

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.

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

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