



Senior 3 CRE (New curriculum)

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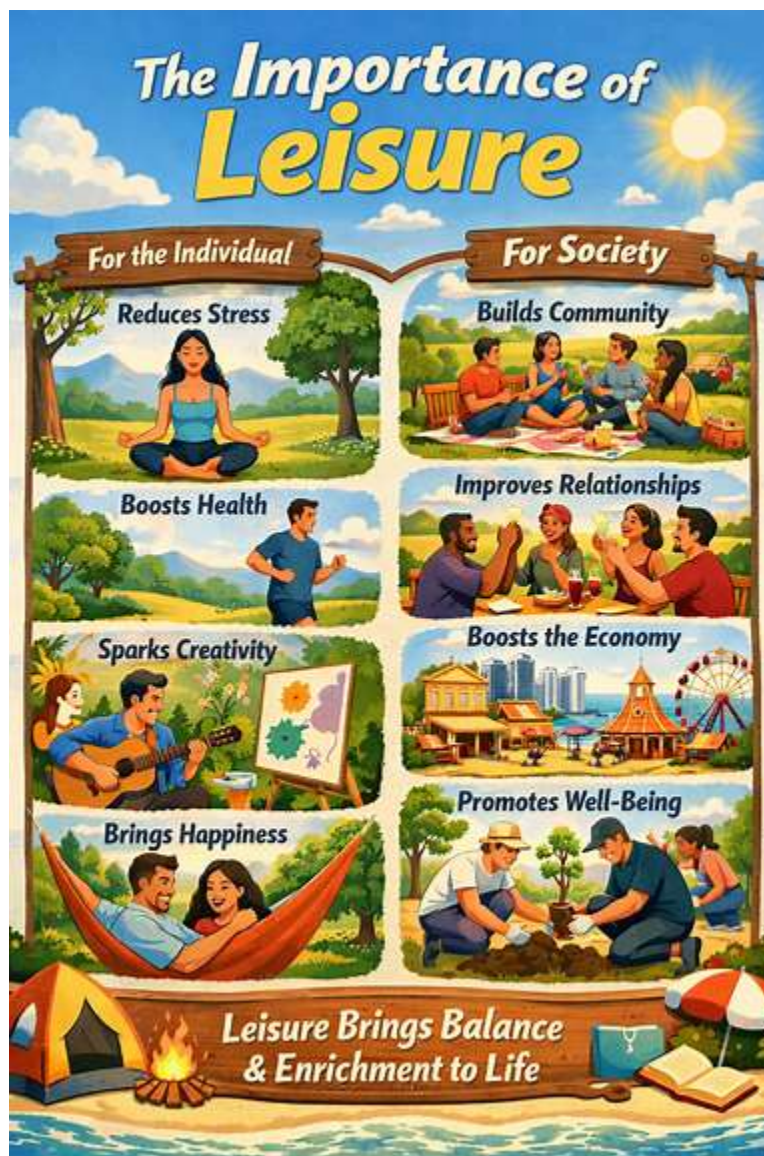
Senior 3

Term 3

Theme: Man's Dominion over the World

Topic 1/1: LEISURE

Competency: The learner understands the importance of leisure to an individual and society so that they choose the right leisure activities.



The importance of leisure to an individual and society

Importance of Leisure to an Individual

- (i) **Physical health** — Leisure activities like walking, swimming, or playing games improve fitness and reduce fatigue.
- (ii) **Mental relaxation** — Resting or engaging in hobbies relieves stress and refreshes the mind.
- (iii) **Creativity and talent** — Leisure gives time to explore talents such as painting, writing, or music.
- (iv) **Social connection** — Spending free time with friends and family strengthens relationships.
- (v) **Personal growth** — Leisure helps individuals discover interests and develop balanced lifestyles.

Importance of Leisure to Society

- (i) **Community unity** — Shared leisure activities like festivals and sports promote cooperation and peace.
- (ii) **Economic growth** — Leisure industries such as tourism and entertainment create jobs and income.
- (iii) **Cultural preservation** — Traditional dances, games, and storytelling keep cultural heritage alive.
- (iv) **Public health** — Encouraging recreation reduces stress and promotes well-being in communities.
- (v) **Social harmony** — Leisure brings people of different backgrounds together, fostering understanding.

Choosing the Right Leisure Activities

To benefit fully, individuals should choose leisure activities that:

Guideline	Example
Promote health	Jogging, cycling, swimming
Encourage creativity	Drawing, writing, music
Build relationships	Family outings, team sports
Support culture	Traditional dances, storytelling
Relax the mind	Reading, meditation, nature walks

Summary: Leisure is vital because it **refreshes the body and mind, strengthens social ties,** and **supports community development.** When people understand its importance, they can choose leisure activities that **promote health, creativity, and harmony** rather than waste time or engage in harmful habits.

Scenario question 1

Imagine you are a Head Prefect, brainstorm the various leisure activities in schools



Model Answer

Categories of School Leisure Activities

(i) **Sports and Physical Games**

Football, netball, volleyball, athletics, swimming, and gymnastics.

