

10.1 Leisure, Recreation and Growth

Identify the following terms

Physical Recreation	
Leisure	
Play	
Sport	

An activity that involves physical exertion and skill, either as an individual or part of a team competing against another person or team. Takes place through organised events or competitions, established rules are followed, the objective is to win.	Time spent away from work and free from obligations. Free time, which many people allocate to recreational activities.
Taking part in sport or an activity for enjoyment. Winning is not important, and rules are often made up or adapted.	A physical activity or pastime that promotes health, relaxation and enjoyment.

Factors that have influenced the growth of the leisure activities

The number of people involved in leisure activities has grown in recent years. There are a number of reasons behind this trend. These include...

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We know more about the health benefits of exercise, motivating more of us to participate.	People have more free time for recreation activities Reduced working hours more holidays early retirement an increase in part time or temporary work
Household technologies such as vacuum cleaners and washing machines free up time for leisure activities.	Medical procedures allow the elderly or those with serious injuries to regain their ability to exercise.

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If your peer group approves of or encourages you to take part in something, you are more likely to do so.	Many people are not able to afford expensive activities such as horse riding, golf or skiing.
Old people are likely to choose low intensity activities over more physically demanding ones.	The availability and standard of facilities influences the activities that we are able to take part in.
Family members may show an interest in or encourage you to pursue certain activities.	We are more likely to take part in activities that spark or interest over those we care less about.
Activities available to you (e.g. you are likely to take up skiing if you don't have access to mountains or snow). Your national culture may influence your choices (e.g. the popularity of cricket in India or football in Brazil).	

