

RM 3–PA: Physical Activity Inventory

This Physical Activity Inventory is intended to assist students in identifying activities that they would like to include in their physical activity practicum. Students may choose physical activities based on the type of activity, the health-related fitness component(s) to which the activity contributes, the level of risk involved in the activity, or a combination of these factors.

A Physical Activity Safety Checklist is available for each of the activities listed. These checklists contain information about managing risk, under the following risk factors:

- level of instruction
- level of supervision
- facilities/environment
- equipment
- clothing/footwear
- personal and other considerations

REFERENCE



For copies of the Physical Activity Safety Checklists, refer to the following resource:

Manitoba Education, Citizenship and Youth. *OUT-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education*. Winnipeg, MB: Manitoba Education, Citizenship and Youth, 2008. Available online at <www.edu.gov.mb.ca/k12/cur/physhlth/curriculum.html>.

Codes for Physical Activity Inventory

The following codes are used in the Physical Activity Inventory.

| Code for Type of Activity | |
|---------------------------|--------------------------------------|
| AL | Active Living |
| AP | Alternative Pursuits |
| CO | Combative Activities |
| FIT | Fitness Activities |
| IT | Invasion/Territory-Type Sports/Games |
| NW | Net/Wall-Type Sports/Games |
| RG | Rhythmic Gymnastic-Type Activities |
| SF | Striking/Fielding-Type Sports/Games |
| TG | Target-Type Sports/Games |

| Code for Risk Factor Rating (RFR) | |
|-----------------------------------|--|
| RFR | Level of safety concerns; recommended instruction and supervision. |
| 1 | There are few safety concerns for this physical activity; little or no qualified instruction or adult supervision is required. |
| 2 | There are some safety concerns for this physical activity; quality instruction is recommended, and little or no adult supervision is required. |
| 3 | There are several safety concerns for this physical activity; qualified instruction is required, and adult supervision is recommended. |
| 4 | There is a high level of safety concern for this physical activity; qualified instruction and adult supervision are required. |

| Code for Health-Related Fitness Component | |
|---|---|
| ✓ | Indicates that the activity contributes to the specific health-related fitness component. |

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| Physical Activity Inventory | | | | | | | |
|-----------------------------|--|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Aerobics—Dance | FIT | ✓ | | ✓ | ✓ | 2 |
| | Aerobics—Step | FIT | ✓ | | ✓ | ✓ | 2 |
| | Aerobics—Water/Aqua | FIT | ✓ | | ✓ | ✓ | 4 |
| | Aikido | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Archery | TG | | ✓ | | | 4 |
| | Athletics—Jumps | FIT | | ✓ | | ✓ | 3 |
| | Athletics—Long-Distance Running | FIT | ✓ | | ✓ | ✓ | 2 |
| | Athletics—Middle-Distance Running | FIT | ✓ | | ✓ | ✓ | 2 |
| | Athletics—Sprints, Relays, Hurdles | FIT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Athletics—Throws | FIT | | ✓ | | ✓ | 4 |
| | Backpacking | AP | ✓ | ✓ | ✓ | | 3 |
| | Badminton | NW | ✓ | | ✓ | ✓ | 2 |
| | Bandy | IT | ✓ | | ✓ | | 3 |
| | Baseball | SF | | ✓ | ✓ | ✓ | 2 |
| | Basketball | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Biathlon | AP | ✓ | ✓ | ✓ | | 4 |
| | Bocce | TG | | | | ✓ | 1 |
| | Bowling—5-Pin, 10-Pin | TG | | | ✓ | ✓ | 1 |
| | Boxing | CO | ✓ | ✓ | ✓ | | 4 |
| | Broomball | IT | ✓ | | ✓ | ✓ | 3 |
| | Calisthenics | FIT | | ✓ | ✓ | ✓ | 1 |
| | Canoeing/Kayaking/Rowing | AP | ✓ | ✓ | ✓ | | 4 |
| | Canoe/Kayak Tripping (Wilderness/Whitewater) | AP | ✓ | ✓ | ✓ | | 4 |
| | Catch (For safety, see Low-Organized Games) | AL | | | ✓ | ✓ | 1 |
| | Cheerleading | RG | ✓ | ✓ | ✓ | ✓ | 4 |