Encourage physical fitness, teamwork, and discipline.

(ii) **Creative and Artistic Activities**

Drawing, painting, music, drama, dance, and poetry.

Help students to express emotions, discover talents, and build confidence.

(iii) **Academic Clubs and Competitions**

Debate Club, Science Club, Mathematics Club, Writers' Club, and Quiz teams.

Stimulate intellectual growth and critical thinking.

(iv) **Social and Service Activities**

Red Cross, Scouts, Environmental Club, and Charity groups.

Promote empathy, leadership, and community service.

(v) **Recreational and Relaxation Activities**

Reading in the library, storytelling, nature walks, and picnics.

Refresh the mind and reduce stress after lessons.

(vi) **Cultural and Traditional Activities**

Traditional dances, folk songs, drama in local languages, and cultural exhibitions.

Preserve heritage and promote identity.

(vii) **Technology and Innovation Activities**

Computer Club, robotics, coding, and digital art.

Encourage creativity and prepare learners for modern careers.

Summary: Leisure activities in schools help learners **balance study with relaxation, develop talents**, and **build social harmony**. When schools offer diverse leisure options, students can choose activities that suit their interests and contribute positively to both personal and community growth.

Scenario question 2

Imagine you are a community counsellor, identify the different leisure activities in their community



Model Answer

Community Leisure Activities

- (i) **Sports and Games** — Football, netball, athletics, cycling, and traditional games played in open fields.
- (ii) **Cultural Activities** — Traditional dances, storytelling, music festivals, and cultural exhibitions that preserve heritage.
- (iii) **Social Gatherings** — Weddings, community feasts, church fellowships, and local celebrations that strengthen bonds.
- (iv) **Recreational Activities** — Picnics, nature walks, fishing, swimming, and visiting parks for relaxation.
- (v) **Educational Clubs** — Debate groups, reading clubs, drama groups, and youth associations that promote learning.
- (vi) **Service and Volunteer Work** — Tree planting, cleaning campaigns, charity drives, and helping the needy.

- (vii) **Economic Leisure** — Visiting markets, tourism sites, or participating in fairs that boost local economies.
- (viii) **Religious Activities** — Choirs, prayer groups, and retreats that provide spiritual refreshment.

Summary: Community leisure activities are diverse — from **sports and cultural events** to **social gatherings and volunteer work**. They help people **stay healthy, preserve traditions, build unity, and promote development**. Choosing the right leisure activities ensures individuals gain personal benefits while contributing positively to society.

Scenario question 3

Imagine you are a physical education teacher, explain the importance of leisure to an individual and to society.



Model Answer

Importance of Leisure to an Individual

- (i) **Rest and relaxation** — Leisure allows people to recover from work or study, reducing stress and fatigue.
- (ii) **Health improvement** — Activities like sports, walking, or swimming promote physical fitness and mental well-being.
- (iii) **Creativity and talent** — Leisure gives time to explore hobbies such as music, art, or writing.
- (iv) **Social connection** — Spending free time with friends and family strengthens relationships.
- (v) **Balance in life** — Leisure ensures harmony between work, study, and personal enjoyment.

Importance of Leisure to Society

- (i) **Community unity** — Shared leisure activities like festivals and sports promote cooperation and peace.
- (ii) **Economic growth** — Tourism, entertainment, and recreation industries create jobs and income.
- (iii) **Cultural preservation** — Traditional dances, games, and storytelling keep heritage alive.
- (iv) **Public health** — Recreational programs reduce stress and promote well-being in communities.

- (v) **Social harmony** — Leisure brings people of different backgrounds together, fostering understanding.

Summary: Leisure is vital because it **refreshes the body and mind, strengthens social ties, and supports community development**. For individuals, it promotes health, creativity, and happiness. For society, it builds unity, preserves culture, and boosts the economy.

Scenario question 4

Imagine you are a community counsellor, discuss how leisure item can be used to realize one's potential



Model Answer

Below is discussion on **how leisure items can be used to realize one's potential**, showing their role in personal growth and community contribution.

For the Individual

- (i) **Sports equipment** — Balls, nets, and gym gear help learners discover athletic talent, build discipline, and improve health.
- (ii) **Musical instruments** — Guitars, drums, or keyboards nurture creativity, self-expression, and possible career paths in music.
- (iii) **Books and reading materials** — Libraries and novels expand knowledge, imagination, and communication skills.
- (iv) **Art supplies** — Paints, brushes, and craft materials allow learners to explore artistic talent and innovation.
- (v) **Technology tools** — Computers, coding kits, and robotics sets encourage problem-solving and prepare students for modern careers.

For Society

- (i) **Community sports facilities** — Stadiums and playgrounds identify talented athletes who can represent the community or nation.
- (ii) **Cultural instruments** — Traditional drums, costumes, and dance gear preserve heritage while showcasing talent.
- (iii) **Educational clubs** — Debate kits, science lab tools, and quiz materials help learners sharpen intellectual skills.
- (iv) **Service items** — Gardening tools, musical choirs, or volunteer kits encourage leadership and responsibility.

