

LEISURE

Copy the notes and do the Activities in your Exercise books

KEY WORDS	After studying and practicing the activities of this chapter, you will be able to;
Civility Cultural Friendship Indoor Innovations Instituted Internet Leisure Leisure abuse Leisure industry Media Outdoor Physical Potential Recreation Reflection Social Social media Solitary Technological Trends	a) Understand the types of leisure in order to make the right choices. b) Understand how one can use leisure to realize their own potentials. c) Understand how free time can be used to build constructive relationships. d) Understand the modern trends of leisure in order to make the correct choices. e) Understand the social and economic importance of leisure industry. f) Understand the value of leisure in God's creation story. g) Understand the biblical teaching about leisure. h) Understand the effects of modern leisure activities. i) Appreciate the value of leisure in traditional Africa.

UNDERSTANDING THE TYPES OF LEISURE

MEANING OF LEISURE

Leisure can be defined as the times set aside to use when we are free from our daily routine work.

Leisure can also be defined as the time one has after his/her work.

This is the time when people are not engaged in their daily work. Such time is free time, spare time, time off, breathing space and many others. It is free time at one's disposal.

Activity 3.1 Exploring the meaning of leisure

1. Use a dictionary, to come up with the name for the time when you are not obliged to any work.
2. Share experiences how you occupy yourself when this time comes up.
3. Advise your friends on how you can spend this time wisely.

LEISURE ACTIVITIES AT SCHOOL

Activity 3.2 Brainstorming leisure activities at school

1. Brainstorm the activities you perform during your free time at school.

2. Which of them is your favorite and why?
3. Identify how these activities have affected your life.
4. How have the leisure activities benefited you and your fellow learners and the entire staff?
5. One man said that, “work without play makes Jack a dull boy.” In your opinion, do you think leisure activities at school enhance academic performance? Give reasons.
6. Write a letter convincing your school administrators to avail more leisure activities at your school.

Leisure time can be utilized differently by different categories of people. Different people spend their leisure doing different things.

The various leisure activities in schools.

Most of the leisure activities in the school environment are related to games and sports or school curricular activities.

These activities include;

1. Playing football, netball, volley ball wood ball, tennis, basketball, swimming, cricket among others.
2. Playing indoor games such as table tennis, chess, dat, scrabble, cards etc.
3. Sleeping especially by boarding students.
4. Watching television programs
5. Storytelling and discussion among friends.
6. Partying and disco dancing.
7. Visitations and sharing with parents and friends.
8. Playing internet games.
9. Field tours
10. School games and inter-house competitions
11. Praise and worship to God, plus individual praying and bible reading for spiritual nourishment

BENEFITS OF LEISURE AT SCHOOL

- Free time gives learners a chance to play and experiment.
- It gives them a break from their daily pressures and allows them to integrate what they have learn into their everyday activities.
- Learners relax their minds from the pressure of academic work giving them a chance to reflect and interact with the outside world.
- It helps the body, mind and health of the learners to remain perfect.
- It helps the learners to keep up to date by reading newspapers, magazines books listen to music, news and watch television, discuss with others about current events, make tours etc.
- The learners are able to develop their talent during leisure time esp. in form of sports and game and musicdance and drama. This may in turn be a source of income to an individual and the nation at large.
- It helps to promote good relationship with fellow students as most of the leisure activities in school are done in groups like houses and teams.
- It promotes fame for outstanding students in different leisure activities like sports and games, music, dance and drama among others.

IMPORTANCE OF LEISURE

- It helps in refreshing our minds from work for example the former political adviser to president Mr. John Nagenda played tennis as one of his leisure activity in such a case the individuals are able to recover from stress, from and regain the lost energy.
- It provides opportunity to discover and develop the talents. This is through active leisure where the individual directly participates in such activities like play football, dancing e.g. Ms. Nzikuru former steeple jump champion who started running as a leisure activity.
- It provides employment opportunities for example people who work as radio presenters for example Artist Babirye.
- It promotes co-operation and socialization among people. When people come together to enjoy these activities, they also converse and play games for example the MTN Marathon that takes place every year has boosted people's co-operation with the MTN Company. (KVC Kampala volleyball club in Uganda work as a team.
- It provides income in many ways like play writer, Professional football players among others.
- It promotes education among individuals through activities like reading magazines, news etc. These activities may facilitate learning which may encourage research It may improve on the health status of an individual like dancing. This makes one flexible. It also reduces the fats in the body.
- It gives the chance to the workers to attend their families and discuss family issues. This is true to consider for most workers who spend much of their time away from their homes.
- It helps to relieve from the burden of boredom. In such a case worker is at least occupied with something instead of being idle.
- It helps in strengthening one's norms and culture. This can be through activities like circumcision attending funeral rites, . For example, the popular Luganda Quiz called Engule which popular on Simba FM radio.
- It helps man to relax in body, mind and spirit from boring tasks of routine work. One releases tension.
- It promotes social attitudes. This is because people are able to visit friends; relatives' parents etc attend feasts and parties which strengthen relationships.
- It promotes national unity. It is during leisure time that one can listen to patriotic songs. Sing National Anthems and Celebrates annual national days.
- It promotes personal enjoyment. It is during leisure time that one can enjoy his favorite songs, movies, read exciting novels etc.
- It helps one to keep up to date by reading newspapers, magazines books listen to music, news and watch television, discuss with others about current events, make tours etc.
- It helps a person to acquire new skills such as basket making, weaving, sculpture, new games e tc. This may be a source of income to individuals.
- In situations where salaries are inadequate, leisure time can be used to earn extra money to make ends meets e.g. making table cloth, mats baskets etc.
- Christians can improve on their Spiritual lives through bible studies prayers, praises and worship, Sunday services, crusades, seminars, conferences etc.
- It is during leisure time that one can render voluntary services such as teaching the illiterate; self-help projects, preach good news etc.

