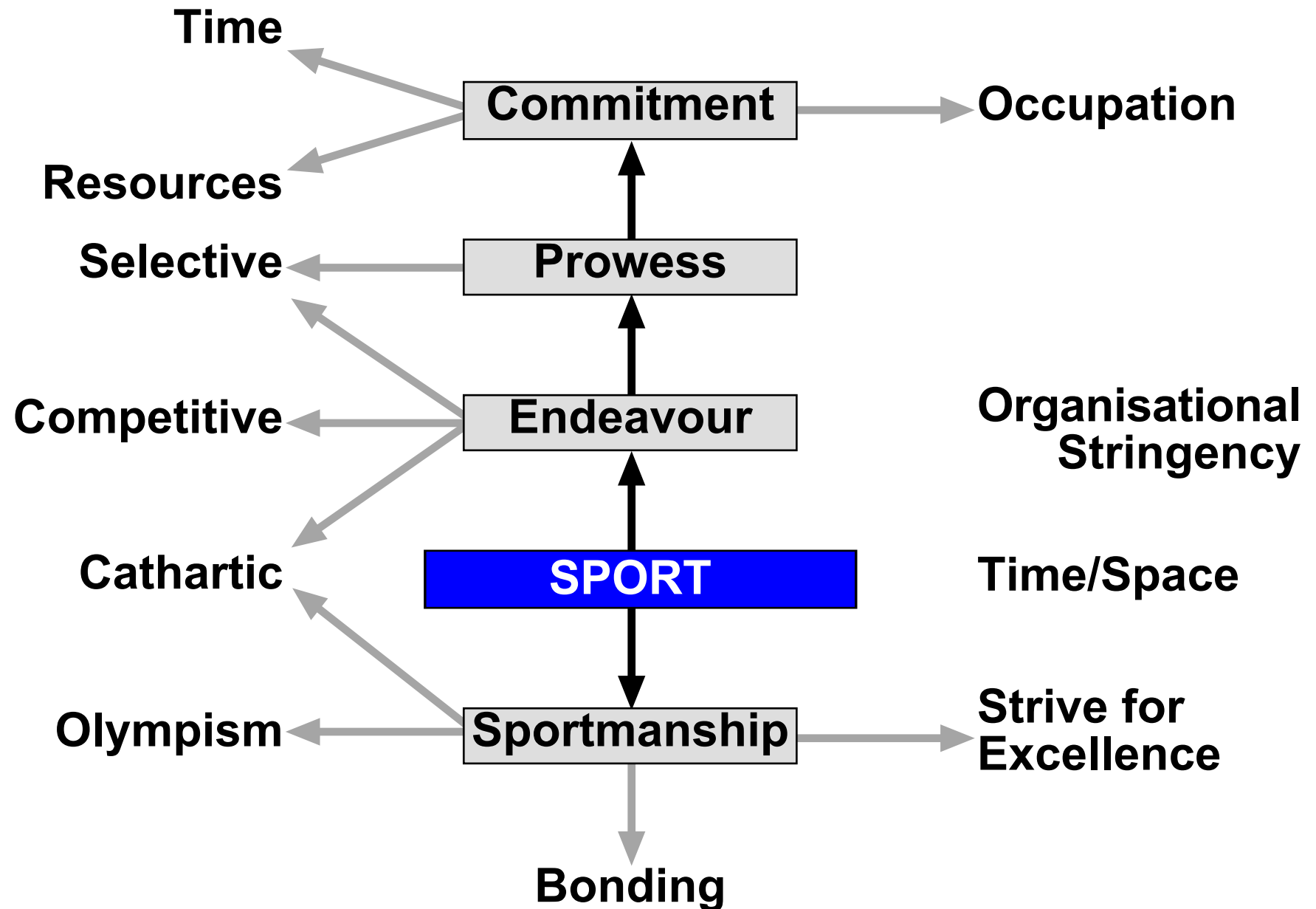
INTRODUCTION

14 CHARTS AND CHECK LISTS TO HELP CLARIFY