Summary: Leisure items are not just for fun — they are **tools for discovering and nurturing talent**. Whether through sports, music, art, reading, or technology, they help individuals realize their potential and contribute positively to society.

Scenario question 5

Imagine you are a community counsellor, explain the positive ways of spending leisure time.



Model Answer

Positive Ways of spending leisure time for Individuals

- (i) **Sports and exercise** — Jogging, football, swimming, or cycling improve health and fitness.
- (ii) **Reading and studying** — Books, newspapers, or educational materials expand knowledge and sharpen the mind.
- (iii) **Creative hobbies** — Drawing, painting, music, or writing nurture talents and self-expression.
- (iv) **Relaxation activities** — Meditation, nature walks, or listening to music reduce stress and refresh the mind.
- (v) **Social interaction** — Spending time with friends and family strengthens relationships.

Positive Ways of spending leisure time for Society

- (i) **Community service** — Volunteering, tree planting, or charity work promote unity and responsibility.
- (ii) **Cultural activities** — Traditional dances, storytelling, and festivals preserve heritage and identity.
- (iii) **Educational clubs** — Debate, science, or drama clubs encourage teamwork and intellectual growth.
- (iv) **Economic leisure** — Tourism, fairs, and local entertainment boost income and development.
- (v) **Public health programs** — Recreational activities organized by communities improve collective well-being.

Summary: Leisure time becomes truly valuable when spent on **healthy, creative, educational, and community-building activities**. These choices help individuals realize their potential and ensure society benefits through unity, culture, and development.

Scenario question 6

Imagine you are a CRE student, choose a leisure activity and write about how it can help the learner to become a better person in life.



Model Answer

Example Leisure Activity: Playing Music

Benefits to the Individual

- (i) **Develops discipline** — Regular practice teaches patience, consistency, and focus.
- (ii) **Boosts creativity** — Composing or performing music nurtures imagination and innovation.
- (iii) **Improves emotional health** — Music provides relaxation, reduces stress, and helps express feelings.
- (iv) **Enhances confidence** — Performing before peers builds self-esteem and courage.

Benefits to Society

- (i) **Strengthens social bonds** — Choirs and bands encourage teamwork and unity.
- (ii) **Preserves culture** — Traditional songs and instruments keep heritage alive.
- (iii) **Provides entertainment** — Music brings joy to communities and promotes harmony.

Summary: By engaging in music as a leisure activity, a learner can **discover talents, build discipline, express emotions, and gain confidence**. At the same time, they contribute to society by **promoting culture, unity, and joy**. This makes them a **better person in life**, both personally and socially.

Scenario question 7

Imagine you are a school leisure master, explain the modern trends of leisure in order to make the correct choices



Model Answer

Modern Trends in Leisure

- (i) **Digital engagement**
Virtual reality (VR) concerts, augmented reality (AR) games, and online group fitness classes.
Offers immersive experiences but requires balance to avoid over-reliance on screens.
- (ii) **Outdoor adventures**

Hiking, camping, kayaking, eco-tourism, and wilderness survival courses.

Promotes physical health, mental relaxation, and environmental awareness.

(iii) **Mindful leisure**

Yoga, meditation retreats, digital detox zones, and nature therapy.

Supports emotional well-being and reduces stress.

(iv) **Experiential travel**

Cultural exchanges, adventure tourism, and authentic local experiences.

Builds deeper connections with communities and preserves culture.

(v) **Eco-conscious leisure**

Tree planting, sustainable tourism, foraging workshops, and green clubs.

Encourages responsibility and protects the environment.

(vi) **Community leisure**

Social cooking, community meals, and volunteer projects.

Strengthens unity and promotes shared well-being.

Comparison Table: Choosing Correct Leisure Activities

Trend	Positive Impact	Risks/Considerations
Digital engagement	Builds tech skills, offers global access	Risk of isolation, screen fatigue
Outdoor adventures	Improves health, connects with nature	Requires safety measures, costs
Mindful leisure	Reduces stress, boosts focus	Needs discipline, may be less appealing to youth
Experiential travel	Cultural learning, personal growth	Can be expensive, requires planning
Eco-conscious leisure	Protects environment, builds responsibility	Limited access in urban areas
Community leisure	Builds unity, social support	Needs active participation

Guidance for Learners and Communities

- (i) Choose **balanced activities**: mix physical (sports, outdoor) with creative (music, art) and mindful (meditation).
- (ii) Prioritize **eco-friendly and community-based leisure** to build responsibility and unity.
- (iii) Use **technology wisely**: enjoy VR/AR but avoid excessive screen time.
- (iv) Select leisure that **develops talents and values** — e.g., music for creativity, sports for discipline and health, volunteering for empathy.

Scenario question 8

Imagine you are a community counsellor, explain the social and economic importance of the leisure industry



Model Answer

Social Importance of the Leisure Industry

- (i) **Community cohesion** — Festivals, sports, and cultural events bring people together, fostering unity and inclusivity.
- (ii) **Public health** — Recreational activities reduce stress, improve fitness, and lower risks of chronic diseases.
- (iii) **Cultural preservation** — Traditional dances, music, and heritage tourism safeguard identity and values.
- (iv) **Education and creativity** — Arts, museums, and clubs stimulate innovation and critical thinking.
- (v) **Democratic participation** — Leisure spaces often serve as arenas for civic dialogue and social capital building.

