

KS3 Lifeskills Learning Organiser

Summer Leisure & Recreation

Leisure and recreation are activities we do in our free time to relax, have fun, and enjoy ourselves. It's important to know what your hobbies and interests are, like playing sports, reading, or drawing, and where you can do these activities, such as at home, in a park, or at a club.

Topic Word Bank

Leisure Time	Your free time, when you can do the things that you enjoy
Recreation	Activities, hobbies and interests done for fun
Clubs	Organised groups where you can meet like minded people
Pet care	The responsibility of looking after an animal
Mental Health benefits	Finding things you enjoy will improve your mental health

How to spend your leisure time

Any activities that you enjoy are leisure activities, here are some ideas you might like to try...

- Drawing or Painting
- Playing Sports (e.g., football, basketball, swimming)
- Reading Books
- Playing Video Games
- Cycling
- Skateboarding
- Cooking or Baking
- Listening to Music
- Playing a Musical Instrument (e.g., guitar, piano, drums)
- Gardening

Positive impacts

Having fun will make you feel happier, that's a fact. Find something you enjoy and make time to do it. Lots of leisure activities are also great for our physical health too, like sports



Owning a Pet

Owning a pet is lots of responsibility, your pet is completely reliant on you to meet all of its basic needs, like feeding it, giving it enough water, giving it the right habitat to live in, providing exercise and stimulation. The responsibility lasts the pet's entire lifetime so make sure you have researched and can provide it with everything it needs before getting a pet.

How to act in public

Knowing how to behave appropriately when in public is a skill and depending on the environment it changes. You don't need to dress or act the same at a skatepark and a fancy restaurant. One thing that is always the same being polite, and kind!

Finding Clubs

There are lots of ways to find new clubs, ask friends or family, look on the internet what's on in your local area, look out for flyers in places you enjoy visiting

