

ADOPTION OF MODERN METHODOLOGIES IN CURRICULUM FOR EASY TEACHING AND LEARNING IN EDUCATIONAL INSTITUTIONS

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ABSTRACT

The activity which a person undertakes for the use of his spare time or for his entertainment with the sole objective of refreshing/reactive himself is called Re-creation. But it also utilized in the important division of time during college or school hours. A teacher and even a learner adopt many means to remove his physical and mental fatigue for quality teaching and learning respectively. Playing games, using the drawing tools, listing or reading poetry/stories during the school hours are the part of Re-creational activities, but the curriculum designers are required to think more validly to upgrade the recreational methods so that the purpose of joyful teaching and learning can be achieved. Recreation is an activity voluntarily engaged in during leisure time and primarily motivated by the satisfaction of pleasure derived from it. The pleasure is actually the source behind the gaining of quality teaching and learning. Instead of continually tiring of long burdened classes one after the other, the curriculum designers are required to bring the effective implication of recreational methodology for quality teaching and learning

Key Words: Curriculum, Teaching, Learning and Methods of Teaching

INTRODUCTION:

Re-creation means the happiness or joy of mind. Man participates in some Re-creational activity in order to entertain himself and in order to make good use of his leisure time. It removes the physical and mental fatigue. Re-creation means to regain lost energy and get a sense of joy, refreshment and satisfaction. Re-creation is life in itself without recreation life is meaningless. The modern age is full of complexities, a man in order to survive has to do a lot of physical and mental work, resulting in fatigue. Through recreation he can regain the lost energy. Recreation is related with those activities performed by an individual during leisure time activity.

Needs and Importance of Recreation for Teachers and Learners in the trends is required. There are certain fundamental human needs which are required to be satisfied, there are objectives of education that need to be achieved, there are obligations of democratic society that need to be fulfilled and there are factor which have given rise to the wide spread recognition of the need and importance of the recreation in the modern life.



In the explanation given below an attempt is made to point out very and how recreation is serving increasingly important function in the life of the individual, community and the nation.

1. Proper use of leisure time.
 2. Proper use of surplus energy
 3. Physical development with recreational activities.
 4. Social development
 5. Educational value
 6. Learning by doing
 7. Moral and character value
 8. Development of democratic outlook
 9. Human happiness.
1. Proper use of leisure:
The modern age is a machine age. A work which took days to be completed earlier is done in a few hours with the help of machines. Through recreational activities man can make use of his spare time and get pleasure and make his life prosperous.
 2. Proper use of surplus energy:
After doing the whole days work by a man the energy that remains is known as surplus energy. Recreation activities are the best means to utilize this surplus energy.
 3. Physical Development with Recreational activities:
Recreational activities play an important role in keeping men physically fit. Games and sports pursued as recreation are very useful. They help in physical growth, health is most desired health. A healthy person can prove to be a good citizen.
 4. Social Development:
Man is a social animal. He wants to enjoy social status. The recreational activities play important role in social development.
 5. Emotional development:
Man hesitates in expressing his inner feeling and changes before others. It is life, as such keeping you under tension. In order to be free from this tension the participants recreate themselves through many activities. In this way recreational activities proves to be useful in men's emotional development also.
 6. Learning by doing:
The recreational activities also provide recreation. A man who pursues such activities easily gets a lot of knowledge.
 7. Educational Value:
It is necessary that the activities should be suited to there.
 8. Moral and character value:
The recreational activities play an important role in bundling up morals and character. When a person, making use of his spare times, participates in sports, dance and song, they comes into contact with others and develops good qualities like compassion, honesty, love sacrifice etc. These virtues helps build up one's moral and character.
 9. Development of Democratic out look:
By recreational activities people get opportunities and share the views with each other. Thus they respect each other and develops democratic outlook in them.

NATURE AND TYPES OF RECREATION:

All types of recreation have common characteristics like bringing the sense of good physical, mental, emotional, social and creative satisfaction to the individual engaging in them. Therefore, the classification of recreation activities shall be considered from the point of view of the individual participant and its purposes entirely different approach.

While making classification of recreation activities, the most important point should be taken into consideration i.e. the recreational activities selected and classified should meet the basic and fundamental satisfaction of participants according to their age and gender.

For the better understanding of the students and to help those who wish to organize recreation activities a brief grouping is given below

- < Games and sports
- < Social activities
- < Musical activities
- < Arts and crafts activities.
- < Drama activities.
- < Dance activities
- < Nature and outdoor activities
- < Literacy and language activities.
- < Collection activities.
- < Social services activities.

