



Physical Recreation—Fact Sheet

Goal: to encourage participation in physical activity and provide an opportunity to improve performance and learn to appreciate Physical Recreation as an important component of a healthy lifestyle.

Objective: The positive benefits of Physical Recreation and fitness as important components of a healthy lifestyle have been well documented. This section of the Award offers an excellent opportunity to become involved in some form of physical activity leading toward long-term involvement. This section encourages all participants to reach their full potential in a specific physical activity(ies). Although the degree of training and leadership provided may differ, each participant should demonstrate improved performance over the required time-frame.

Requirement & Conditions: Participate in one or more physical activity(ies) for the required number of weeks (see below). If there is any question as to a particular selection, it should be discussed beforehand with the participating group leader or Provincial/Divisional Director.

Bronze -	At least 30 hours, spread over at least 15 weeks
Silver -	At least 40 hours, spread over at least 20 weeks
Gold -	At least 50 hours, spread over at least 25 weeks

(Note - not more than two hours per week can be counted)

At the Silver and Gold levels participants may continue with their previous Physical Recreation activities, but must try at least one new Activity at each of the two new levels.

This Section offers a wide range of programmes in the belief that:

- involvement in some form of enjoyable physical activity is essential for physical well being
- a lasting sense of achievement and satisfaction is derived from meeting a physical challenge
- the activities are enjoyable in themselves and can lead to the establishment of a lasting active lifestyle
- young people should have the opportunity to negotiate a personal programme of participation and achieve an objective

Physical Recreation—Fact Sheet *continued*

Instruction & Assessment: Participation sessions are to be coached or supervised by persons knowledgeable and experienced in the activity. The form of participation should be approved in advance by the assessor. Participants should keep a written account of dates and hours in their Physical Recreation sessions. To qualify participants must show **improvement** of overall performance in the chosen activity(ies), show **effort** during the period of participation and make **progress** based on their initial knowledge and ability. This should be assessed as a continuing process throughout the period of participation, with regard to improvement in the following areas:

- Application: Attendance and willingness to involve themselves during each practical session, appropriately attired and equipped
- Technique: Understanding of the techniques applicable to the activity(ies)
- Skill: Development of individual and/or cooperative Skills appropriate to the activity(ies)
- Tactics: Appreciation of individual and/or cooperative tactics necessary to the activity(ies) at their level of participation
- Fitness: Improvement of physical fitness specific to the activity
- Rules: Knowledge of rules appropriate to the level of activity at which the participation is involved
- Safety: Knowledge of safety regulations and appreciation of dangers inherent in the activity.

Examples of Physical Fitness Activities (note: this list is not comprehensive)

A Archery **B** Badminton, Baseball, Basketball, Bowling, Boxing, Biathlon
C Canoeing, Cricket, Cross Country Running, Curling, Cycling **D** Dancing, (Ballet, Ballroom, Hip Hop, Modern, Tap, Scottish Highland, Folk), Diving **F** Fencing, Fitness Activities (Circuit Training; Exercise Machines, Aerobics, Aquarobics, Step Aerobics, Running, Skipping) Football **G** Golf, Gymnastics (Rhythmic, Sports, Acrobatics), **H** Handball, Hockey (Field, Ice, Indoor, Street/Roller) **J** Judo
L Lacrosse **M** Martial Arts **N** Netball **O** Orienteering **P** Parachuting, Paragliding, Polo **R** Racquet Sports, Riding, Rock Climbing, Rowing and Sculling, Rugby
S Sailing, Scuba Diving, Skating, Skiing (Alpine and Cross Country), Snowshoeing, Squash, Surfing, Swimming, **T** Tennis, Table Tennis, Trampolining
V Volleyball **W** Walking, Water Polo, Water Skiing, Weightlifting, Windsurfing, Wrestling, **Y** Yoga