Continued

| Physical Activity Inventory (<i>Continued</i>) | | | | | | | |
|--|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Circuit Training | FIT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Climbing—Wall, Rock, Bouldering, Ice Tower | AP | | ✓ | ✓ | ✓ | 4 |
| | Cricket | SF | | ✓ | ✓ | ✓ | 2 |
| | Croquet (For safety, see Low-Organized Games) | TG | | | ✓ | | 1 |
| | Cross-Country Running | FIT | ✓ | | ✓ | ✓ | 2 |
| | Curling | TG | | | ✓ | ✓ | 2 |
| | Cycling—BMX, Cyclocross, Mountain Bike, Road Racing, Track Racing | AP | ✓ | ✓ | ✓ | | 3 |
| | Cycling—Indoor/Stationary | FIT | ✓ | ✓ | ✓ | | 1 |
| | Cycling—Recreational | AL | ✓ | ✓ | ✓ | | 2 |
| | Cycling—Trips | AP | ✓ | ✓ | ✓ | | 3 |
| | Dance—Ballet | RG | ✓ | ✓ | ✓ | ✓ | 2 |
| | Dancing—Ballroom | RG | ✓ | | ✓ | | 2 |
| | Dancing—Folk | RG | ✓ | | ✓ | | 2 |
| | Dancing—Hip Hop | RG | ✓ | | ✓ | | 2 |
| | Dancing—Hoop | RG | ✓ | | ✓ | | 2 |
| | Dancing—Line | RG | ✓ | | ✓ | | 2 |
| | Dancing—Square | RG | ✓ | | ✓ | | 2 |
| | Dancing—Tap | RG | ✓ | | ✓ | | 2 |
| | Diving—Springboard, Platform | RG | | | | ✓ | 4 |
| | Dodging Games (For safety, see Low-Organized Games) | FIT | ✓ | ✓ | ✓ | | 1–4 |

Continued

Physical Activity Inventory (Continued)

| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
|----------|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Fencing | CO | ✓ | | ✓ | ✓ | 4 |
| | Field Hockey | IT | ✓ | ✓ | ✓ | ✓ | 3 |
| | Fitness Training (Exercise Machines) | FIT | ✓ | ✓ | ✓ | | 3 |
| | Fitness Training (Small Equipment) (e.g., Stretch Bands, Physio Balls, Jump Ropes, Agility Ladders, Medicine Balls) | FIT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Football—Flag | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Football—Tackle | IT | | ✓ | ✓ | ✓ | 4 |
| | Frisbee (For safety, see Low-Organized Games) | AL | | | ✓ | | 1 |
| | Geocaching | AP | ✓ | ✓ | ✓ | | 4 |
| | Goal Ball | IT | | | ✓ | ✓ | 4 |
| | Golf | TG | | ✓ | ✓ | ✓ | 2 |
| | Gymnastics—General, Tumbling, Artistic | RG | | ✓ | ✓ | ✓ | 4 |
| | Hacky Sack (For safety, see Low-Organized Games) | AL | | | ✓ | ✓ | 1 |
| | Handball—1-Wall, 4-Wall | NW | ✓ | ✓ | ✓ | ✓ | 1 |
| | Hiking | AP | ✓ | | ✓ | | 2 |
| | Hockey—Ice | IT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Hockey—Roller/Inline | IT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Hockey-Type Games—Ball, Floor, Road, Floorball, Gym Ringette, Shinny | IT | ✓ | ✓ | ✓ | ✓ | 3 |
| | Horseback Riding—Western, English Saddle | AP | | ✓ | ✓ | | 4 |
| | House and Yard Work | AL | | ✓ | ✓ | ✓ | 1 |

Continued

| Physical Activity Inventory (<i>Continued</i>) | | | | | | | |
|--|---|------------------|---|-------------------|--------------------|-------------|------|
| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Jogging | FIT | ✓ | ✓ | ✓ | | 1 |
| | Judo | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Jump Rope (For safety, see Fitness Training) | FIT | ✓ | | ✓ | | 1 |
| | Karate | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Kickball (Soccer-Baseball) | AL | | | ✓ | | 1 |
| | Kickboxing | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Lacrosse—Box, Field | IT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Lacrosse—Soft | IT | ✓ | ✓ | ✓ | ✓ | 3 |
| | Lawn Bowling | TG | | | ✓ | ✓ | 1 |
| | Lawn Mowing | AL | ✓ | ✓ | ✓ | | 3 |
| | Low-Organized Games | AL | Effect on health-related fitness will vary from one game/activity to another. | | | | 1–4 |
| | Martial Arts | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Orienteering | AP | ✓ | | ✓ | | 2 |
| | Paddleball | NW | ✓ | | ✓ | | 2 |
| | Pilates (For safety, see Fitness Training) | FIT | | ✓ | ✓ | ✓ | 2 |
| | Qigong | FIT | | ✓ | ✓ | | 2 |
| | Racquetball | NW | ✓ | ✓ | ✓ | ✓ | 2 |
| | Rhythmic Gymnastics | RG | ✓ | | ✓ | ✓ | 2 |
| | Ringette | IT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Rock Climbing (For safety, see Climbing) | AP | | ✓ | ✓ | ✓ | 4 |
| | Rowing—Ergometer (For safety, see Fitness Training [Exercise Machines]) | FIT | ✓ | ✓ | ✓ | | 3 |