1. Games and Sports include:

- a) Low organized games (Cat and mouse, Hide and seek, Tog games etc).
- b) Individual and Duel games and activities (Badminton, Athletic Golf, Ring etc).
- c) Gymnastic and stunt (Apparatus Walk, calisthenics, Gymnastic, marching, Pyramid building etc).
- d) Sports (Archery, Booting, fencing, dining thumping Shooting etc)

2. Social activities include:

Card games, Dating, entertaining, birthday, pencil and paper games, vacuities day celebration etc.

3. Musical Activities Include:

Vocal and instrumental items, Music festivals, composing music etc.

4. Arts and Crafts activities include:

Black Printing, poster making, butting, plastic crafts Toy making etc.

5. Drama activities include:

Fashion show, carnivals, musical dramas and comedics, one act play, stage lighting etc.

6. Dance activities include:

Folk, classic, modern, social, etc.

7. Nature and outdoor activities include:

Bee culture, parks arts galleries, mountain climbing, hiking, hunting, visiting zoo, etc.

8. Literary and language activities include:

Discussion clubs, creative writing, mental games, writing letters, story telling, etc.

9. Collection Activities include:



- Antiques, Autography, Painting, Pictures, post card, stamps etc.
10. Social Science activities include:
Teaching students free of cost, handicapped to Recreation Centers, home for aged, helping in orphan etc.

AIMS AND OBJECTIVES OF RECREATION:

The field of Recreation has many worthwhile objectives. The American Association of healthy Physical Education and recreation (AAHPER) States that this subject special field contributes to the satisfaction of basic human needs for creative self expression, help to promote health-physical , mental, emotional and social, provides antidote to the strain, and tension of life, provides an avenue to abundant personal and family living and develop effective citizenship and vitalizes democracy.

One of the best statements of objectives was offered by the commission goals for American recreation.

The objectives are as follows.

1. Personal fulfillments.
2. Democratic human relations.
3. Leisure skill and interests.
4. Health and fitness
5. Creative expression and Aesthetic appreciation.
6. Environment for living in a leisure society.

ACTIVITIES FOR VARIOUS AGE GROUPS:

Recreational activities involve systematic and scientific approach. For any children/student or individual the real learning through recreational activity only exists if it is imparted in a systematic and organized way. The recreational activity that may be proved good for the age group may not be beneficial for the other group. A businessman may not feel relaxed by some particular type of recreational activities but on the other hand a sportsman type of recreational activity.

To make 'Recreational' important and beneficial it is very important to divide it in various age groups. Though the recreational activities can be modified as per the requirement and interest of students.

Recreational programmes in schools require age specified groups for better implementation.

Below is mentioned various age group in schools for recreational activities: -

Standard	Class	Age group (may have + 2yrs variation)
1. Infant school students	LKG, UKG, Nursery	Up to 5 yrs
2. Primary school student	1 st to 5 th class	5yrs to 10 yrs
3. High schools students	6 th to 10 th class	10yrs to 16yrs
4. Higher secondary school	11 th to 12 th	16yrs to 18yrs

5. College or University students		18 and above
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Below are mentioned suitable recreational activities for various age groups in schools: -

1. Up to 5yrs (Infant school students)-

The type of recreational activities in this group mainly depends upon the health and body condition of children. Safety of children is an important point to be taken in consideration. In case of group recreational activity than should be 'no winner no loser situation. Competitions are not preferred for this age group. Three main varieties of recreation activities suitable for this age group are; -

- (i) Free play- run, jump, hop, & skipped
- (ii) Elementary rhythmic activities- basic fundamental movements in a enjoyable and interesting way, body movement and coordinate skills, easy uniform dance with music etc.
- (iii) Play activities- Circle running, line formations, relays, rolling, throwing etc.

2. 5yrs to 10yrs(primary school students)-

Children at this age group grow and develop at very fast rate. In this age group Girl child is equal or more strengthen if compared with boy child. These age group students like to perform energetic exercises such as running, jumping on play fields but in a organized manner.

Six main varieties of recreation activities suitable for this age group is-

Is low organized recreational games-

Bull in the Ring cat and mouse tag games, Hide and seek etc. Ii modified games – modified football modified volleyball modified basketball including kicking rolling passing throwing such other modified games.

(III) Gymnastic and Related activities- front role back role pumping swings etc.

(IV) Swings Strokes and related games

(V) Dance activities – Dance drama like activities.

(VI) Outdoor and low risk well supervised activities- Nature four outdoor plays collective picnic programmes etc.

3. 10yrs to 16yrs (High school student)-

Children's under this age group are mainly like to involve in energetic and adventurous sports or activities. These age group students are willing to play games under complete rules and regulations some competitive spirit is also required for these age group of students but the competition must be with healthy spirit and under good supervisor main verities of recreation activated suitable for this age group

(I) Organized Recreational games-

This kind of recreation game requires good skills and body movement like Dodge ball relay games competitive toy games etc.



