Liesure and recreation

40 minutes

39 marks

Q1. Name **one** major national sports facility.

.....

(Total 1 marks)

Q2. Give **three** different opportunities for participation in activities in a mountain environment.

1 .....

2 .....

3 .....

(Total 3 marks)

Q3. Give **three** examples of facilities that provide opportunities for health and fitness activities.

1 .....

2 .....

3 .....

(Total 3 marks)

Q4. Identify **three** reasons why the amount of leisure time has increased and explain **one** effect this has had on the leisure industry.

.....

.....

.....

.....

.....

.....

.....

.....

(Total 4 marks)

Q5. The amount of available leisure time has increased and this has had an effect on the leisure industry.

(i) **Identify** and **explain two** reasons why leisure time has increased.

Reason 1

.....

.....

.....

.....

Reason 2

.....

.....

.....

.....

(4)

(ii) **What** effect has this increase in leisure time had on the leisure industry?

.....

.....

.....

.....

(2)

(Total 6 marks)

Q6. Leisure time is that part of a person's life when they can spend time doing what they want.

Why should sport and physical activity be an important part of leisure time?

(Total 7 marks)

Q7. How can sport and physical activity be promoted?

(Total 8 marks)

Q8. Age, gender, disability, wealth and culture can all have an influence on participation in physical activity.

In what ways can people involve sport and physical activity in their leisure time?

(Total 7 marks)

M1. **One** such as:

- Aintree;
- Silverstone;
- Twickenham;

Crucible	Lords
Don Valley (Sheffield)	Meadowbank
Gateshead	National Indoor Arena
Headingly	Old Trafford
Millennium Stadium	Oval
Trent Bridge	Wembley
Wimbledon	

- **one** of national sports centres, such as:

Crystal Palace	Plas Menai
Lilleshall	Cumbrae
Holme Pierrepoint	Glenmore Lodge
Bisham Abbey	Inverclyde
Plas Y Brenin	Tollymore
Manchester Velodrome	

[1]

M2. **Three** activities such as:

- potholing/ caving;
- (rock) climbing/ abseiling;
- mountaineering;
- (hill/fell) walking/ fell running;
- orienteering;
- horse riding;
- (hang) gliding/ para-sailing/ ballooning;

- canoeing/ rafting;
- camping;
- ski-ing (and other snow sports)
- certain motor sports;
- mountain biking/ cycling.

Or **three** opportunities created by the natural facility such as:

- open moorland for walking;
- mountain rivers for rafting;
- rocky outcrops for climbing.

[3]

M3. **Three** such as:

- A trim trail
- A sports hall / gymnasium / sports, or leisure centre
- An aerobics / dance studio
- A weights room / fitness suite / gym
- A swimming pool
- An ice rink
- A games field / pitch / space / park
- A games court
- An athletics track
- A skateboard park
- A golf course
- A cycle track
- A ski slope
- Climbing wall
- White water course

[3]

M4. Award **one** mark for each reason identified as to why leisure time has increased up to a maximum of **three** marks.

- Technological advances
- Higher unemployment
- Shorter working week
- Part time work
- People retiring early
- Job share arrangements
- People are living longer
- Flexi-hours
- Less working hours in the day

Award **one** further mark for an explanation of the effect this has had on the leisure industry.

- Growth of the leisure industry
- Increased demand for leisure
- Increased demand for facilities
- More jobs available
- More money or revenue

[4]

M5. (i) Award up to **two** marks for each identified, and explained, reason why there is increased leisure time.

Examples:

- Technological advances/ such as labour-saving devices / which leave more available time
- Greater unemployment / leaving many people with large amounts of free time
- Shorter working week / also leaving more free time
- Part time and shift work / which leaves certain times of the day where people would have time available.

Accept the above plus any other suitable examples.

4

(ii) Award up to **two** marks for a correct response.

Examples:

- The leisure industry has grown / in order to cope with increased demand.
- The leisure industry has developed / to cope with the change of demand and greater need for extra provision.

Accept the above plus any other suitable examples.

2

[6]

M6. Sport and physical activity should be part of leisure time because of the social reasons:

- to play with family;
- to meet friends/socialising;
- to make friends;
- to occupy spare time purposefully;
- to set a challenge/sense of danger;
- to provide a mental focus/an interest;
- to provide enjoyment/fun/excitement;
- to provide a focus for chat/discussion/debate.

sport and physical activity should be part of leisure time because of the health & fitness reasons:

- to maintain fitness; (to keep fit and healthy = 1 mark)
- to contribute to good physical health/feel good/look good to maintain or reduce shape;
- to keep the mind alert/fresh/a distraction from routine; viz mental health;
- to complement sedentary work style;
- as an outlet for energy/stress;
- as a means of relaxation.

[7]

M7. Sport and physical activity can be promoted by groups such as Sport England, parents, schools and others by:

- making use of star performers as role models;
- encouraging/attracting/publicising major events;
- finding sponsorships;
- providing finance to young talent;
- providing finance to existing talent;
- supporting agencies that provide coaching;
- providing facilities (including crèches), especially specialist facilities for elite sportspeople/disabled;
- contributing to local facilities – both public and private;
- entering into partnerships;
- supporting agencies that provide opportunities such as universities, governing bodies; councils;
- providing information bases/research/access points;
- word of mouth;
- initiating publicity campaigns for target groups;
- initiating publicity networks such as newsletters, magazines, websites;
- maintaining databases of clubs/associations/coaches;
- maintaining a calendar/diary of events;
- ensuring accessible contact names and number;
- advertising in the media (TV, radio, papers);
- (parents) involving family activity;
- providing after school activities/clubs/competitions;
- providing fun days/come and try/open days;
- providing special discount schemes.

[8]

M8. Involve sport and physical activity by..:

- walking to work/school/taking the stairs/walking the dog
- engaging in physical pastimes, e.g. going for a walk/cycle in the evening/at weekend + swim/jog
- having a night out involving dancing
- having a (friendly) kickabout with friends/colleagues
- joining an amateur sports club
- going to the gym/pool for a workout
- joining an exercise class

- joining a recreational evening/adult education class
- studying an .after hours. GCSE
- attending a course – 'learn how to e.g. self-defend'
- doing an activity in lunch time/extra-curricular school sport
- going on an activity-based holiday/outward bound course
- setting a challenge e.g. running a marathon, climbing a mountain
- entering competitions (regular/one-off)
- going to watch/spectate live
- subscribing to reading material/other media

- gambling
- coaching/training/managing a team
- officiating a sport
- organising a match/event
- joining a summer school
- taking part in award schemes.

[7]