

## CHAPTER 10 – 1: INTRODUCTION TO CONCEPTS

**Text between pages 122 and 138, answers to questions on page 139 of the text book.**

- 1) Identify possible physical objectives of a major game, swimming or athletics as part of your Physical Education programme. 3 marks

**Answer**

*The objective of improving:*

- Health, for example improved heart rate.
- Fitness, getting stronger, increased mobility or endurance.
- Skills, skilfulness or prowess.
- Techniques and strategies.
- Physical competition or effort.
- Enjoyable or a physical feel-good factor.

- 2) What are the main educational qualities of outdoor education? Illustrate your answer using a specific outdoor activity. 3 marks

**Answer**

*Select a specific outdoor activity and relate it to the following qualities:*

- Leadership skills.
- Problem solving.
- Strategy building.
- Thrilling or exciting emotional experiences.
- Appreciation of the natural world (environment).
- Social or group awareness (having fun with friends, learning how to co-operate in a group).

- 3) Identify **four** characteristics of sport using a game to illustrate each of them. 4 marks

**Answer**

*Select your game to illustrate four characteristics from:*

- Vigorous physical exertion.
- Complex physical skills.
- Institutionalised.
- Highly competitive.
- Involves own team or opposition.
- Fair play or sportsmanship.
- Retains the characteristics of play.
- Can be in one's free time.
- Involves personal choices.
- Pleasurable and rewarding.

4) Discuss the main similarities and differences between physical recreation and sport.

4 marks

**Answer**

*Similarities between physical recreation and sport:*

- They can be similar activities.
- They both tend to include a physical component.
- Both have social values.
- Individuals choose to take part in both.
- Both identify enjoyment as important.

*Differences between physical recreation and sport:*

- Sport is highly competitive – recreation can be fun and done for its own sake.
- Sport is highly organised – recreation can be spur of the moment with its own rules and boundaries.
- Sport tends to be at a higher standard – recreation can be at whatever standard people want.
- Sport has more stringent rules (more regulated) – recreation has its own time and space with rules wanted by the participants.
- Sport tends to require more time and commitment – recreation can be as short or as long as wanted – usually no commitment except to the present activity.

5) a) In the UK and Europe people participate in sport, leisure and recreation. Define and outline the differences between these three forms of activity.

3 marks

**Answer**

- **Sport** is a competitive physical activity between opponents.
- Sport is highly organised with formal rules.
- It has set times and space (venue).
- It is codified.
- **Leisure** is free time or time not at work.
- Leisure can be used for many activities.
- And can be passive or active.
- **Recreation** is non-competitive and is usually less serious than sport.
- Recreation is less organised and more flexible.
- Recreation has intrinsic value to the performer.

b) How can a school provide opportunities to participate in both sport and recreation?

3 marks

**Answer**

- **Sport** is provided as extra-curricular activity.
- Schools make provision for sports teams and fixtures.
- Schools set up sport education programmes.
- **Recreational sport** takes place in lunchtimes or sports clubs in breaks or after school.
- Schools provide visits and taster sessions at local sports centres.
- Schools open up their facilities on weekends and holidays.
- Schools offer a wider range of activities including outdoor recreation.

5) c) Outline the basic requirements needed to undertake sport or recreation.

3 marks

**Answer**

*Sport and Recreation require:*

- **Time** - free time or leisure time.
- **Money** - disposable income.
- **Transport or mobility** to get to a facility.
- **Access** to a sport or recreation facility.
- **Access to a space to play** (local sports centre).
- **Resources** (kit, clothing or equipment).
- **Fitness** at a basic level.
- **Some activities require good health** (GP check-up sometimes advisable).
- **Ability and a certain skill level.**
- **Knowledge of the game or sport.**
- **Enthusiasm for the sport.**

6) a) Leisure is time in which there is the opportunity for choice. Use an example of a leisure activity to explain this statement.

4 marks

**Answer**

- **Free time** is a fundamental feature of leisure.
- **Opportunity** - although leisure facilities may exist it must be available for you.
- **Choices** - your right whether to engage or not:
- Your choice of activity.
- Your choice of where and when.

