



Summer Term 2 Lesson 3

LO:

To explore the types of activities available in a local leisure centre.

Big Question: What facilities are available at leisure centres?

Date:

5 Minute starter

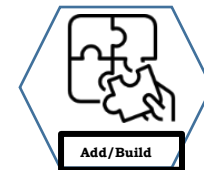


1. What is the purpose of a leisure centre?
2. What does induction mean and why is it important to have one?
3. What are the benefits of having a membership at a leisure centre?
4. What would you use the leisure centre for? Why?

Word of the Week
'Recreation'

Word bank
Health
Mental
Physical
Membership
Induction
Safety
Cost
Regime
Fitness

Extension task: Write down three to four questions that you would ask yourself about attending a leisure centre. Would this be a social attendance or a fitness regime?



Behaviours: Group discussion, debating, decision making, collaboration

Big Question: What facilities are available at leisure centres?

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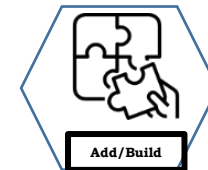
Answers.....

1. So that people can attend after work with their families or on their own to partake in an activity such as swimming or the gym. Some people use leisure centres to keep fit whilst others go for social benefits.
2. An induction means that you are shown how to use any equipment, especially in the gym. This is important in case you hurt yourself by not using the equipment properly.
3. There are health benefits for physical and mental reasons and there are financial benefits because it is usually cheaper to buy a twelve month membership, saving money.
4. Ms H would use it to go swimming because this is beneficial to her for losing weight and keeping fit.

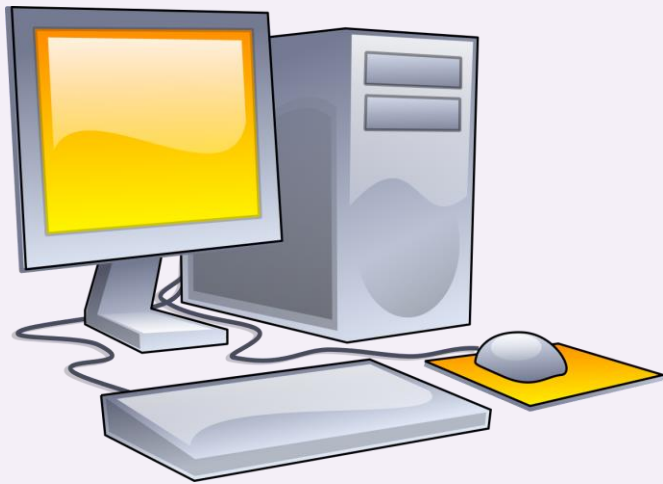
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Extension task: Personal responses: Social or fitness regime?



Behaviours: Group discussion, debating, decision making, collaboration



This part of the course is where you have the opportunity to do some research.

Most people enjoy going to leisure centres and engaging in physical activities and exercise, including swimming, squash, the gym and so on.

You should look at two to three leisure centres and explore what opportunities are open to the public.....let's have a look at one together.

https://www.westlancsleisure.com/Nye_Bevan

Project assignment:

Now that you have researched a variety of Leisure Centres and the activities available, you should create a leaflet about one of them – choose the one you like best!

Your leaflet should include:

1. The name and address of the Leisure Centre (include the web site address and email).
2. What are the activities available and on what days, for example the swimming pool is available every day.
3. Opening times and session/activity times.
4. Health and safety guidance for both adults and children.
5. Closing times.