SOME OF THE DEFINITIONS USED IN RELATION TO
SPORT & PE

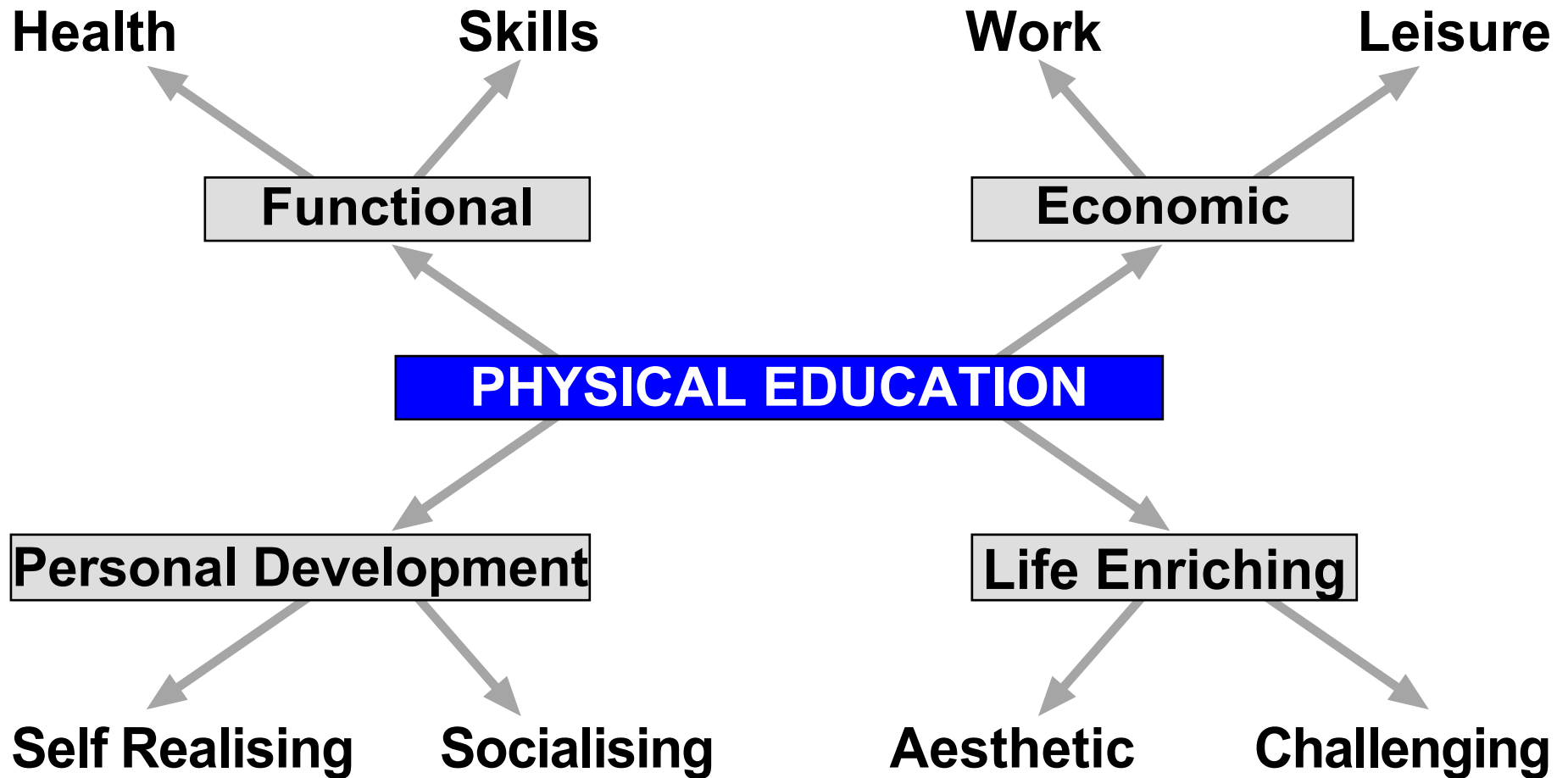
