

## LEISURE AND RECREATION: MODULE 1 PHYSICAL ACTIVITY FOR PERFORMANCE

### Q. What strategies can I adopt to help teach this module?

It is a very good idea to involve the students as much as possible in choosing the two or more activities from the extensive list on Page 5 of the Leisure and Recreation syllabus. Working with the students is the key to successful outcomes.

### Q. Must I complete all of the learning outcomes?

It is possible to complete all of the learning outcomes within the timeframe. The degree to which these outcomes are achieved depends on the level of skill the students already have acquired, their interest level, the facilities and equipment at your disposal and your own commitment.

### Q. How much detail is required for each learning outcome?

This depends on your students, you and they may be more interested in some of the outcomes outlined and may wish to spend more time and reach a higher level at these than some of the other outcomes. Take, for example, learning outcomes 1 and 2 in Unit 1. Some of your students may be highly skilled and others may just be capable of demonstrating the skill. For the former they could concentrate on those outcomes while the latter group may find outcomes 1 and 2 in Unit 3 suit them better, so they could concentrate on officiating.

### Q. What standard is expected?

There is no actual set standard. To the best of the student's ability is what is expected and this of course will vary from student to student. Each student must attend and participate in the course and complete the four key assignments.

### Key Assignments

1. I have recorded the basic rules and principles as they apply to one activity I have participated in.

To complete this Key Assignment the students could use a hard back copy which they will keep for the year or two years depending on whether the course is being completed in one or two years. There are many websites that can be searched depending on the activity chosen e.g. gymnastics - [irishgymnastics.ie](http://irishgymnastics.ie), [gymnastics.org](http://gymnastics.org) ; soccer - [fai.ie](http://fai.ie), [soccercentral.ie](http://soccercentral.ie) ; basketball - [basketballireland.e](http://basketballireland.e), [nba.com](http://nba.com). For information on a range of activities check [www.peai.org](http://www.peai.org) under links sporting organizations. [www.getactive.ie](http://www.getactive.ie) activities - activities in your area. Irish sports council phone 01-6251155

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2. I have kept a record of the skills I have learned during the module.

The hard back copy again is very useful for this key assignment. Shortly after the skill has been taught and learned the students should record the skill. It is a good idea if the teacher keeps the copies and hands them out when required and collects them after a session.

3. I have demonstrated and performed three skills that I have learnt in one of the chosen activities.

This key assignment can be assessed in an informal or formal setting. The teacher can, during practical classes, observe the students performing skills and acknowledge the students success in their hard back copies over a period of time. Alternatively a number of class periods could be set aside towards the end of the module period and the students could all demonstrate and perform the skills in a more formal manner. The students abilities and temperament and teachers performance will dictate which method is chosen.

4. As part of a group I have organised a practice exercise for one of the chosen activities.

The students will be taught practices and drills for the chosen activity. They then can, working in pairs or larger groups, organise practice exercises for other students in their group or they could use primary school students or first year students. Depending on the students it is possible to challenge them to devise new practice exercises themselves. This gives them a sense of ownership of the exercises and builds up their self confidence.

**Q. How can I combine task work with Key Assignments?**

Some examples of how this can be done are:

Task: LCA students teach primary school or 1<sup>st</sup> Year students a particular activity.

- Basic rules and principles.
- By keeping a record of the skills they have learned they can understand them to a greater degree and therefore teach them more easily.
- By being able to demonstrate skills they can teach their students through demonstration.
- By organising a practice exercise they can put it into action with a group of students.

Tasks:

- Organising a basketball blitz.
- Performing a dance routine for an audience.
- Putting on a gymnastics display.

All of the above involve the combining of some or any of the key assignments with the task or finished piece or activity e.g. recording the basic rules and principles, keeping a record of the skills (basketball blitz); all four of the Key Assignments could be required for the dance routine or gymnastics display.

**Q. How can I link with other courses?**

**Social Education:**

- Clubs, organizations, activities in their own area.
- Lack of above in own area.

**Gaeilge:**

Natural link with Gaelic games, programmes in Irish for games, history of these games etc.

**Modern Languages:**

Soccer – Spanish/Central South American players. Words phrases used at matches.

**Construction & Engineering:**

Students could design storage units for equipment as a task. Make weights, trophies, measure pitches, make flag poles for pitches etc.

**Maths:**

Budgeting for a trip, putting on an event – hiring of equipment/facilities.

**Q. When does the module have to be completed by?**

If you are completing the course in one year then two modules must be completed by May of that year. It is possible to start and complete one module by February and the 2<sup>nd</sup> module from February to May. Alternatively you may choose to do the two modules throughout the year and complete them both in May. Another alternative is that you may intend doing the Leisure and Recreation Course over a two year period. In that case you could complete one module in Year One of LCA and the 2<sup>nd</sup> module in Year Two.



**USEFUL IDEAS:**

To incorporate Literacy Skills into this module you could use the following:

- Crosswords, wordsearches and quizzes. These make it more fun and more interesting when learning rules and new vocabulary.
- Students could keep records and notes in a hard back copy.
- You could build up a library of books related to the activities chosen.