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## Work and Leisure

a)

Work is paid or unpaid physical activity that may end in some form of benefit or is a necessity.

An example of paid work is employment.

An example of unpaid work is domestic household chores or child care.

Leisure is the time leftover from work to participate in activities of your choosing.

Leisure can be in the form of active leisure for example playing a sport or painting a picture. These require you to think and be active.

Passive leisure activity for example playing the pokies or watching television. ~~These~~ require no active or mental skill and are great for relaxing.

b)

Technology has contributed to changing patterns of leisure by making leisure become more indoors rather than outdoors.

X-box, playstation, nintendo and p.c's have contributed to indoor active leisure through the variety and accessibility of the games.

Television has caused more passive indoor activity

because of how easy they are to use and the lack of energy needed to operate them.

Nintendo Wii has also offered active interactive gaming experiences especially "Wii Sport" and "Wii Fit". The variety of games which appeal to all generations; ~~and~~ even the elderly have cloud indoor gaming devices to turn family activities into the lounge room or where ever the gaming devices are kept, rather than being out doors like in the past.

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