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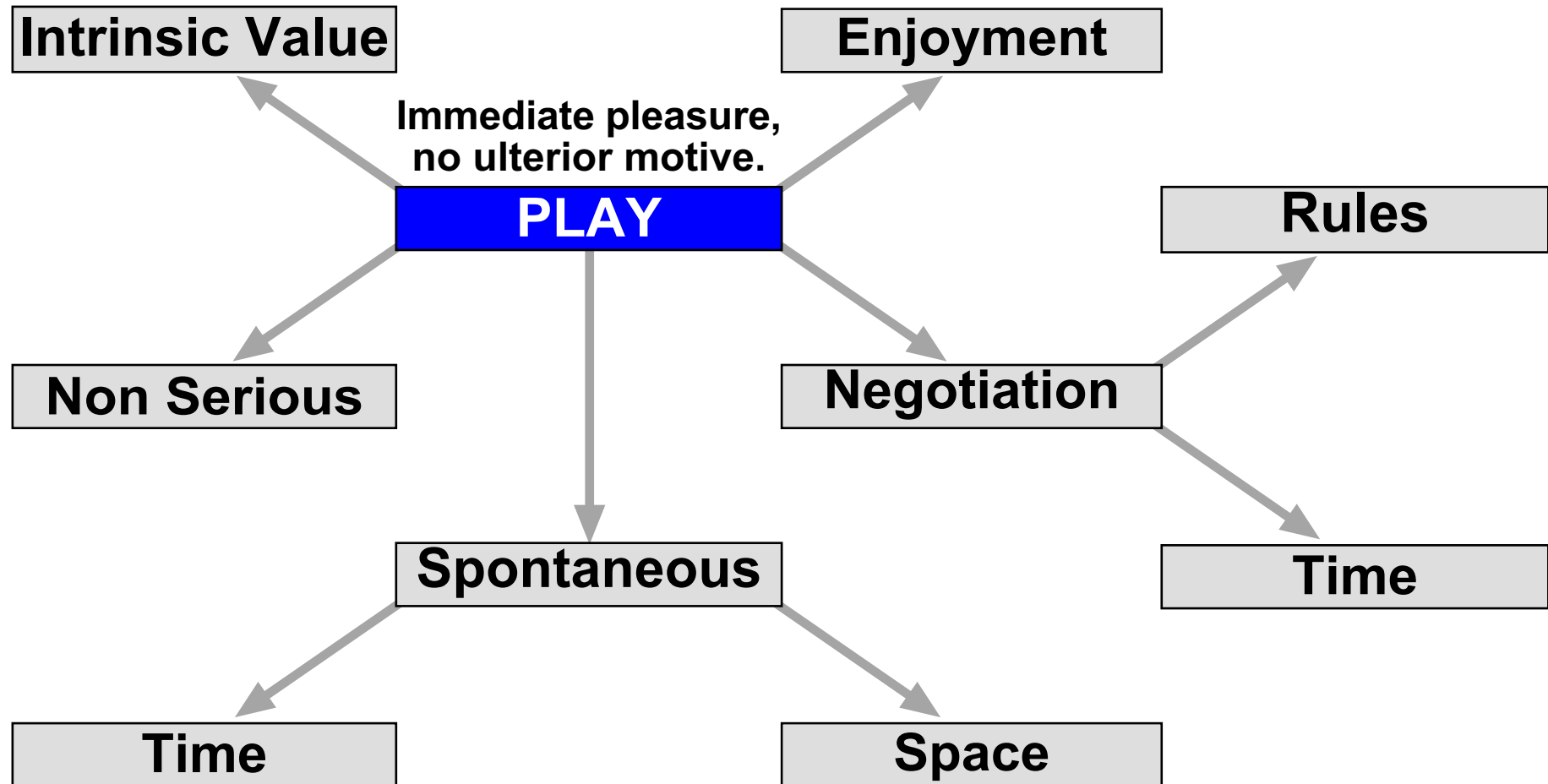
Characteristics of Sport



