



LESSON 13

Recreation

Key Words

Leisure : quality time that people spend apart from their work, to rest, relax and enjoy

Restores : bring back

Constructive : having some useful or beneficial purpose

Excursion : a short trip, especially one taken as a leisure activity

Skateboard : a narrow board with wheels at each end, which people stand on and ride

Skits : a short, funny play

Obsession : too interested in



FILL IN THE BLANKS.(PAGE: 79)

- 1.Recreation activities are often done for enjoyment, amusement, or pleasure.
- 2.A picnic is a excursion and a good way of recreation.
- 3. People spend one or more nights outdoors mostly in a tent.
- 4. Skiing involves sliding down snow-covered mountains.
- 5. Sports such as badminton, table tennis, snooker and chess are indoor recreational activities.

B. TICK THE CORRECT ANSWER.

- 1. Recreation is an activity for leisure.
(academics, leisure, music)
- 2. Skate boarding is a form of recreation where a person rides standing on a small board mounted on wheels.
(wheels, rails, plates)
- 3. Regular physical activity helps control our body weight.
(temperature, weight, colour)
- 4. Participating in physical activities enhances our leadership.
(Walking, hearing, leadership)

C. ANSWER THE FOLLOWING QUESTIONS (PAGE:-80)

- 1. What is recreation?

Ans. Recreation is an activity done for enjoyment when one is not working.

2. Why is recreation necessary?

Ans. Recreation is necessary as it restore our energy and give us a sense of joy and well-being.

* It keep us occupied in constructive and healthy manner

3. WHAT IS CAMPING?

Ans. Camping is an activity of spending a holiday living in a tent. It can be combined with hiking and fishing during the day.

- 4. What is skateboarding?

Ans. Skateboarding is a form of recreation where a person rides standing on a small board mounted on wheels.

5. WRITE ABOUT ANY TWO INDOOR RECREATIONAL ACTIVITIES?

- Ans. **READING**:-It is a great source of entertainment as well as gaining knowledge. People who love reading will never get bored when they are lonely.
- **DANCING**:- It is not just an art form, but also an effective form of exercise.
- Any one can dance and enjoy.

5. GIVE ANY TWO PHYSICAL BENEFITS AND TWO MENTAL BENEFITS OF RECREATION?

- Ans. Physical benefits of Recreation:-

- It controls body weight

- It helps us relax our muscles and nerves.

- Mental benefits of Recreation:-

- It teaches us adjustment and co-operation.

- It improves emotional well being
