

Recreational and Lead Up Games

Recreational Game

“Recreation is an activity of leisure.” Recreation is an activity of body and mind which gives relief from tension and fatigue. Recreational activities are often done for enjoyment, amusement or pleasure and are considered to be fun and also for health benefits. Recreational game involves participants in which the main function is providing fun and entertainment to participants. Recreation is a source of joy and provides relaxation for one’s body and mind. Recreational games play a very important role for school-going children. Recreational activities provide psychomotor development of children. The advantage is that learning occurs while children are playing and enjoying. In the field of Physical Education and Sports often the recreational game is associated with the minor game and major game. In the field of sports recreational game is a way of developing physical efficiency and skill through fun and enjoyment. Recreational activities can be classified as indoor activities and outdoor activities. The foremost aim of recreational game is “play for fun and enjoyment.”

Common Goals and Objectives of Recreational Game

1. Improve self esteem.
2. Be More Confident.
3. Experience new things together.
4. Increase respect for others.
5. Practice helps with sports activities.
6. Develop motor skills and social skills.
7. Learn To expression.
8. Feel Comfortable.
9. Experience new activities.
10. Develop Friendship.
11. Always encourage Physical Activity through Play.
12. Feel happy and enjoy a lot.

Lead Up Games

"Lead up games can be defined as sports activities that are designed to develop skills of major game." A lead up game isolates one or more of the skills, rules and /or strategies used to play the actual sports in mimics. Lead up games help to learn these components in a fun way. Lead up games play an important role in preparing people to participate in the actual sports. Playing lead up games is very important and it help to acquire the skill that sports person need for playing major games. Playing lead up games help to improve the physical fitness that is required for playing major games. It also help to improves one's mental and social fitness.

Features of Lead up games

1. Rules of lead up games are simple.
2. Theses games cab be played with and without the use of equipment.
3. Activities can be designed to suit the availability of space and facilities.
4. They provide enjoyment combined with the experience of competitiveness.
5. Activity can be designed according to preference.

Benefits of Lead Up Games

- 1. Physical Fitness development:** It help to build up endurance. Acquires technique of the major game. Built up fitness level of the sports person.
- 2. Mental Fitness development:** It help to provides pleasure and enjoyment. Creates an interest towards taking part in the major games. Give encouragement to design sports activities. Builds up confidence for facing competition, Builds up self discipline and ability to accept the victory and defeat.
- 3. Social Fitness development:** Develop team spirit and the ability to cooperative. Develop the quality of leadership and follower ship as well as taking responsibility. It help to develop interpersonal relationships.