Characteristics of Physical Education



Characteristics of Play



From Play to Physical Education 'Hide & Seek'

Either ask some of the group to play a game of hide and seek, or watch a group of younger children engaged in a playground game at your school. While you are watching fill in the following chart. Use the completed chart as a basis for your group discussions.

-
- 1 Are there rules? How are/were they arrived at?**
 -
 - 2 Is there a defined playing area? How was it defined?**
 -
 - 3 Is there a referee/umpire? If not why not? How are disputes resolved?**
 -
 - 4 Does the activity have a purpose(s)? Which is the most important and why?**
 -
 - 5 When/how did the activity start/finish? What else might have stopped the activity?**
 -
 - 6 4 groups of people from different social classes wish to participate in this activity. How could this be achieved?**
 -
 - 7 What would you have to do to enable a national hide and seek competition?**
 -
 - 8 How would you use your game of hide and seek to achieve an objective(s) appropriate for a PE lesson?**
 -
 - 9 Are the group engaged in a leisure activity, is it physical recreation?**
-

Adults at Play

Would the adult and the child be gaining the same experiences here?

Would they be getting the same benefit?



What is this person doing?
Why are they doing it?

What might they be gaining
by doing it?

How does this activity
differ from the other
pictures on this page?
Does the nature of the
activity affect the
benefits to those
participating?



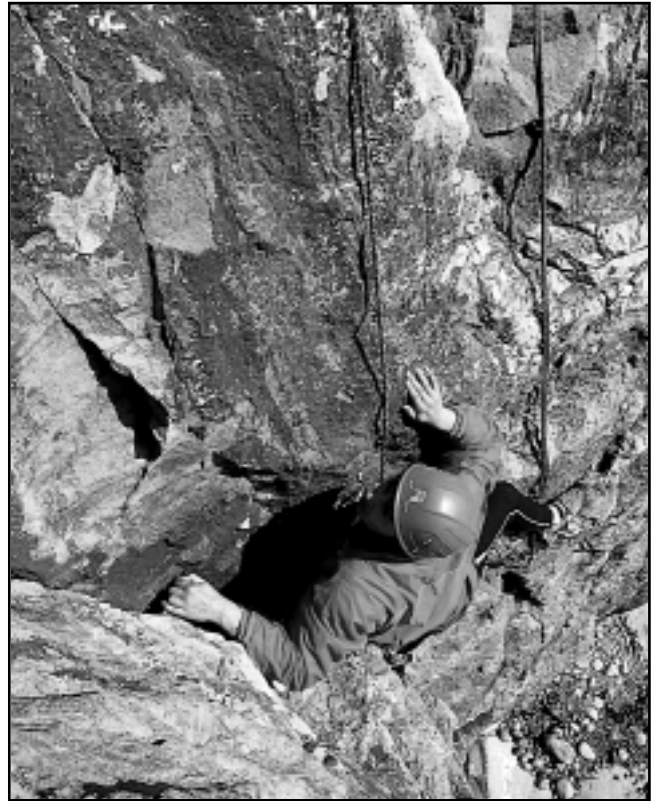
Play Observation Chart

Observe a group of children engaged in play. Do you see any of the things in the first column happening? If you do put a 'Y' in the second column and then describe in what form you saw it happen - what happened, how did the children react etc. Use the form to help you in your group discussions.

DEFINITION	SEEN Y/N?	FORM/DESCRIPTION
Voluntary Activity		
Time Rules		
Place Rules		
Freely Accepted		
Binding		
Purpose		
Joy, Fun		
Tension		
Fantasy		

Outdoor Adventure & Education

Learning
Decision Making
Self Reliance
Trust
Skills
Leadership



Environmental
Awareness
Risk
Danger
Survival
Challenge
Escapism
Adventure

Leisure? Physical Recreation?

