

# The quality of students' use of free time for leisure, recreation and physical activity in elementary schools in the commune of Padre las Casas, IX region, Chile

- Arriagada, Carlos Roberto<sup>a, b</sup>[Send mail to Arriagada C.R.](#);
- Vilugron, Gerardo Fuentes<sup>a</sup>

## Abstract

The present research aims to know the advantages and disadvantages that children aged 11-13 years have in the use of technological devices during their school day, specifically during recess, and thus make known in what they occupy their leisure time, this has been measured through an online survey that was sent to three establishments in the commune of Padre las Casas. The main objective of the study is to determine the quality of the students' use of free time for leisure, recreation and physical activity in formal education in elementary schools in the commune of Padre las Casas. The type of research to be used for this type of study is a descriptive quantitative approach. The main results of the study reveal that elementary school students in semi-urban contexts privilege movement over the use of ICT during free time at school. © 2023 Federacion Espanola de Docentes de Educacion Fisica. All rights reserved.

## Author keywords

active life; Basic education; free time; information and communication technologies; leisure