Economic Importance of the Leisure Industry

- (i) **Job creation** — Tourism, hospitality, sports, and entertainment employ millions worldwide.
- (ii) **GDP contribution** — Travel and tourism alone contribute about **10–12% of global GDP**.
- (iii) **Local development** — Community leisure projects like parks and cultural centers stimulate small businesses.
- (iv) **Revenue generation** — Visitor spending provide revenues to hotels, restaurants, and attractions.
- (v) **Innovation and sustainability** — Growth in eco-tourism and AI-driven personalization reflects modern consumer demand.

Scenario question 9

Imagine you are a school counsellor, explain why active leisure activities are more profitable than passive ones.



Model Answer

Active leisure activities are generally more profitable than passive ones because they generate higher economic returns through sports, tourism, fitness, and entertainment industries, while also improving productivity and health. Passive leisure (like watching TV) has limited economic impact compared to active participation.

Why Active Leisure is More Profitable

(i) Revenue Generation

Active leisure industries (sports clubs, gyms, tourism, adventure parks) attract **membership fees, ticket sales, and sponsorships**.

Passive leisure (TV, radio) relies mainly on advertising, which is less diverse in income streams.

(ii) Employment Opportunities

Active leisure creates jobs for coaches, trainers, event organizers, and hospitality workers.

Passive leisure generates fewer direct jobs, mostly in broadcasting and media.

(iii) Productivity Boost

Studies show active leisure improves **labor efficiency and health**, reducing healthcare costs and absenteeism.

Passive leisure often leads to sedentary lifestyles, lowering productivity.

(iv) Tourism and Local Development

Active leisure activities like hiking, cultural festivals, and sports tourism attract visitors, boosting local economies.

Passive leisure is usually home-based and does not stimulate local businesses.

Scenario question 10

Imagine you are a member of the clergy, explain the value of leisure in God's creation story.



Model Answer

Biblical Foundation of leisure

In the **Genesis creation story**, God created the world in six days and on the seventh day He **rested** (Genesis 2:2–3). This act of rest is the origin of leisure and the Sabbath, teaching humanity the importance of balancing work with rest.

Value of Leisure in God's Creation Story

- (i) **Rest and renewal** — God's rest shows that leisure is necessary for refreshing the body and spirit after work.
- (ii) **Spiritual reflection** — Leisure time allows people to worship, pray, and reflect on God's goodness.
- (iii) **Balance in life** — The Sabbath principle teaches that life should not be only about work but also about harmony and peace.
- (iv) **Human dignity** — By resting, God set an example that humans are not machines; they need leisure to preserve dignity and well-being.
- (v) **Community unity** — Shared rest days bring families and communities together in worship and fellowship.
- (vi) **Moral lesson** — Leisure reminds people to trust God, recognizing that life is not sustained by work alone but by His provision.

Summary: The creation story shows that **leisure is part of God's plan for humanity**. It is not laziness but a divine principle that ensures **rest, worship, balance, dignity, and community unity**. By following this example, individuals and societies can live healthier, more meaningful lives.

Scenario question 11

Imagine you are a CRE teacher, identify biblical texts about the acceptable use of leisure.



Model Answer

Key Biblical Texts

- (i) **Genesis 2:2–3** — God rested on the seventh day, teaching the value of rest and balance in life.
- (ii) **Exodus 20:8–10** — The command to keep the Sabbath holy emphasizes leisure as time for worship and renewal.

- (iii) **Mark 6:31** — Jesus told His disciples, *“Come with me by yourselves to a quiet place and get some rest.”* This shows leisure as necessary for health and spiritual strength.
- (iv) **Ecclesiastes 3:1–8** — *“There is a time for everything...”* including rest and enjoyment, highlighting balance in human life.
- (v) **1 Corinthians 10:31** — *“So whether you eat or drink or whatever you do, do it all for the glory of God.”* Leisure must be used in ways that glorify God.
- (vi) **Philippians 4:8** — Encourages believers to focus on what is true, noble, right, pure, lovely, and admirable — guiding leisure choices toward positive activities.
- (vii) **Colossians 3:17** — Reminds Christians to do everything, including leisure, in the name of the Lord Jesus.

Lessons from These Texts

- (i) Leisure is **acceptable when it promotes rest, worship, and renewal**.
- (ii) It must be **balanced with work and responsibility**.
- (iii) Leisure should **glorify God** and avoid harmful or immoral practices.
- (iv) It is a time for **spiritual reflection, family unity, and community fellowship**.

Summary: Biblical texts show that leisure is not idleness but a **God-given gift** for rest, worship, and positive living. Acceptable leisure activities are those that **refresh the body, uplift the spirit, strengthen relationships, and honor God’s will**.

