



PHYSICAL EDUCATION

B. P. Ed. 4th Year

PAPER NO. : B.P.Ed.4-IIIA4

Title: Recreation

TOPIC NO. 1

Introduction to Adapted Physical Education

Lecture - 72

OPERATION AND MAINTENANCE OF DIFFERENT TYPES OF RECREATION

INTRODUCTION

Since recreation activities are so diverse in nature, their organization and conduct require the use of many different methods and procedures of implementing and conducting the various activities. The art of staging a successful event or program is similar – whatever is planned moves smoothly. One key to the impression of effortlessness is the amount of constructive, effective effort put into an event. Any good event is the direct result of good planning, regardless of the effort. All the hard work in the world cannot offset poor or incomplete planning.

Staging a successful event involves three levels of activity. Level one is decision making, without which no further steps can be taken. Level two is coordination, which provides central triggering of activities and maintain overall order of events. Level three is clerical support, without which various activities cannot be implemented.

Through the years, there have been numerous approaches and practices used in planning and organizing recreation program. While most of them have proven to be of significant value, individually, each approach is considered vulnerable to weaknesses and ineffectiveness.

Planning Recreation Activities Program

Imagination, planning and organizational ingenuity combined with enthusiastic leadership can produce an exciting and stimulating program that will keep children returning to the program day after day. Children go where they have the most fun, and if the leaders can develop the playground into the “fun capital of the neighbourhood” that is where children will be found. Generally, the unsuccessful, poorly attended playground program is one that lacks

variety and diversity. Of major importance to any successful playground operation is what happens to each and every boy and girl who is involved with the program. A leader should always remember that his playground activities are not an end in themselves. They are merely the tools with which many wholesome aims and objectives can be reached.

An outdoor activity recreation program is usually planned on a weekly basis with the following factors in mind:

- 1) *Selecting activities for schedule.* Playground activities are selected on the basis of type, age level, and group size. The standard pattern of developing playground program includes the departmental wide program which covers district activities and special events, and the seasonal neighbourhood program which is based on the interest and enthusiasm of the children.
- 2) *Use of areas.* In scheduling activities, the leader must plan effectively in setting aside appropriate area for participation. Example, in assigning areas, a noisy volleyball game should not be scheduled next to a story telling or singing activities.
- 3) *Dividing day into major time periods.* The daily playground program is scheduled according to specific major time blocks. Typically, the scheduled should include at least one time block of an hour during the morning and possibly to during the afternoon. Shorter time periods should be worked in to allow for activities that requires less time, for setting up and collecting equipment, for free play, and for various other responsibilities.
- 4) *Scheduling simultaneous activities.* Generally, most playground program involve more than one group scheduled at the same time. This is particularly true when there are enough children on the playground to justify dividing them into groups. Some activities require direct supervision, others can be carried on under general supervision.
- 5) *Younger children must not be overlooked.* Playground leaders will often give much of their attention to the older boys and girls because they are easier to organise and stronger and expressing their desire. It should be remembered, however, that the younger children need leadership as much as the other older boys and girls. Activities of informal nature appeal to children in the younger age group. However, it is still necessary for the leader to organise and plan activities for this group.
- 6) *Time for routine responsibility.* Playground must set aside time to handle staff responsibilities and routine functions. This include the inspection of equipment and facilities before opening the playground, clean up, staff-meetings and similar details.
- 7) *Assigning activities to appropriate time period.* The weekly playground schedule should be based on intelligent planning. The leader must also keep in mind a number of important factors. Active games and strenuous activity should be scheduled during morning hours, quite activities are usually offered in the afternoon period. Generally two physical activities should not be held one after another. Activities that help proved more popular should be offered daily, whereas some program could be presented just once or twice a week.

- 8) *Special weekly themes.* Designating a special theme each week in the summer playground program has been a popular practice of recreation department. The theme system has been effective in giving a purpose to activities and events. Not only is the special event or trip based upon the theme but other activities such as arts and craft, music, and dancing may carry out the theme.

The Major Elements for a Program

The following element can influence significantly the process of planning recreation program;

