



Physical Education

**B. P. Ed
3rd Year**

PAPER NO. : B. P. Ed. 4-III A4

Paper: Recreation

**TOPIC NO. 4
Programme in Recreation**

**Lecture -75
NATURE AND OUTING OF SOCIAL EVENTS AND ADVENTURE
ACTIVITIES**

INTRODUCTION

The term social recreation refers to those activities that have socialization as a primary purpose. By this definition, then all types of recreation have some potential as social recreation. But the term social recreation refers more specifically to those activities intentionally designed to bring people together.

The urge to enjoy outdoor living has been an important concern and part of our natural human instinct. It has been only recently that outdoor recreation and resources has been made available to the great majority of the people. Indeed, outdoor recreation has become a vital part of our life with the area of recreational service expanding dramatically during the past decade. On all levels and in every outdoor recreation setting, new areas, facilities, and program have been developed.

THE SOCIAL RECREATION AND ACTIVITIES

Value of Social Recreation

The benefits to be derived from social recreation activities are numerous. Social recreation helps contribute toward the development of social competence. Because people benefit from sharing experiences with others, social recreation is highly regarded within the field of recreation. Opportunities are afforded for: Participating in wholesome fun; Socializing;

Developing new interests; Improving ability to get along with others; Developing poise, personality and maturity and; Finding outlets for self-expression

Planning Principles

The planning of a social recreation program should be a cooperative venture. Whenever possible, the activity should stem from the needs and interests of the group. And the leader should be sensitive to the unique background and demographics of the community. The following serves as a guidelines to follow in planning a social recreation event:

- *Identify your guests:* Single or mixed age, single or married, single sex or coed, any special interests or limitation etc. A critical factor in planning process is knowledge of the participants' degree of familiarity with each other. The leader should try to determine the degree of recreation literacy of the group. Above all, a social recreation event should assures contentment and sociability, conditions which will not occur if the program has built-in failure experiences for the participants.
- *Setting for the event:* Is there sufficient space and the facilities suitable for the intent of the group.
- *Purpose of event:* A celebration for a holiday or individual concern or just a family gathering. Are the participants dressed for the activities purposes?
- *Event scheduled:* The time, date and duration of the program is an important consideration. If refreshment are included, are they well-spaced throughout the event so as not to overshadow the social activities.
- *Budget:* The expenditures must be within the budget.

Some social recreation events require that the recreation leader make the technical arrangements but do no actual leadership of activities during the event. On the other hand, there are many social recreation events in which the recreation leader is asked to be prepared with a number of activities to promote the social ambience of the gathering. Since a comfortable social atmosphere is the goal, the leader's social leadership skills should be natural and well-timed, not obtrusive or directive. A leader can instil enthusiasm in a group just by sheer energy and sincerity.

Social Recreation Activities

The social recreation leader's tools are those creative activities that foster social interaction in an informal, nonthreatening manner. Some of these social activities can be categorised as:

1. Pre-party Activity

A pre-party activity is designed for the first arrival to facilitate interaction and minimize the sense of having to wait for things to happen. As a preparty activity, first arrival can be creatively integrated into the preparation for the party, as in the case of name tag or decoration making. However, this preparty should only be adopted to enhance the theme of the gathering, in no way should it be busy work or an exploitation of available labour.

2. Get-acquainted Mixer

A good get acquainted mixer to include is a method of learning names, thus both initiating the party and eliminating the awkwardness of name introduction. Example, in the get-acquainted mixer “How Do You Do?” have the group line up in concentric circle, evenly divided. As the music starts or at the whistle, the inner circle start marching clockwise while the outside circle moves counter-clockwise. When the music stop or the whistle sounds again, the circle face each other, with introduction and conversation taking place between those opposite each other. This continued until all have had the chance to meet.

3. Defroster or Ice-breaker

The defroster can be introduced at any time throughout the event. As the name suggests, it is intended to ‘defrost’ any coolness in the social atmosphere through activity that requires interaction.

4. Stunt

A stunt is an informal, often comical performance of a written or improvised piece. The stunt is largely based on audience participation, and a popular stunt format is the melodrama. A stunt can also be a wild exhibition or competition, like a contest.

5. Musical Mixer

A musical mixer is an activity with changing dance partner. An example would be the arrangement of two circles, women on outside, men on the inside. Both circle walk to the right until the music stops, at which time they dance with the partner opposite them.

6. No-partner Mixer

The no-partner mixer promotes a social interaction not by changing partners, but by group dancing. For instance, folk dance or line dances develop a group spirit that fosters sociability.

7. Party Relay

The party relay contributes to social atmosphere by building camaraderie that comes from teamwork. Example of party relays are the sack race, three-legged race, wheelbarrow race, and duck-walk race. The leader, however, should assure that the participants’ zest for competition does not become so all-consuming that it robs the enjoyment from the experience.