Scenario question 12

Imagine you are a member of the clergy, discuss how God instituted leisure with a focus on Genesis 2:1-3



Model Answer

Genesis 2:1–3 (Summary)

After completing the creation of the heavens and the earth in six days, **God rested on the seventh day**. He blessed it and made it holy, establishing the Sabbath principle.

How God Instituted Leisure

- (i) **Completion of work** — God finished His creative work, showing that leisure follows diligent labor.
- (ii) **Rest as divine example** — By resting, God demonstrated that rest is part of His plan for humanity.

- (iii) **Blessing of leisure** — The seventh day was blessed, meaning leisure is sacred and beneficial.
- (iv) **Sanctification of time** — God made the day holy, teaching that leisure is not idleness but a time for worship and renewal.
- (v) **Balance of life** — The rhythm of six days of work and one day of rest sets a divine pattern for human life.

Value for Humanity

- (i) **Spiritual growth** — Leisure provides time for prayer, worship, and reflection.
- (ii) **Physical health** — Rest restores strength and prevents exhaustion.
- (iii) **Social unity** — Shared rest days bring families and communities together.
- (iv) **Moral lesson** — Leisure reminds people to trust God, not only their labor, for provision.

Summary: Genesis 2:1–3 shows that **God Himself instituted leisure** by resting after creation. Leisure is therefore **divine, blessed, and holy**. It teaches humanity to balance work with rest, to honor God, and to use free time for renewal, worship, and fellowship.

Scenario question 13

Imagine you are a member of the clergy, explain the teaching that there is time for everything as presented in Ecclesiastes 3:1-8 with respect to leisure.



Model Answer

Biblical Teaching

Ecclesiastes 3:1–8 emphasizes that *“There is a time for everything, and a season for every activity under heaven.”* The passage lists contrasts — a time to be born and a time to die, a time to plant and a time to uproot, a time to weep and a time to laugh, etc. This shows that life is balanced between work, rest, joy, sorrow, and reflection.

Application to Leisure

- (i) **Balance of work and rest:** Leisure is part of God’s rhythm for life. Just as there is a time to work, there is a time to rest and refresh.
- (ii) **Spiritual reflection:** Leisure provides time for prayer, worship, and meditation, aligning with seasons of drawing closer to God.
- (iii) **Joy and celebration:** The text mentions “a time to laugh” and “a time to dance.” Leisure allows individuals and communities to celebrate life.

- (iv) **Healing and renewal:** “A time to heal” connects leisure with physical and emotional restoration.
- (v) **Relationships and unity:** Leisure provides “a time to embrace,” strengthening family and community bonds.

Lessons for Learners and Society

- (i) Leisure is **not idleness** but a God-given season for rest, joy, and renewal.
- (ii) Correct use of leisure ensures **balance in life** — preventing overwork and promoting harmony.
- (iii) Communities should value leisure as a time for **unity, cultural celebration, and spiritual growth**.

Summary: Ecclesiastes 3:1–8 teaches that life has seasons, and leisure is one of them. It reminds us that **rest, joy, and reflection are as important as work and responsibility**. Acceptable leisure activities are those that bring balance, healing, and glorify God.

Scenario question 14

Imagine you are a member of the clergy, identify leisure activities that are not acceptable in Christianity.



Model Answer

Leisure Activities Not Acceptable in Christianity

- (i) **Immoral entertainment** — Activities that promote sexual immorality, indecent dancing, or pornography go against Christian values of purity (1 Corinthians 6:18).
- (ii) **Gambling** — Betting, lotteries, and casino games encourage greed and exploitation, contrary to biblical teaching against covetousness (Luke 12:15).
- (iii) **Drug and substance abuse** — Using leisure time for drunkenness or drugs destroys health and dishonors God (Ephesians 5:18).
- (iv) **Violent activities** — Leisure that involves fighting, cruelty, or watching violent entertainment contradicts the Christian call to peace (Matthew 5:9).
- (v) **Idolatrous practices** — Engaging in leisure that involves worship of false gods or occult practices is forbidden (Exodus 20:3–5).
- (vi) **Corrupt speech and entertainment** — Leisure activities that encourage gossip, vulgar jokes, or blasphemy are unacceptable (Ephesians 4:29).
- (vii) **Excessive indulgence** — Spending leisure in laziness, gluttony, or idleness wastes time and contradicts the biblical call to diligence (Proverbs 6:9–11).

Summary: Christianity teaches that leisure should be used for **rest, worship, creativity, and fellowship**. Activities that promote immorality, greed, violence, idolatry, or wastefulness are **not acceptable** because they harm individuals, communities, and dishonor God.

Scenario question 15

Imagine you are a member of the clergy, discuss the value of leisure with emphasis on Deuteronomy 5:12.



Model Answer

Deuteronomy 5:12

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you.” This commandment highlights the importance of setting aside time for rest, worship, and renewal.