- **The people.** The basic recreation need and interest of people to be served must be thoroughly understood. Variations in recreation interests must be considered in relation to “different age group, both sexes, and of people with varying racial and cultural backgrounds and in different environments.”
- **Leadership.** The leader is the most important element in recreation program. Through the leader’s expertise and guidance, the participants can gain experiences that are both growth-oriented and satisfying. Without leadership, the best facility will lie idle while program offering fail to meet their potential.
- **Areas and facilities.** The next important element, perhaps, is the provision of properly developed recreation to meet the leisure meet of citizen. ‘Areas’ refer to park and recreation play space of varying types, while ”facilities” refer to building , field, pools special structure, and equipment that are a part of these areas. Knowledge of the facility and equipment requirements of activities is required in effective program planning. The environment can contribute to mood for having fun. Quite often, the space problem. Many types of programs demand a special or unique area, special or unique area, specialized equipment and tools; without them success of the activity will be diminished.
- **Finance.** Sufficient fund are needed to provide adequate recreation opportunities for all the people. Many activities cannot be conducted successfully unless money is available to pay for the cost of leadership, equipment, supplies, and other items of expenses. How much money is available to support a balanced program? The cost of providing an activity must be carefully considered before it is implemented.
- **Activities.** The component parts of any program are the activities or events which provide the appeal and interest of program. Only through activity can people satisfy their leisure time interest and desire. In planning programs, the leader must consider the suitability of various activities for people of age, sex, and skills, as well as groups of different sizes.

Roles and Responsibilities of Recreation Leadership

Only with competent leadership can the playground contribute to the development of socially acceptable conduct, democratic ideals, and happiness for the children who attend it. The leader is in charge of the playground and is responsible for making sure that the maximum recreational service is rendered to those who use the playground.

Are leaders ready for the children when they arrive? Or, are they sitting back and looking at their empty bulletin board? If the latter is true, the leaders also will very likely be looking at an empty playground. To a large extent, the successful operation of a playground depends on how much the leaders and the program satisfy the recreation needs and desires of participants. Careful planning and preparation is one of the secrets of success in playground

leadership. The playground should be alive with the drama of creativity and imagination, featuring exciting and fun-filled activities.

Publicity and Promotion

The best playground program in the world can be wasted unless the children and their parents know about it. There are many methods and materials available for promoting activities and events these include- Bulletin boards, announcements of activities and coming events should be attractively displayed; A monthly bulletin with a name such as the 'Recreation Reporter' can prove a highly popular publication; Posters, can be placed in buildings, on fences or outside the building for public to see; News media, newspaper, radio and television releases, featuring articles and pictures will help build sound public attitudes and inform the public; Personal contacts, with the public should be made by talks before community groups and organizations through informal chats and; Exhibitions, demonstrations and clinics, are ways to acquaint the public with the various program offerings and instil an interest to participate.

Discipline

The most desirable relationship between a leader and playground patrons is one of mutual respect and cooperation. A deep understanding and appreciation of the facilities and purpose of the program should reduce disciplinary action to the minimum. The word discipline is not synonymous with punishment. Good discipline is control and direction of behaviour – listening, informing, structuring and responding. The goal of discipline is self-control. A good leader is firm but friendly, not harsh or punishing, not lax or hesitant. Repeated warning without action weakens the leader's position in the eyes of children.

The best way to secure good discipline on the playground is to start the first day in a business-like manner. Everyone should be kept busy. Rules must be followed and obeyed through and the leader must insist that they are obeyed. They must be clear, concise, and practical. To be valued, discipline must be positive and constructive and in direct relation to the offense committed. First, the leader must be certain that he or she has the facts of the case and be sure who has committed the offense. Second, the leader must understand why he or she is being punished and that it is done as a mean of correction, not revenge. Punishment should be used as little as possible, the objective should be educational.

Safety

Safety on the playground is essential. At no time should the program be initiated without observing essential rules to ensure the safety of all participants and spectators. Instructions should be given by leader in the correct method of play. Enforcement of simple rules will eliminate many potential hazards. 'Safety First', should be the deciding factor in the selection of all activities.

Awards

The granting of trophies or other awards tends to emphasis winning rather than participation. Therefore, there are many professionals who feel trophy should be kept to a minimum. In no case, should awards or prizes should be offered as the main inducement to participate in playground activities. Group awards of plaques or cups are recommended since they emphasise group cooperation. The general feeling among professional recreators is that, inexpensive awards are justified because they serve as an incentives to participation and

improvements. In fact, in cities sports leagues, income from fees paid by participants is used to purchase trophies and other awards. Most recreation departments have a variety of playground awards certificate, ribbons, and participation cards that can be given to winners in contest, tournaments and so forth.

CONCLUSION

The general planning of recreation program is a major responsibility of recreation administration, but planning is also a cooperative effort in which the entire professional staff should contribute. Workers at the individual playgrounds and centers contribute valuable suggestion, because they are close to the people and therefore are familiar with the desires and needs of the neighborhood they serve. Giving the people of a community or neighborhood a share in planning programs intended for their benefit in a desirable democratic procedure; it is also a means of assuring their participation in the activities.

Volunteers can make the difference between a good program and an outstanding program. Volunteer can be found everywhere, the task is to recruit and train them. Volunteers can be responsible for such duties as the following: checking out equipment; poster making and other publicity chores; counting and recording attendance; furnishing transportation; providing leadership at special events and; forming a committee.