Continued

Physical Activity Inventory (Continued)

| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
|----------|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Rowing—Sport (For safety, see Canoeing/Kayaking/Rowing) | AP | ✓ | ✓ | ✓ | | 4 |
| | Rugby—Flag | IT | ✓ | | ✓ | ✓ | 3 |
| | Rugby—Tackle | IT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Sailing/Yachting | AP | | ✓ | ✓ | | 4 |
| | Scuba Diving | AP | | | ✓ | | 4 |
| | Sepak Takraw | NW | ✓ | ✓ | ✓ | ✓ | 2 |
| | Skateboarding | AL | ✓ | | ✓ | | 2 |
| | Skating—Figure | RG | ✓ | | ✓ | ✓ | 2 |
| | Skating—Ice | AL | ✓ | ✓ | ✓ | | 2 |
| | Skating—Inline/Roller (Indoor, Outdoor) | AL | ✓ | ✓ | ✓ | | 2 |
| | Skiing—Alpine | AP | ✓ | ✓ | ✓ | | 4 |
| | Skiing—Cross-Country | AP | ✓ | | ✓ | | 2 |
| | Skiing—Water | AP | | ✓ | ✓ | | 4 |
| | Snorkelling | AP | | | ✓ | | 4 |
| | Snowboarding | AP | ✓ | ✓ | ✓ | | 3 |
| | Snowshoeing | AP | ✓ | | ✓ | | 2 |
| | Soccer | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Softball—Slo Pitch, Modified, Fast Pitch | SF | | ✓ | ✓ | ✓ | 2 |
| | Speed Skating | AP | ✓ | ✓ | ✓ | ✓ | 3 |
| | Spinning (For safety, see Cycling—Indoor/Stationary) | FIT | ✓ | ✓ | ✓ | | 1 |
| | Squash | NW | ✓ | ✓ | ✓ | ✓ | 2 |
| | Stretch Banding (For safety, see Fitness Training) | FIT | | ✓ | ✓ | ✓ | 1 |

Continued

Physical Activity Inventory (Continued)

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|----------|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Stretching (For safety, see Fitness Training [Small Equipment]) | FIT | | | | ✓ | 1 |
| | Swimming—Open Water | FIT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Swimming—Pool | FIT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Table Tennis | NW | ✓ | | ✓ | | 2 |
| | Tae Bo | FIT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Tae Kwon Do | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Tai Chi | FIT | | | ✓ | ✓ | 1 |
| | Tchoukball | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Team Handball | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Tennis | NW | ✓ | ✓ | ✓ | ✓ | 2 |
| | Tobogganing, Sledding, Tubing | AP | ✓ | | ✓ | | 3 |
| | Triathlon | FIT | ✓ | ✓ | ✓ | ✓ | 4 |
| | Tumbling (For safety, see Gymnastics) | RG | | ✓ | ✓ | ✓ | 4 |
| | Ultimate | IT | ✓ | ✓ | ✓ | ✓ | 2 |
| | Volleyball | NW | | ✓ | ✓ | ✓ | 2 |
| | Walking | AL | ✓ | | ✓ | | 1 |
| | Water Polo | IT | ✓ | | ✓ | | 4 |
| | Weightlifting | FIT | | ✓ | ✓ | ✓ | 3 |
| | Weight (Strength/Resistance) Training | FIT | ✓ | ✓ | ✓ | ✓ | 3 |
| | Windsurfing/Sailboarding | AP | | ✓ | ✓ | | 4 |
| | Wrestling—Freestyle, Greco-Roman | CO | ✓ | ✓ | ✓ | ✓ | 4 |
| | Yoga | FIT | | ✓ | ✓ | ✓ | 2 |