- (II) Standard games and sports –
Football volleyball basketball swimming etc.
- (III) Track and field events- 100m 200m, 400, long Jump, high jump etc.
- (Iv) Rhythmic Activities
Aerobics musical activities, Bharatnatyam etc.
- (V) Social welfare Activities also involve collective activities like picnic tours etc.
- (Vi) Arts and craft Activities- Painting clay structure making etc.
- (Vii) Dance and Drama- involving activities with some social or motivational them.
- (Viii) Outdoor Activities-
- (Ix) Literary and language activities –
- (X) Adventure Sports

(4) 16yrs to 18 yrs (Higher secondary schools)-

Students under this age group are very creative adventures and sometimes over excited. Their muscles are developed and powered enough to enjoy well competitive and combat sports. Students under this age group are mostly cared about their physic and at the same time studies also. Therefore recreational programmes for this age group must be well planned and well organized.

Main varieties of recreational activities suitable for this age group are: -

- (I) Standard and well-organized games & sports
All kind of organized games and sports, it also includes track and field events and abortive spots like boxing, wrestling, judo etc.
- (II) Educational activities-
 - a) Nature and outdoor activities nature tour, educational tour etc.
 - b) Literary and language activities essay writing, poetry, symposiums etc.
 - c) Collective activities-
- (III) Cultural activities-
 - a) Art and craft
 - b) Dramatic activities
 - c) Dance activities
- (IV) Social services activities
- (V) Adventure sports-
Well-organized and competitive adventure sports like Rock climbing, Para driving, rafting etc.

Above mentioned recreational activities are mainly depends upon the nature and type of institution. It also depends upon the interest of students. These recreational activities must be flexible and easy in nature.

Role of Recreation in National and International understanding.



Recreational programmes no doubt assists in developing national and international understanding. Objective and importance of recreational programmes provide optimum platform to develop understanding within and outside the nation.

i. Recreational and character development-

Objective of recreational programmes is to develop good character,Recreational activities are an approach to develop good behaviour among each other and this increases the development of relations among the nations. Recreational activities are good approach in increasing national and international understandings.

ii. Recreation and Health-

Recreation helps in gaining good health states. Through recreation individual gains physical and mental health. Positive health attitude guides nations to exchange such programmes and collectively work for the development of people.

iii. Recreation and Democracy-

In democracy recreation plays an important role. Recreational programmes empower democratic approaches and for all the democratic national 'recreation' play an important role. Recreation programmes includes team games also which depends on collective workout and good understanding among the participants. Recreation develops democratic approach, which ultimately motivate to increase National and International understandings.

iv. Recreation and Economy-

Recreation directly or indirectly increases the Economic status of related individuals. Recreation keeps individuals healthy and relaxed which ultimately helps in efficient working. It develops Economic status of nations and this lead to more economic exchanges among nations. Recreation through its influences on 'Economy of a Nation' becomes an important medium to develop understanding between two nations.

v. Recreation and normal values-

With the help of recreation moral values increases. Increased moral values assist in developing better national and international understanding. Recreation is practiced under cooperative effort and this develops the cooperative attitude of various nations and lead to healthy relations of various nations.

vi. Recreation and Education-

Recreation is an important source of education .recreation increases learning capacity of related individuals. Recreation makes individual more productive, with creative attitude. This assists in empowering and developing national and international understandings.

vii. Recreation and the fundamental human need-

To enjoy and live happily is the fundamental need of every human being. For progress and development of society good interaction and understanding among states is highly required. Recreation provides way to increase national and international understanding.

viii. Recreation and Leadership-

Recreational values developed in an individual increases his/her leadership quality. A good leader is one who guides well and proceed with collective efforts. Because of developed leadership qualities it become easy for various states/nations to work together and become more productive.

ix. Recreation and personality development-

Recreation is an important source for learning and developing personality. Healthy effort is highly required by various states in order to gain progress and development. Increased personality helps in developing national and international understanding in a possible way.

CONCLUSION:

Recreational programmes no doubt assists in developing national and international understanding. Objective and importance of recreational programmes provide optimum platform to develop understanding within and outside the nation. Students are the future nation builders and it essentially required that any these young learners must feel relaxed and enjoy the learning in schools and colleges. Appropriate Recreational methodology provides pleasure to the learners and teachers for quality learning and teaching. The pleasure is actually the source behind the gaining of quality teaching and learning. Instead of continually tiring of long burdened classes one after the other, the curriculum designers are required to bring the effective implication of recreational methodology for quality teaching and learning

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