

PUTTING VALUE OF RECREATION IN TEACHING AND LEARNING

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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.

Keywords: 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 attempts 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:

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 it 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.

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.

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.

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 programs no doubt assist in developing national and international understanding. Objective and importance of recreational programs 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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