



OUT-OF-CLASS SAFETY HANDBOOK

Appendix C

Physical Activity Inventory

The following activity inventory has been designed so that it may be customized for individual schools and divisions. To facilitate its adaptation, a version in Microsoft Excel format is available on the accompanying CD and on the Department website at www.edu.gov.mb.ca/k12/cur/physhlth/index.html.

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 in Appendix E for each of the activities listed unless otherwise indicated. 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

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 concerns 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. |

Continued

| 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 (Continued) | | | | | | | |
|---|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| 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—Indoor/Stationary | FIT | ✓ | ✓ | ✓ | | 1 |
| | Cycling—Recreational | AL | ✓ | ✓ | ✓ | | 2 |
| | Cycling—Sport (BMX, Cyclocross, Mountain Bike, Road Racing, Track Racing) | AP | ✓ | ✓ | ✓ | | 3 |
| | 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 (e.g., treadmills, ergometers, elliptical trainers) | 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 |

Continued

Physical Activity Inventory (Continued)

| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
|----------|---|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | House and Yard Work | AL | | ✓ | ✓ | ✓ | 1 |
| | 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 | ✓ | ✓ | ✓ | ✓ | 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 – Sport (For safety, see Canoeing/Kayaking/Rowing) | AP | ✓ | ✓ | ✓ | | 3 |

* With Low-Organized Games, the Health-Related Fitness Components and the Risk Factor Rating will vary from one game/activity to another.

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—Ergometer (For safety, see Fitness Training [Exercise Machines]) | FIT | ✓ | ✓ | ✓ | | 3 |
| | 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 |

Continued

Physical Activity Inventory (Continued)

| Interest | All Activities | Type of Activity | Health-Related Fitness Components | | | | Risk |
|----------|--|------------------|-----------------------------------|-------------------|--------------------|-------------|------|
| | | | Cardio-respiratory Endurance | Muscular Strength | Muscular Endurance | Flexibility | |
| | Stretch Banding (For safety, see Fitness Training – Small Equipment) | FIT | | ✓ | ✓ | ✓ | 1 |
| | Stretching (For safety, see Fitness Training) | 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 |