1 - Tennis Professional



2 - Gardening



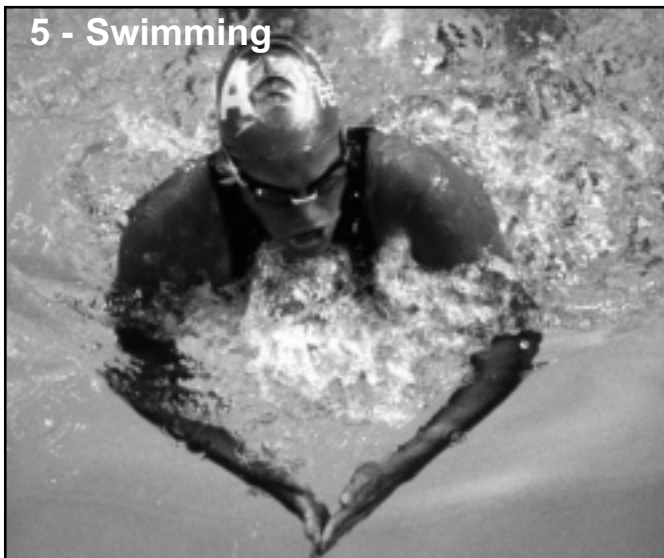
3 - Mother Holding Baby



4 - Angling



5 - Swimming



6 - Sleeping



Leisure? Physical Recreation?

7 - Pupil in PE Class



8 - Worker's Lunch Break



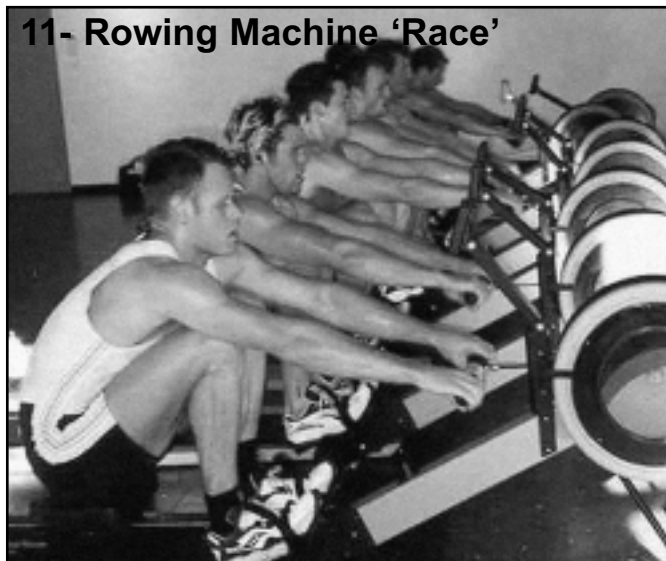
9 - Netball Team



10 - Party Dance



11- Rowing Machine 'Race'



12 - Audience at a Show



Definitions of Leisure

Leisure is a time in which there is an opportunity for choice

Arnold 1968

Leisure helps people to learn how they play their part in society; it helps them to achieve societal or collective aims; and it helps the society to keep together

Parker 1975

Leisure is a mental and spiritual attitude – a condition of the soul, not the inevitable result of spare time.

Pieper 1965

Leisure has 3 functions: relaxation of energies consumed by daily life; free development – compensation for the specialisation of movement and knowledge imposed by modern industrial life and; recreation- relief from the boredom and restrictions of daily life

McDonald 1971

Leisure is the complex of self-fulfilling and self-enriching values achieved by the individual as he uses leisure time in self-chosen activities that recreate him

Miller & Robinson 1963

Leisure – a necessary prerequisite for practising the more civilised virtues – the adoption of a critical attitude to life and developing a taste for excellence

Bell 1947

Leisure is an activity – apart from the obligations of work, family and society – to which the individual turns at will. It has 3 functions – relaxation, entertainment, self-fulfilment