Value of Leisure in Deuteronomy 5:12

- (i) **Obedience to God** — Observing leisure through the Sabbath shows respect for God’s command and strengthens faith.
- (ii) **Rest and renewal** — Leisure refreshes the body and mind, preventing exhaustion and promoting health.
- (iii) **Spiritual growth** — The Sabbath provides time for prayer, worship, and reflection, deepening one’s relationship with God.
- (iv) **Family and community unity** — Shared rest days bring families together and strengthen community bonds.
- (v) **Balance in life** — The commandment teaches that life should not be only about work but also about rest, worship, and joy.
- (vi) **Human dignity** — By instituting leisure, God affirms that humans are not machines; they need time to rest and honor Him.

Lessons for Learners and Society

- (i) Leisure is **divinely instituted** and must be respected.
- (ii) Correct use of leisure ensures **spiritual, physical, and social well-being**.
- (iii) Communities benefit when leisure is used for **worship, unity, and cultural preservation**.

Summary: Deuteronomy 5:12 shows that leisure is **holy and purposeful**. It is not idleness but a God-given time for **rest, worship, renewal, and fellowship**. By observing leisure in line with God’s command, individuals become healthier, spiritually stronger, and communities more united.

Scenario question 16

Imagine you are a member of the clergy, discuss Jesus' participation in leisure activities using Mark 2:23-28, John 2:1-12 and Luke 10:38-48



Model Answer

Here's a discussion of **Jesus' participation in leisure activities** using *Mark 2:23–28, John 2:1–12, and Luke 10:38–42*:

Mark 2:23–28 — Jesus and the Sabbath

Walking through grainfields — Jesus and His disciples picked grain on the Sabbath, showing leisure as rest and refreshment.

Teaching: The Sabbath was made for man, not man for the Sabbath. Leisure is meant to benefit humanity, not burden it with rigid rules.

Value: Jesus emphasized that leisure should promote health, freedom, and well-being.

John 2:1–12 — The Wedding at Cana

Participation in social celebrations — Jesus attended a wedding feast, a leisure activity involving joy, fellowship, and community unity.

Miracle of turning water into wine: Shows that leisure can be a time of blessing and celebration when done in moderation.

Value: Leisure strengthens social bonds and allows people to share joy together.

Luke 10:38–42 — Visit to Martha and Mary

Resting in fellowship — Jesus spent leisure time in the home of friends, teaching, listening, and sharing meals.

Mary's choice to listen: Shows that leisure can be used for spiritual growth and learning.

Value: Leisure is not only physical rest but also time for reflection, relationships, and spiritual nourishment.

Lessons on Jesus' Participation in Leisure

- (i) **Balance** — Jesus showed that leisure balances work, worship, and social life.
- (ii) **Community** — Leisure strengthens fellowship and unity.

- (iii) **Spiritual growth** — Leisure is a time to draw closer to God.
- (iv) **Joy and celebration** — Leisure allows people to celebrate life's blessings.

Summary: From these passages, Jesus demonstrates that leisure is **God-given and purposeful**. It is for **rest, joy, fellowship, and spiritual growth**. His participation in leisure activities shows that Christians should use free time in ways that **refresh the body, strengthen relationships, and glorify God**.

Scenario question 16

Imagine you are a church member, suggest ways in which a Christian can use leisure time to help the poor and needy people in their society.



Model Answer

Here's a clear discussion of ways a Christian can use leisure time to help the poor and needy in society, showing both practical and spiritual dimensions:

Individual Actions

- (i) **Volunteering** — Spend leisure hours helping at orphanages, hospitals, or community centers.
- (ii) **Charity work** — Use free time to organize food drives, clothing donations, or fundraising events.
- (iii) **Skill sharing** — Teach literacy, vocational skills, or Bible study to disadvantaged groups during leisure hours.
- (iv) **Visiting the needy** — Spend time with the sick, elderly, or prisoners, offering encouragement and companionship.
- (v) **Community gardening** — Use leisure to grow food that can be shared with poor families.

Collective/Community Actions

- (i) **Church outreach programs** — Participate in leisure-time missions, evangelism, or charity projects organized by the church.
- (ii) **Youth service clubs** — Join Christian youth groups that dedicate leisure to helping street children or vulnerable families.
- (iii) **Fundraising events** — Organize concerts, sports matches, or cultural shows where proceeds support the needy.

- (iv) **Awareness campaigns** — Use leisure to spread messages about poverty reduction, health, and education.
- (v) **Environmental projects** — Tree planting or clean-up drives improve living conditions for poor communities.

Summary: Christians can transform leisure into **service and compassion**. By volunteering, sharing skills, visiting the needy, and joining community outreach, leisure becomes a **tool for love, justice, and development**. This reflects biblical teachings such as *Matthew 25:40* — “Whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

Scenario question 18

Imagine you are a CRE teacher, compare Christian teachings about leisure with modern understanding of leisure.



Model Answer

Here’s a clear comparison of **Christian teachings about leisure** with **modern understanding of leisure**, showing both similarities and differences:

Christian Teachings about Leisure

- (i) **God instituted rest** — Genesis 2:2–3 shows God resting on the seventh day, making leisure sacred.
- (ii) **Sabbath observance** — Deuteronomy 5:12 emphasizes leisure as time for worship, prayer, and renewal.
- (iii) **Balance of life** — Ecclesiastes 3:1–8 teaches that there is a time for everything, including rest and joy.
- (iv) **Service and compassion** — Matthew 25:40 encourages using leisure to help the poor and needy.
- (v) **Moral guidance** — Leisure must avoid immoral activities like gambling, idolatry, or substance abuse.