*Application to a suitable leisure activity. Choose your own example:*

- For example, hill walking requires the time (days at a time), the opportunity (how near you are to suitable hills, or have you the transport to get there), and the choice (I would rather sit in front of the TV and watch the rugby).

b) Explain the changes which occur as the concept of leisure is narrowed to reflect a ‘Sport for All’ campaign.

4 marks

**Answer**

- **Time** - your time commitment is increasingly controlled.
- **Space** - specialised areas are increasingly required.
- **Spontaneous** - increasingly rule based (controlled by officials).
- **Enjoyment** - continues, but includes more extreme emotions, such as joy on the one hand and pain on the other.
- **Intrinsic** - continues, but increasingly with extrinsic influences.
- **Non-serious** - increasingly serious or productive.

7) a) Select a children’s play activity and use figure 10.29 to explain the characteristics of play which should be evident while they participate in this activity.

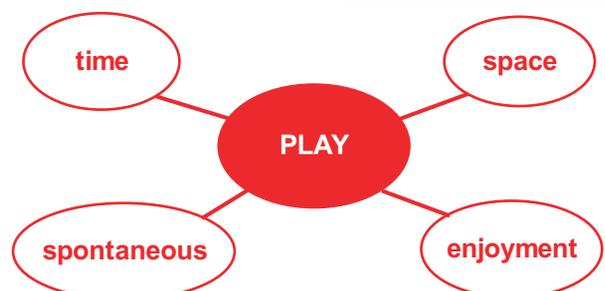
4 marks

**Answer**

*Choose a play activity (tag, hopscotch, chase, skipping etc):*

- **Time** - there are limited constraints on how long or when they play the activity.
- **Space** - there are very few constraints on where the activity can be played.
- **Enjoyment** - played with a fun element.
- **Spontaneous** - played with minimal rules.

**figure 10.29 – play**



- 7) b) Explain why it is thought that when children play they increase mastery over reality whereas adults at play tend to be escaping from reality. 4 marks

**Answer**

*Children increase mastery because:*

- *Practice* - repetition of skills.
- *Pretend* - learn through make-believe.
- *Rehearse* - play is often rehearsing activity in real life.

*Adults escape from reality because:*

- *Obligations* - takes them away from work.
- *Stress relief* - escape from anxieties.
- *Relaxing* - relief from effort-based activity.
- *Fun* - release from serious emotions.

- 8) Briefly discuss the view that play is more than an activity, but also a valuable experience. 5 marks

**Answer**

- *As an activity play allows the child to be free to choose to participate.*
- *To choose how long to play, where to play, to have freedom of time and space.*
- *They are having fun, it is emotionally enjoyable and a non-serious activity.*
- *As an experience, there is skill learning going on.*
- *Relationships and friendships are being forged.*
- *They are learning more about themselves and developing a self-concept.*
- *Mastering reality through the experience of play.*

- 9) Outdoor education is a means of approaching educational objectives through adventurous activities in the natural environment.

- a) Select an outdoor adventurous activity and explain it in terms of four levels of adventure. 5 marks

**Answer**

*Level one:*

- *A process of discovery in a new environment which is exciting but safe.*
- *For example, canoeing on a canal or calm lake or river or swimming baths.*

*Level two:*

- *An element of adventure where skills and confidence will be tested but where risks will be minimal.*
- *For example, canoeing down a white water river with flattened rapids and elements of endurance.*

*Level three:*

- *Adventure at the upper level of the performer's ability, testing prowess and temperament, but with full safety procedures in place.*
- *For example, white water canoeing on graded water involving difficult rapids and falls.*

*Level four:*

- *Misadventure, where the performer finds themselves in real risk, facing hazards which are beyond their ability.*
- *For example, inexperienced canoeists tackling water without safety procedures in place and in adverse conditions.*

9) b) Use Figure 10.30 to explain values associated with an outdoor adventurous activity of your choice. 4 marks

**Answer**

*Excitement hinges on:*

- *The unpredictability of the situation in a natural environment.*

*Challenge involves:*

- *Coping with the elements and new skills in this environment.*

*Discovery concerns:*

- *Dealing with the unexpected and finding out more about yourself.*

*Risk exists in the form of:*

- *Perceived risk by the performer and the possibility of unpredicted real risk in a hostile environment.*

*One mark would be given for using an application (a recognised outdoor adventurous activity).*

**figure 10.30 – an outdoor activity**

