

## APPENDIX A: PHYSICAL ACTIVITY CATEGORIES

The following activities contribute to the development of skills related to the five general learning outcomes. The categories and activities are provided as general suggestions and others may be added where suitable. In some cases, activities/sports are listed twice since they may relate tactically to more than one category. When planning, choose activities that are safe and age/developmentally appropriate.

 <b>Individual/Dual Sports/Games</b>	 <b>Team Sports/Games</b>	 <b>Alternative Pursuits</b>	 <b>Rhythmic/Gymnastic Activities</b>	 <b>Fitness Activities</b>
<p><b>Basic Movement Activities</b></p> <ul style="list-style-type: none"> <li>hoop</li> <li>beanbag</li> <li>ball</li> <li>station</li> <li>hopscotch</li> <li>kick-sack</li> <li>juggling</li> <li>rope jumping</li> <li>scooter</li> <li>scoop</li> <li>balloon</li> </ul> <p><b>Athletics (Track and Field Activities)</b></p> <ul style="list-style-type: none"> <li>running events</li> <li>jumping events</li> <li>throwing events</li> </ul> <p><b>Combatives</b></p> <ul style="list-style-type: none"> <li>martial arts</li> <li>self-defence</li> <li>wrestling</li> <li>fencing</li> <li>pulling/pushing activities</li> </ul> <p><b>Innovative</b></p> <ul style="list-style-type: none"> <li>creative or novel games</li> <li>cooperative challenges</li> </ul> <p><b>Net/Wall</b></p> <ul style="list-style-type: none"> <li>tennis</li> <li>badminton</li> <li>table tennis</li> <li>paddle tennis</li> <li>handball</li> <li>racquetball</li> <li>squash</li> </ul> <p><b>Target</b></p> <ul style="list-style-type: none"> <li>archery</li> <li>bocce</li> <li>bowling</li> <li>golf</li> </ul>	<p><b>Lead-up Games/Activities</b></p> <ul style="list-style-type: none"> <li>tag</li> <li>dodge-ball-type</li> <li>station</li> <li>relays</li> <li>cooperative</li> <li>parachute</li> <li>team building</li> <li>modified sports/games</li> </ul> <p><b>Striking/Fielding</b></p> <ul style="list-style-type: none"> <li>softball</li> <li>cricket</li> <li>golf</li> <li>touch football</li> <li>ultimate</li> <li>kinball</li> </ul> <p><b>Territory/Invasion</b></p> <ul style="list-style-type: none"> <li>soccer</li> <li>basketball</li> <li>touch football</li> <li>hockey (field, floor, ice)</li> <li>team handball</li> <li>lacrosse</li> <li>rugby</li> <li>ultimate</li> <li>bandy</li> </ul> <p><b>Net/Wall</b></p> <ul style="list-style-type: none"> <li>volleyball</li> <li>pickleball</li> <li>Sepak Takraw</li> </ul> <p><b>Target</b></p> <ul style="list-style-type: none"> <li>curling</li> <li>basketball</li> <li>soccer</li> <li>hockey (field, floor, ice)</li> </ul> <p><b>Multicultural Games</b></p> <ul style="list-style-type: none"> <li>Aboriginal</li> <li>African</li> <li>Asian</li> <li>Caribbean</li> <li>other cultures</li> </ul>	<p><b>Aquatics</b></p> <ul style="list-style-type: none"> <li>water adjustment</li> <li>survival techniques</li> <li>stroke development</li> <li>skills application</li> <li>snorkelling</li> <li>water games</li> <li>synchronized swimming</li> <li>underwater games</li> </ul> <p><b>Land-Based</b></p> <ul style="list-style-type: none"> <li>hiking</li> <li>backpacking</li> <li>wall climbing</li> <li>camping</li> <li>orienteeing</li> <li>snowshoeing</li> <li>skiing (cross-country, downhill)</li> <li>snowboarding</li> <li>skating</li> <li>in-line skating</li> <li>walking</li> <li>tobogganing</li> <li>cycling</li> </ul> <p><b>Water-Based</b></p> <ul style="list-style-type: none"> <li>canoeing</li> <li>rowing</li> <li>kayaking</li> <li>sailing</li> <li>sailboarding</li> <li>water skiing</li> </ul>	<p><b>Rhythmics</b></p> <ul style="list-style-type: none"> <li>singing and clapping games</li> <li>aerobic dance</li> <li>lummi sticks</li> <li>tinikling</li> </ul> <p><b>Creative Activities</b></p> <ul style="list-style-type: none"> <li>interpretive</li> <li>modern</li> </ul> <p><b>Multicultural Activities</b></p> <ul style="list-style-type: none"> <li>folk and square dances</li> <li>round dance</li> <li>hoop dance</li> </ul> <p><b>Aboriginal Activities</b></p> <ul style="list-style-type: none"> <li>Métis reel</li> <li>First Nations round dance</li> </ul> <p><b>Contemporary Activities</b></p> <ul style="list-style-type: none"> <li>line</li> <li>jive/swing</li> <li>partner</li> <li>jazz</li> <li>hip hop</li> <li>funk</li> </ul> <p><b>Ballroom/Social Activities</b></p> <ul style="list-style-type: none"> <li>waltz</li> <li>foxtrot</li> <li>polka</li> <li>mambo</li> <li>cha-cha</li> <li>jive</li> </ul> <p><b>Rhythmic Gymnastics</b></p> <ul style="list-style-type: none"> <li>hoop</li> <li>ball</li> <li>ribbon</li> <li>club</li> <li>scarf</li> <li>rope</li> </ul> <p><b>Acrobatic Gymnastics</b></p> <ul style="list-style-type: none"> <li>tumbling</li> <li>pyramids</li> <li>stilts</li> <li>trampoline</li> <li>tightrope</li> </ul> <p><b>Artistic Gymnastics</b></p> <ul style="list-style-type: none"> <li>floor exercises</li> <li>uneven bars</li> <li>parallel bars</li> <li>high bar</li> <li>vault box</li> <li>pommel horse</li> <li>rings</li> <li>balance beam</li> </ul>	<p><b>Training Programs</b></p> <ul style="list-style-type: none"> <li>group fitness (boxercise, boot camp)</li> <li>rope jumping</li> <li>jogging</li> <li>lap swimming</li> <li>cycling</li> <li>use of exercise equipment</li> <li>weight training</li> <li>bench stepping</li> <li>interval training</li> <li>scooter activities</li> <li>circuits</li> <li>yoga</li> <li>cross-country skiing</li> <li>relaxation exercises</li> </ul> <p><b>Movement Arts</b></p> <ul style="list-style-type: none"> <li>Tai Chi</li> <li>yoga</li> </ul>

NOTES