8. Skit

A skit is an improvisation that has a plot line, it is most often humorous, but not necessarily so. The skit is one very popular form of social recreation activity.

ADVENTURES AND OUTDOOR ACTIVITIES (Camping & Hiking)

Values of Adventures and Outdoor Activities

Outdoor recreation activities offers participants numerous experience that are both satisfying and rewarding. Participation in outdoor recreation also contribute to the enjoyment, appreciation, and use of the natural environment. Among the many values outdoor recreation activity will develop in the individual are:

- A sense of responsibility for the preservation, care, and wise use of the natural environment.
- An awareness and understanding of nature.

- An understanding and appreciation of men's heritage of outdoor living, skills, and pursuits.
- Good outdoor citizenship.
- A contribution to physical and mental health.
- Resourcefulness, self-reliance and adaptability.

CAMPING

Camping is a popular form of outdoor recreation. It can be practiced alone as well as with mixed groups and families, and it is not costly. Camping provide an opportunity for adventure, challenge the imagination, and built self-reliance and independent thinking. Camping can be the perfect setting for learning to get along with others and practicing the give and take of community living. And it provide a welcome respite from the tension and congestion of urban living. Camping also encourages an appreciation of the simpler thing in life, it put emphasis on active participation rather than mere spectating, the living of adventure rather than yearning for it.

Types of Camps

Some school systems acknowledge camping as an important adjunct of their curricula and owns their own campsite offering camping opportunities. In conservative camps, field trips and lectures impart understanding of such issues as stream prolusion, reforestation, forest game, land restoration of our natural resources. An out-post camp, is a laboratory for the application of skills taught. In the outpost camp, campers practice such skills as cooking, nature lore, tent pitching, mapping and first aid.

Camp Program Planning

The camping program should be varied, flexible, and comprehensive. Activities that lend themselves to the camp natural setting should be emphasized. This is not to prelude the use of sports, games, and physical education activities. However, the unique atmosphere of camp warrants the stressing of such activities as nature lore, campfire activities, hiking, treasure hunt, nature crafts, ceremonial and Indian lore. At the outset of the camp, general orientation meeting is conducted, in which campers were introduced to camp personnel, camp policies and program. A prepared camp program will serve as a guide to the staff and help to chart their agendas. Campers can be informed of any alterations in the schedule during the morning assembly, which follow the flag raising, warmup exercises, and camp period.

Camp Administration

Camp are best run democratically, and many camps operate with assistance of a committee of campers under the guidance of an adult leader. The camp director is the responsible head of the camp program and the leaders who conduct the activities. At least one full time nurse should be available to authorize to handle day-to-day medical needs.

HIKING

Hiking is a form of outdoor recreation that can be fitted to the participant's interests and abilities. It can be strenuous or moderate, it can be solo or in a group, and hiking is inexpensive. Hiking as an exercise reduce obesity and likelihood of illness. The opportunity for variety is

built into hiking experience, for there are myriad number of hiking destinations – historical spots, lookouts, state parks, forests, lakes, caves. Self-reliance is encouraged through a number of activities associated with hiking, such as map reading, cooking, fire building, and coping with adverse weather conditions.

Types of Hikes

Interest in hiking can be increased by giving the hike a special destination and purpose.

- Nature hikes can be used to investigate insects, animals, flowers, nests, and trees.
- Exploring hikes are conducted to search for the unknown.
- Get-together hikes are undertaken by at least two groups who plan a common rendezvous after starting from different points.
- Visit hikes afford the opportunity for an exchange of visits between organized camps. Trail-blazing hikes are made over a new trail with campsite laid out at the other end.

Outfitting the Hiker

Simplicity and compactness of gear are to be given primary consideration when outfitting for hiking. Since the shoulders can support weight most efficiently, the use of a knapsack is effective. The importance of properly fitting shoes should be emphasized. A first-aid kit containing the usual items must be put handy.

Hiking Etiquette

If private property is used on a portion of the hike, permission should be secured from the owner. No attempt should be made to destroy branches or in general any flora or fauna. It is usually preferable to hike cross-country rather than use of highways. And whenever possible, the hiking plan should be to reach the destination before dusk.

CONCLUSION

The wide range of opportunities for social life among people of all ages indicate the importance of social recreation experience on daily living. Essentially, the primary value of social recreation in a recreation program is its contribution to the social life of the participant. Social recreation includes activities that help create a spirit of fun, fellowship, and sociability. A child's birthday party, dances, trips by family etc. are examples of tremendous interest in social recreation opportunities.

Basically, outdoor recreation can be defined as the leisure time interaction between people and the resources of nature. According to Richard Kraus, "Outdoor recreation consist of those recreational activities that can best be carried on out of doors, and which have in some way a direct relationship or dependence on nature, or that place the participant in direct contact with the elements."