LEISURE ACTIVITIES IN OUR LOCAL COMMUNITIES

Activity 3.3 Discussing Leisure activities in our communities

In the Community where you live, do people have any time when they are free from work? Do they have time when they are not occupied with daily obligations?

- 1. Identify the activities they do during this time.**
- 2. In your opinion, do you think they really utilize this time the way they should? Give your reasons.**
- 3. There is a common saying that Africans prefer work to leisure, in fact to them leisure time is wasted time. Write a presentation to people in your community, advising them why they should balance between their work and leisure.**

Leisure activities in our local communities, include the following

- Resting and relaxing after work through sleeping in the afternoon after work.
- Holding meetings LC and wedding meetings
- Attending parties like graduation ceremonies, marriage celebrations that include introductions and weddings over the weekends.
- Praying especially attending mass and service on Sunday.
- Reading books, magazines and novels in order to be get knowledge
- Visiting one another and strengthening relationship, friendship and unity.
- Travelling to different places for adventure.
- Holding picnics and birthday celebrations
- Touring recreation centers such as beaches, national parks and museums.
- Gardening and rearing animals and poultry.
- Watching television programs and listening to the radio programs.
- Doing aerobics and jogging in order to be physically fit.
- Dancing like attending discos
- Playing games like chess, scrabble, cards, Ludo and many more.
- Shopping from super market, markets and shops.
- Drinking alcohol especially men in the evening and weekends.
- Attending sports activities like football, swimming competitions

IMPORTANCE OF LEISURE TO AN INDIVIDUAL AND TO SOCIETY

Activities 3.4 Reading the passage and performing the task that follow.

Have you been participating in leisure activities in your community? If yes, how has it benefited you and others in the community? If No. Reading the story of Kentaale will inspire you.

Kentaale Saved by Friends

Kentaale was the biggest and the heaviest in her family and the biggest among her workmates. She was a workaholic. She never had free time to rest or to do exercise. Soon she developed a lot of complications in her body. She became diabetic and her back, legs and knees started paining. She developed difficulty in breathing and she was constantly feeling fatigued and depressed.

When Kentaale visited her doctor, she was told that her life was in danger because of overweight a condition caused due to lack of exercise.

Her workmates encouraged her to do morning and evening drills. They started taking her for aerobics whenever she was free. Soon she began feeling better. By the time she went for review, she had lost a lot of weight.

Kentaale continued to do physical exercises every morning and evening and whenever she was free. She also started dancing sessions at her home before she slept at night. Her life improved greatly and that how she got out of danger. She began working normally and her office benefitted from her a lot. Her family too was happy. Thank God for the initiative of her workmates

Tasks

- 1. Identify what happened to Kentaale due to failure to have leisure.**
- 2. Discuss how Kentaale solved the health problems she had developed.**
- 3. How has utilizing leisure benefitted you and your community.**
- 4. Identify how else leisure is important to an individual and to society**

IMPORTANCE OF LEISURE TO AN INDIVIDUAL AND TO SOCIETY

1. Physical leisure like swimming, aerobics, walking, jogging and others enhance immune systems lower heart rates.
2. It improves memory, mood and self-esteem and gives better quality of sleep. It can also reduce stress levels anxiety and depression.
3. Solitary leisure can help one to disconnect self from the outside stressful world. This can help one to relax with family and close friends. It is also very good for reflection.
4. During leisure one can cultivate their relationship with God through prayers, fasting, bible reading and meditation as well as through spiritual retreats.
5. Leisure helps people to balance their work life so that they are not overwhelmed by work.
6. Social leisure helps in building social relationship with helpful people. People get positive emotions and feel loved and appreciated.
7. Through leisure people acquire additional skills and knowledge.
8. Leisure also economically benefits many for example soccer players, athletes, musicians and their hosts make a lot of money.
9. Leisure is essential not only to ensure a healthy body, an active mind and strong relationships, but it also contributes to a better economy and a better environment.
10. As a learner and a Christian, your body is the temple of the holy spirit. You are encouraged to participate in leisure activities to keep it healthy and to serve God and others in the society.