Modern Understanding of Leisure

- (i) **Personal relaxation** — Leisure is seen as time to rest, reduce stress, and enjoy hobbies.
- (ii) **Entertainment and recreation** — Includes sports, movies, music, travel, and digital gaming.

- (iii) **Skill development** — Leisure is used for learning new skills, creativity, and personal growth.
- (iv) **Social interaction** — Leisure strengthens friendships and family bonds through shared activities.
- (v) **Economic value** — The leisure industry contributes significantly to jobs, tourism, and GDP.

Comparison Table

Aspect	Christian Teaching	Modern Understanding
Purpose	Worship, rest, service	Relaxation, entertainment, skill growth
Focus	Spiritual renewal, moral living	Personal enjoyment, social bonding
Acceptable Use	Activities that glorify God and help others	Activities that promote health, creativity, and happiness
Community Value	Fellowship, unity, compassion	Tourism, recreation, cultural exchange
Risks	Immoral leisure condemned	Over-commercialization, screen addiction

Summary: Christian teaching views leisure as **holy, purposeful, and morally guided**, while modern understanding emphasizes **relaxation, entertainment, and economic value**. Both agree that leisure is essential for **balance, health, and community unity**, but Christianity adds a strong **spiritual and moral dimension**.

Scenario question 19

Imagine you are a CRE teacher, the effects of modern leisure activities.



Model Answer

Here's a clear explanation of the **effects of modern leisure activities**, showing both positive and negative impacts on individuals and society:

Positive Effects of Modern Leisure

- (i) **Improved health** — Fitness clubs, outdoor adventures, and sports reduce stress and promote physical well-being.

- (ii) **Skill development** — Creative hobbies, online learning, and cultural exchanges help learners gain new talents.
- (iii) **Social interaction** — Community events, digital platforms, and travel strengthen relationships and unity.
- (iv) **Economic growth** — Tourism, entertainment, and recreation industries create jobs and contribute to GDP.
- (v) **Environmental awareness** — Eco-friendly leisure like tree planting and sustainable tourism promotes conservation.

Negative Effects of Modern Leisure

- (i) **Screen addiction** — Excessive gaming, social media, and streaming can cause isolation and poor health.
- (ii) **Moral decline** — Immoral entertainment, gambling, and substance abuse misuse leisure time.
- (iii) **Economic strain** — Expensive leisure activities like luxury travel may widen inequality.
- (iv) **Environmental damage** — Over-tourism and unsustainable recreation harm ecosystems.
- (v) **Reduced productivity** — Overindulgence in passive leisure can lead to laziness and poor performance.

Conclusion: Modern leisure activities have **great potential to improve health, skills, unity, and economies**, but they also carry risks of **addiction, immorality, inequality, and environmental harm**. Learners and communities must make **correct choices** by balancing leisure that is **healthy, creative, and sustainable**.

Scenario question 20

Imagine you are a CRE teacher, explain the technological innovations in leisure, relate social media and leisure and give examples of other acceptable ways of spending leisure time



Model Answer

Here's a clear explanation of **technological innovations in leisure**, the role of **social media in leisure**, and examples of **acceptable ways of spending leisure time**:

Technological Innovations in Leisure

- (i) **Virtual reality (VR) and augmented reality (AR)** — Immersive gaming, concerts, and travel experiences.

- (ii) **Streaming platforms** — Netflix, YouTube, and Spotify provide instant access to movies, music, and shows.
- (iii) **Fitness apps and wearables** — Smartwatches and apps track exercise, making leisure healthier.
- (iv) **E-learning platforms** — Coursera, Khan Academy, and Duolingo allow people to use leisure for skill development.
- (v) **Eco-friendly innovations** — Sustainable tourism and green clubs promote environmental awareness.

Social Media and Leisure

Social media has transformed leisure by:

- (i) **Connecting people** — Platforms like Facebook, Instagram, and WhatsApp allow social interaction during free time.
- (ii) **Entertainment** — TikTok, YouTube, and Instagram reels provide creative leisure content.
- (iii) **Creativity and self-expression** — Users share art, music, and writing, turning leisure into talent development.
- (iv) **Community building** — Online groups and forums unite people with shared interests.
- (v) **Risks** — Overuse can lead to addiction, reduced productivity, and moral decline if misused.

Acceptable Ways of Spending Leisure Time

- (i) **Sports and exercise** — Jogging, swimming, football, or cycling.
- (ii) **Reading and studying** — Books, newspapers, and educational materials.
- (iii) **Creative hobbies** — Music, painting, writing, or drama.
- (iv) **Community service** — Volunteering, tree planting, or charity work.
- (v) **Family and fellowship** — Spending time with loved ones, worship, and cultural celebrations.

Summary: Technological innovations like **VR, streaming, and fitness apps** have expanded leisure opportunities, while **social media** has made leisure more interactive and creative. However, Christians and communities should choose **acceptable leisure activities** that promote health, creativity, service, and unity rather than indulgence or immorality.