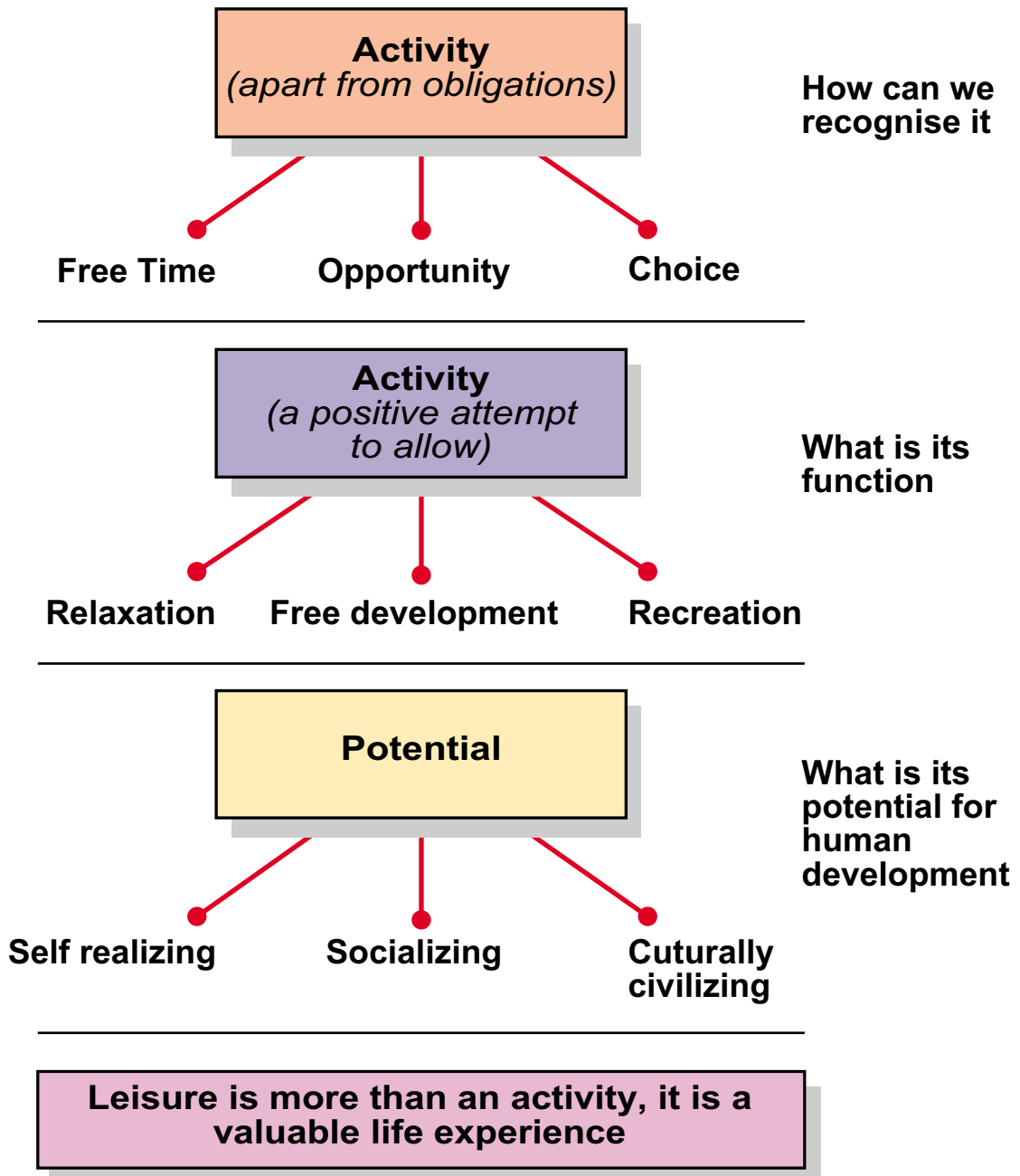
Dumazadier 1967

Leisure – a time when one's true identity can emerge

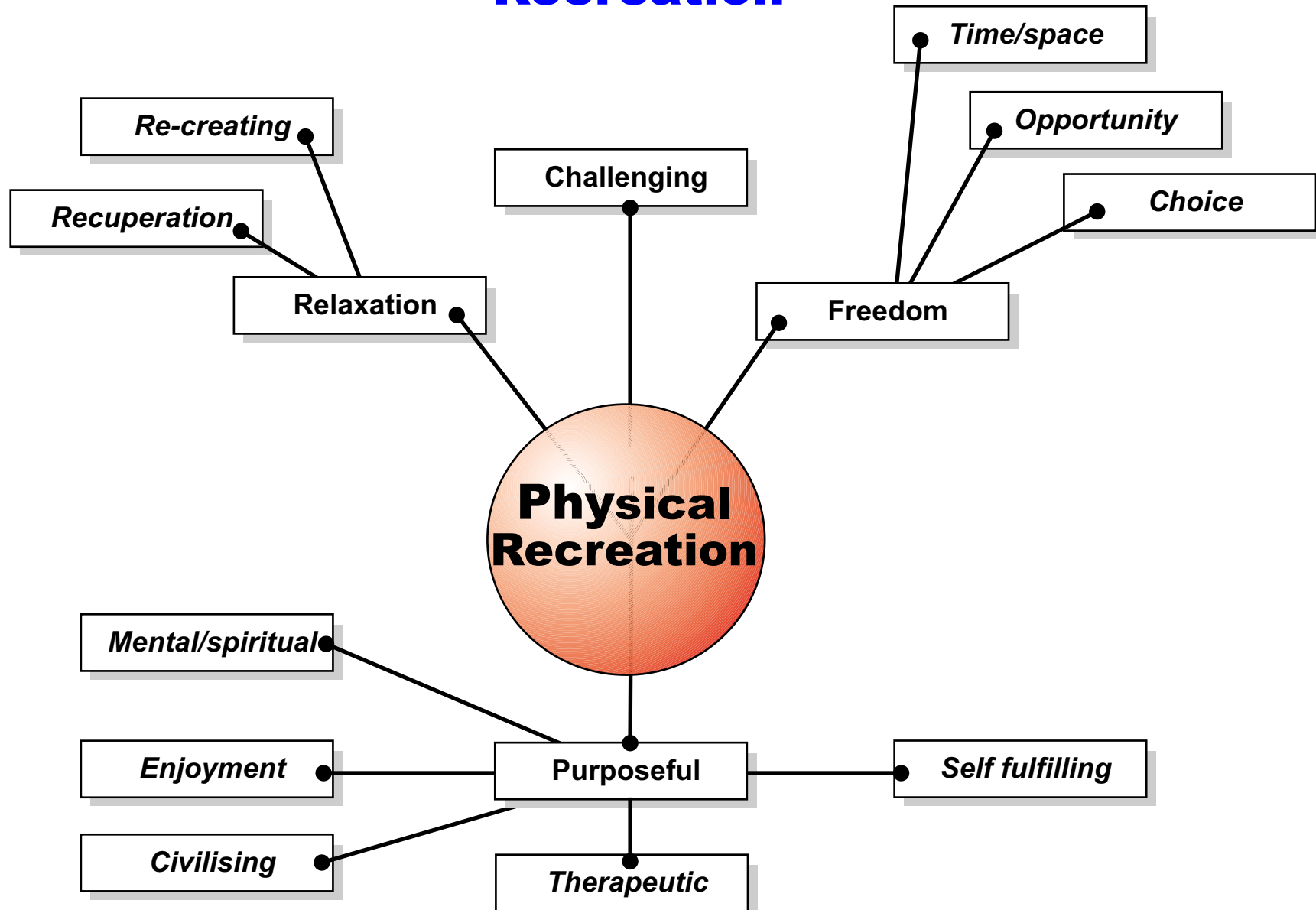
Leisure – an opportunity for self-expression

J. Pieper, C Brighthill, S de Grazia

Concepts of Leisure



Recreation



Leisure & Physical Recreation Response Sheet

PHYSICAL RECREATION?