HOW ONE CAN USE LEISURE TO REALIZE THEIR OWN POTENTIAL

Activity 3.5 Reading the passage and performing the tasks that follow

Manore had a talent for running long distances, but he did not have a chance to exercise his talent. This is because the schools he attended were not interested in athletics.

He felt that there was a hidden potential in him but there was no chance to bring it out. After O level, Manore joined another school that was strong in Athletics. The sports master identified Manore's potential and trained him perfectly.

Manore passed all levels and registered for Olympics. Manore's potential hit the highest peak when he started fetching gold, silver and bronze medals. His potential caused him to help many people in the community especially financially. He has also helped many to develop their talents.

Tasks

- 1. Given enough time at your disposal, do you have any potential you can develop?**
- 2. Identify the lessons you learn from the story of Manore.**
- 3. How will you use your potential to develop your life and the people in your community?**
- 4. Write about a potential/talent you need to develop and share it in writing.**

From the activity above, you learn to develop the potential you have. One can develop the potential, for example in athletics, music dance and drama, writing songs, plays and literature, preaching and others, by practicing and improving them passionately. Once the potential is developed, it can help one earn a livelihood and serve others in the society.

POSITIVE WAYS OF SPENDING OF LEISURE TIME

Positive leisure activities are those leisure activities that are constructive. They are not destructive. They add something to the individual and the society at large. Such activities are many and may include;

- Making handcraft e.g. weaving baskets, carpets etc in order to improve on skills.
- Getting involved in voluntary activities e.g. helping the needy in order to get blessings from God.
- Visiting friends, relatives, sharing food with them, ideas etc in order to build relationships.
- Visiting the sick, orphanages, prisoners and other desperate members of our community in order to bring hope to people.
- Helping our parents i.e. doing domestic work e.g. cleaning the compound etc in order to please them.
- Going to church on Sunday or Saturday to fellowship with God and other Christians.
- Having short walks in the evenings and in so doing admiring the beauty of God's creation
- Entertaining other Christians by organizing drama, dance and singing Christians music etc in order to develop talents.
- Going to crusades and listening to the word of God in order to know more about God
- Going to preach the word of God to those who need it so as to win people for Christ
- Counseling to those in distress and the emotionally depressed
- Organize public seminars with topic concerning morality, religion and society etc. in order to improve morality.
- Reading Christian literature like the bible, Christian novels and magazines in order to know more about God.
- Participating in games and sports to maintain physical fitness and attaining income among others.
- Praying to God which helps to rekindle one's faith and commitment to God.

- Watching educative television programs and listening to good radio programs, for example news that enable one to be informed of the current happenings.
 - Sleeping after work or a meal that enable one to refresh the mind and command good health.
 - Walking and jogging that enables one to be physically fit and fight diseases like high blood pressure, diabetes, obesity among others.
 - Touring recreational centers to enable one refresh the mind and learn new things.
 - Participating in religious pilgrimage which helps to strengthen one's faith in God.
 - Reading the holy scriptures and going to silent places for reflection in order to improve one's relationship with God.
 - Family outings which helps to strengthen family ties, promote unity, love for one another and above all family stability.
- These activities can bring positive impact socially, spiritually, intellectually, emotionally, health wise even economically.

Activity 3.6 Reading the dialogue and performing tasks that follow

Many years ago, Ken and Kam reported at the University to study. Lectures were starting in the second week, so they were free during the first week. They started looking for ways of utilizing their first week. Read the conversation below and perform the tasks that follow.

Kam: Ken, how are we going to occupy ourselves now that lectures haven't started?

Ken: I will go for sports, I actually came with a ball, I can play basketball. I can also play volleyball, I am multi-talented, I can also play soccer.

Kam: Then after, what will you do? Will you play sports throughout the week?

Ken: No boy! After sports, I can do some bit of reading, writing, or go for campus fellowship and that's a week.

Kam: But you Ken, can't you for once enjoy Campus life?

Ken: So what of you Kam, what are your plans?

Kam: I will just be here, catch up with some nice looking girls, pass time with them, go clubbing, do some drinking, get high a bit, you know life! Don't you?

Ken: What! But Kam, it is good to enjoy life but be wise about you utilize your free time

Tasks

1. From the dialogue above, how do you discuss positive leisure?
2. Identify who of the two in the dialogue spent his leisure positively. Why?
3. Discuss leisure activities in your community that you think are positive.
4. Discuss leisure activities in your community that you think are negative.
5. As a young person, share ideas of how you can spend leisure positively.

