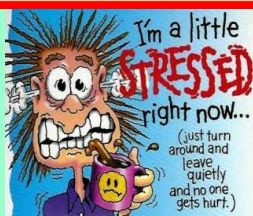


YEAR 8 ETHICS UNIT 3: SPORT and LEISURE

Stress and Relaxation

What can cause people to be stressed?
How does stress affect a person's health?
What are some of the signs of stress?
Why is relaxation important?
How do people relax?
What is meditation?



Is exercise better than meditation in helping someone relax?



What are the benefits of leisure?

Leisure, or free time, is time spent away from work, domestic chores and education. It's when you don't have to hurry and can choose how to spend your time; a period of relaxation.

How much leisure time do we get? A teenager will get up to 70 hours of leisure (free time) each week. There are 168 hours in a 7 day week! So, how much free time do you have? A working adult will get up to 30 hours. Men having up to 4 hours more than women. Why do you think this is?

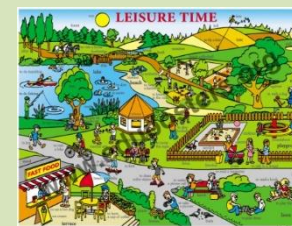
How do people spend their free time?. How many hours do you spend doing these activities?

Do you think there are any dangers with spending a lot of time on certain activities?

How can leisure benefit people – what can we gain from leisure activities?

Parable of the Rich Fool- what does this story teach about work and leisure?

Should people be able to do what they want in their own free time?



Can leisure be misused?

What are the problems that gambling and binge drinking can cause? During leisure time some people commit vandalism, immorality or take drugs in an attempt to find excitement. Others are involved in gambling or binge drinking. Gambling is a multi-million pound industry with bets being placed on almost anything but usually on sporting events, in the hope of winning money. Casinos provide a variety of gambling opportunities with slot machines and games of chance. The odds are stacked against the players as the casino expects to make a profit. Online casinos and gambling are booming and addiction to this is a growing problem. Teenagers are drinking at an earlier age and more heavily than ever before. The cost to the economy is over £20 billion per year from absenteeism from work, and drink related violence, illness and crime; 40% of hospital admissions each year are alcohol related.



Key Words

Stress	Relaxation
Stress relief	Exercise
Leisure	Healthy living
Pilgrimage	Creative activities
Inspiration	Natural ability
Gambling	Binge-drinking
Casino	Sabbath
Morality	Modesty
Honesty	Steroids
Stimulants	Sedatives
Memorabilia	Chaplain
Superstar	Sponsorship

Should holy days be kept special? What are the views of religions on sport?

Buddhism

An important part of Buddhist morality is based on right intention so if taking part in sport is to be of benefit then there is no problem. Actions performed out of ignorance, greed or hatred can be immoral. So sports such as boxing, where the aim is to disable your opponent are generally not supported by Buddhists.

Islam

Physical fitness is encouraged in Islam but concerns about modesty restrict the participation of women in some sports. Muhammad took part in wrestling, racing, archery and horse racing.

Christianity

Christians believe that sport is good so long as it does not become an idol or more important than the person's relationship with God. Sport keeps the odd-given body healthy and enables people to work with one another.

Judaism

During the time of the Greek and Roman Empires, Jews were not sports lovers. This is not the case today except among some ultra-orthodox Jews. Sport is big business in Israel with Jews participating particularly in water sports, football, basketball, tennis and athletics.

Hinduism

One of the Hindu four aims of life is 'karma' or enjoyment. Hindus support sport as it brings pleasure and balance to life and games like cricket and hockey are well supported in India. Judo and karate originated in the Hindu culture of India as well as other leisure activities such as chess, ludo, playing cards and polo.

Sikhism

During the early days of Sikhism, followers were often under attack and the gurus introduced sports, which helped to strengthen their fighting abilities. This included competition in martial arts, horse riding, spear throwing, archery, sword fighting, wrestling and athletics. Nowadays, hockey and cricket are very popular among Sikhs.

Religious Britain

Sundays used to be a very special day of the week in Britain. It was the one day of the week for 'worship and rest'. The shops were closed and most people were at home or at church. Now, the weekends are a time for families in Britain. Weekends are a busy time with many families going shopping. Until a few years ago shops were not permitted to open on a Sunday. Sundays today are in danger of becoming like any other day other week with shops open.

Holy Days

Some religious believers disagree with sport on festival days or the Sabbath. They argue that, for example, ball games and cycle rides are fine on weekdays but the Sabbath is a day of rest, a day set aside for God. If sporting events avoided holy days it would prevent games from taking place on Fridays for Muslims Saturdays for Jews and Sundays for Christians.



What are the the issues around the use of performance enhancing drugs?

People who use performance-enhancing drugs run the risk of being found out. There is testing to catch cheats, and those caught face being shamed and banned from their sport. Performance-enhancing drugs are dangerous because of their side-effects.

Anabolic steroids may cause jaundice, liver damage, mood swings, depression and aggression. In males they cause baldness, infertility and breast development. In women they stimulate hair growth on the face and body, cause deepening of the voice and possible infertility.

Taking performance-enhancing drugs is:

Dishonourable; Cheating (gaining an unfair advantage over others) damages the body God gave them, stealing (obtaining prize dishonestly); Illegal (against the law); Breaks religious teachings eg 'Do not steal'; Dangerous (damage to health of the user).

However, users of performance-enhancing drugs hope to gain an advantage over their opponents in order to steal the prize. The top sports people receive fame and fortune, so many people are prepared to take the risk.

What are the moral issues in sport?

Are the photos examples of fair competition?

How much do UK football team have to spend each year on new players? Most people regard fair play and honesty as essential in sport. But dishonesty is a continual problem as some competitors are so motivated that they are prepared to do almost anything to win. For example: Football players who pretend to have been fouled so that the referee awards a penalty or sends off the offending player; rugby players who stamp on an opponent in the ruck to injure them. In almost any sport, competitors may employ such as distracting an opponent, or provoking them verbally. This is known as gamesmanship and considered by some as cheating. Money can be used to gain an advantage and erode unfair competition. Football teams like Manchester United and Chelsea have vast amounts of money to spend on buying players and paying their wages, whereas many football teams have to sell their best players to survive. Has sport become too competitive? How far should a sport/team go in order to win? There are many instances where science and technology are used in sport to gain an advantage over others. How can teams with less money or poorer countries with less facilities hope to compete? For example:

Special clothing is produced to reduce water resistance for competitive swimmers

Designers spend millions developing faster and faster cars for motor racing, bikes for cycle racing etc. Athletes train overseas at high altitudes in order to perform better at sea level; state-of-the-art training facilities and equipment; Special diets to develop muscle are followed by most athletes and team players. Is too much science and technology being used in sport?



How do fans show their support for their team?

How can following a sport be similar to following a religion?

Supporting a sports club or team becomes a dominant part of some people's lives – almost like a religion. Most religious believers stress the importance of getting things in the right perspective and putting God before sport, but a lot of what of what supporters do is said to copy religion.



Case Study 1 Some fans go to extraordinary lengths to support their team. Les McKee often travelled from Ireland to see his team Liverpool play at Anfield, but he was so passionate about his team that he wanted to see every match. So, he gave up everything at home, sold his belongings and moved to Liverpool with £500 and some clothes.

Case Study 2 When two football mad parents had to decide what to call their newborn son, they couldn't decide which one of their side's players to name him after. So instead Burnley supporters Amanda and Stephen Preston registered him after the entire first team: Jensen Jay Alexander Bikey Carlisle Duff Elliot Fox Iwelumo Marney Mears Paterson Thompson Wallace Preston