Scenario question 21

Imagine you are a CRE teacher, discuss the dangers of misusing leisure.



Model Answer

Dangers of Misusing Leisure

- (i) **Moral decline** — Engaging in immoral entertainment, gambling, or substance abuse leads to sin and loss of values.
- (ii) **Addiction** — Excessive use of social media, video games, or drugs during leisure can cause dependency and isolation.
- (iii) **Wasted time** — Spending leisure idly without purpose reduces productivity and hinders personal growth.
- (iv) **Health problems** — Sedentary leisure like binge-watching or overindulgence in alcohol harms physical and mental health.
- (v) **Economic strain** — Misusing leisure in gambling, luxury spending, or addictions drains family and community resources.
- (vi) **Broken relationships** — Overuse of leisure for selfish pleasure can weaken family bonds and neglect responsibilities.
- (vii) **Spiritual decline** — Leisure spent in ungodly activities distances individuals from God and weakens faith.

Conclusion

Misusing leisure leads to **personal harm, family breakdown, and societal decline**. Correct use of leisure should promote **health, creativity, service, and worship**, ensuring balance between work, rest, and spiritual growth.

Scenario question 22

Imagine you are a CRE teacher, discuss the leisure activities in the Traditional African Society.



Model Answer

In Traditional African Society, leisure was communal, active, and deeply tied to culture, work, and spirituality. It included storytelling, music, dance, games, rituals, and celebrations, all serving social, educational, and religious purposes.

Key Leisure Activities in Traditional African Society

- (i) **Storytelling** — Elders narrated folktales, myths, and proverbs to educate the young about morals, history, and traditions.
- (ii) **Music and dance** — Drumming, singing, and dancing were central leisure activities, performed during weddings, harvests, and funerals.
- (iii) **Games and sports** — Wrestling, running, stick-fighting, and board games like *Omweso* (Uganda) and *Morabaraba* (South Africa) promoted fitness and strategy.
- (iv) **Community celebrations** — Naming ceremonies, circumcision rites, and initiation rituals were leisure moments that reinforced identity.
- (v) **Beer parties** — Adults gathered to share local brews, strengthening social bonds.
- (vi) **Craftwork and skill practice** — Leisure included pottery, weaving, carving, and mock hunting, which developed talents and preserved culture.
- (vii) **Religious rituals** — Sacrifices, thanksgiving, and prayers to God, spirits, and ancestors were leisure activities with spiritual significance.

Summary Table

Activity	Purpose/Value
Storytelling	Education, moral lessons, cultural preservation
Music & dance	Joy, unity, spiritual communication
Games & sports	Fitness, entertainment, strategy
Community rituals	Identity, initiation, cultural continuity
Beer parties	Social bonding, relaxation
Craftwork	Skill development, cultural expression
Religious rituals	Thanksgiving, blessings, spiritual renewal

Lessons for Today

- (i) Leisure in traditional African society was **active, communal, and purposeful**, unlike much modern leisure which can be passive and individualistic.
- (ii) It promoted **unity, cultural identity, moral education, and spiritual growth**.
- (iii) Modern societies can learn from these practices by making leisure more **community-oriented, creative, and value-driven**.

Scenario question 23

Imagine you are a CRE teacher, discuss the good leisure practices in Traditional African Society that are still relevant for people in the modern world.



Model Answer

Good Leisure Practices Still Relevant

(i) **Storytelling**

Elders shared folktales, myths, and proverbs to teach morals and history.

Still relevant today for **education, cultural preservation, and family bonding**.

(ii) **Music and dance**

Drumming, singing, and dancing were central to leisure and celebrations.

Modern societies continue to use music and dance for **entertainment, therapy, and unity**.

(iii) **Games and sports**

Wrestling, running, and traditional board games promoted fitness and strategy.

Today, sports remain vital for **health, teamwork, and recreation**.

(iv) **Craftwork and creativity**

Pottery, weaving, and carving were leisure activities that developed skills.

Still relevant for **art, innovation, and economic empowerment**.

(v) **Community celebrations**

Naming ceremonies, harvest festivals, and initiation rites reinforced identity.

Modern societies value cultural festivals for **unity, tourism, and heritage preservation**.

(vi) **Religious rituals**

Sacrifices, thanksgiving, and prayers were leisure moments with spiritual meaning.

Today, worship and fellowship remain essential for **spiritual growth and community bonding**.

Summary Table

Traditional Practice	Modern Relevance
Storytelling	Education, cultural preservation, family unity
Music & dance	Entertainment, therapy, unity
Games & sports	Fitness, teamwork, recreation
Craftwork	Art, innovation, economic empowerment
Community celebrations	Unity, tourism, heritage preservation
Religious rituals	Worship, fellowship, spiritual growth

Conclusion: Traditional African leisure practices were **communal, creative, and purposeful**. They remain relevant today because they promote **education, health, unity, cultural identity, and spirituality**. Modern societies can learn from them by making leisure more **value-driven and community-oriented** rather than purely individualistic.

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