Image number	Explanation why

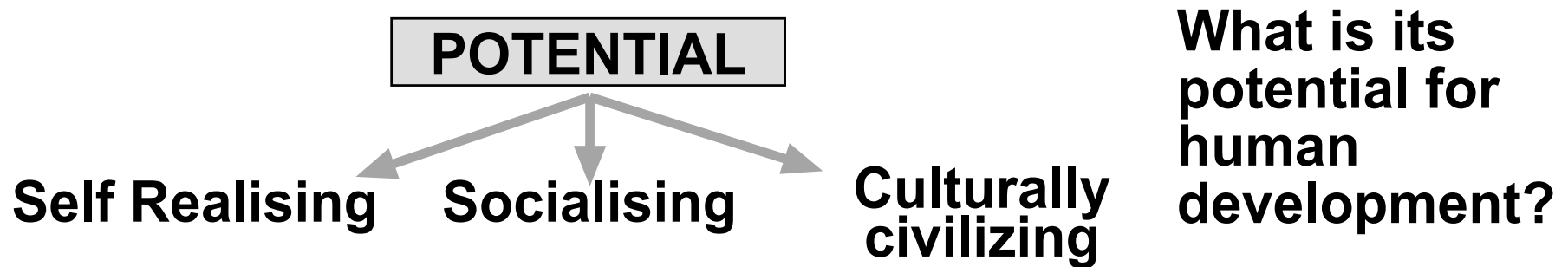
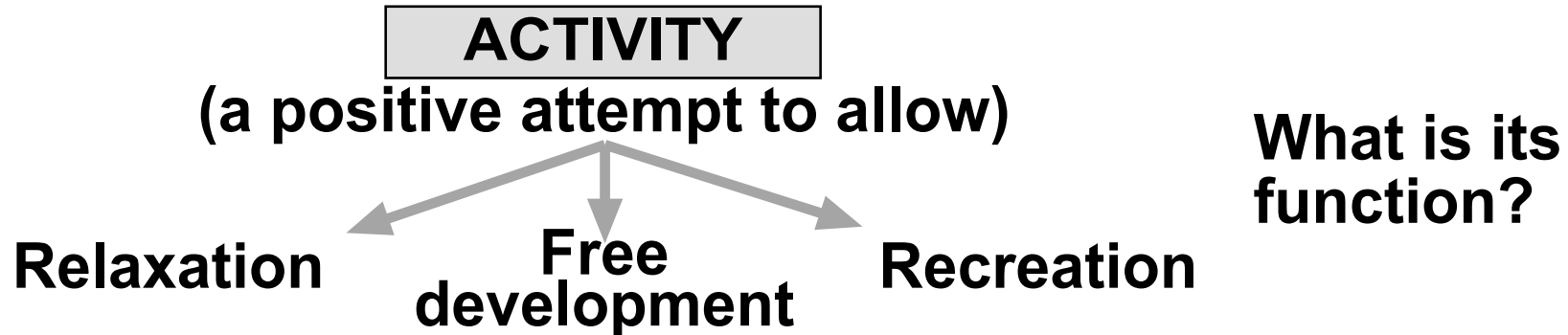
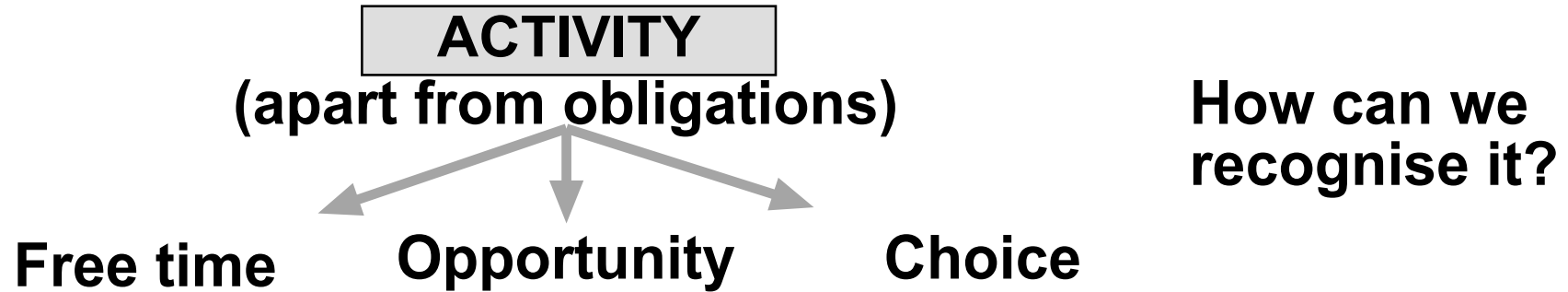
LEISURE?

Image number	Explanation why

NEITHER?

Image number	Explanation why

Concepts of Leisure



Leisure is more than an activity, it's a valuable life experience

Recreation