HOW LEISURE CAN MAKE ONE A BETTER PERSON IN LIFE

Activity 3.7 Reading the passage and performing tasks that follow:

Ken's Love for Sports

Connecting to the dialogue in Activity 3.6, after campus, Ken continued nurturing his love for sports. He made his leisure time sports time. Soon it became his career. He became a super striker in many international soccer teams.

He was paid very well besides winning many trophies. Ever since he came back to Uganda, he has been a coach of many soccer teams here. His love for sports has made him a great person and by far the wealthiest person in his community.

He owns a lot of investments and he has developed his community, for example, he tarmacked their roads, wired electricity, and piped water. Besides his projects employ many people. Ken has turned his former remote village of Kyakone into an urban area.

Tasks

- 1. Identify people in your community whose leisure activities have made them better people?**
- 2. What developments have they brought in the community?**
- 3. What lessons do you learn from Ken in the passage above?**
- 4. Choose a leisure activity and write about how it can help you become a better person in life.**

Note

People can actually enjoy leisure time and at the same time develop a skill. This skill might eventually turn them into great people. For example, there are people who entered music as a form of leisure and now they are great musicians and have influenced a mass of people in a good way.

Others started writing, painting, drawing, among others just as hobbies and these hobbies have made them great and important people in life.

As a learner and a Christian, you need to pay attention to the leisure activity you are talented in. If and when developed, it can offer you a great destiny.

CATEGORIES OF LEISURE

Activity 3.8 Discussing and writing categories of leisure

- 1. Using examples, differentiate between passive and active leisure.**
- 2. Identify active and passive leisure activities which are trendy in your community.**
- 3. Which of the activities in question 2 do you participate in? How have these activities helped you and the people around you?**



A



B

Figure 3.5

4. When you observe Figure 3.5 A and B, which of them is passive and which one is active? Identify the benefits of A and B.
5. In your opinion, do you agree that active leisure is more profitable than passive leisure? Write a report explaining why active leisure activities are more profitable than passive ones.

There are two categories of leisure

- I. Active leisure
- II. Passive leisure

ACTIVE LEISURE

- This is the type of leisure where an individual is actively involved in a leisure activity.
- It involves a direct and physical participation when the individual is enjoying the leisure activity.
- In this type of leisure, a lot of energy is used because the person is actively involved in using either the physical or mental energy to meet demand of the activity.

Examples of active leisure include: Singing, Dancing, acting drama, Playing different games like football, basketball, volley ball etc.

PASSIVE LEISURE

- It is the type of leisure where an individual is being entertained.
- It involves enjoying some activities without direct participation of the person. This means that a person does not contribute at all in the activity.
- Passive leisure includes sleeping, watching film, listening to music watching soccer and drama, reading, sunbathing and others.

However, passive leisure has got some problems for example

- It encourages idleness because one just watches, listens and does not contribute.
- It encourages laziness
- It promotes poverty
- It promotes boredom
- It promotes theft. This is because people are idle.
- It results to poor health because the person does not exercise the body.

- It leads to one's talent undiscovered and under developed.
 - It kills creativity
 - It limits socialization with other people.
- Both active and passive leisure are profitable in one way or another as already discussed. They are all needed for our lives as they both profit us mentally and physically.
 - However active leisure is very profitable to our lives because it stimulates bodily and mental processes leading to good physical and mental health
 - As a learner, it is very good for you to participate in both and also to sensitize others to the benefits of both.

Reasons Why Active Leisure Activities Are More Profitable Than Passive Leisure Activities

1. They help in improving the physical fitness of an individual and hence commanding good health. For example, jogging, playing football, netball and swimming among others.
2. They improve on one's health as they improve on body functioning thus overcoming diseases like hypertension, diabetes etc.
3. They are important sources of income to the participants for example musicians, professional footballers, Athletes etc.
4. They are important sources of employment in the modern society. For example, professional footballers, musicians and actors among others are employed in the leisure industry where they earn good income.
5. It is important for refreshing one's mind and body hence commanding good health and reasoning for learners.
6. It is important for the development of people's talents such as swimming, playing football, netball, volleyball, singing, etc. which in turn may be sources of income.
7. It promotes human interactions hence promoting unity and solidarity. For example, the school games and sports competitions, friendly matches at local, national and international levels.
8. They are important for attaining material rewards such as gold medals, silver medals, bronze medals, houses, money, vehicles etc. to excelling individuals, hence leading to development.
9. They make teaching and learning effective especially at the lower level of learning. They are more interested in co-curricular activities or games and sports than knowledge material content.
10. It leads to fame especially for outstanding stars in sports and music. For example, Christiano Ronaldo, Renneil Messi, Kiprotich, Dorcus Inzikuru.