

ACTIVITY CATEGORIES

The following table lists examples of specific activities within each of the three broad activity categories. This table is neither prescriptive nor exhaustive—it is provided to assist educators in planning a balanced physical education program that includes a variety of activities from all three categories. In addition, many activities relate to more than one activity category.

Activity Category	Examples of Specific Activities
Individual and Dual Activities	<div data-bbox="367 531 852 1562"> <p>Fitness Activities</p> <ul style="list-style-type: none"> • aerobics • aqua aerobics • cardio training (e.g., tread mills, rowing machine, stationary bike) • circuit training • core strength/stability training (e.g., stability balls, balance boards, core pole, resistance bands) • cycling • lap swimming • pilates • strength training (e.g., free weights, weight machine) • survival and lifesaving • walking, power walking, jogging <p>Target</p> <ul style="list-style-type: none"> • archery • golf • disc golf <p>Manipulatives</p> <ul style="list-style-type: none"> • juggling • rope jumping • footbag • hula hoop • yo-yo • rope climbing, rope hanging <p>Athletics (Track and Field)</p> <ul style="list-style-type: none"> • runs (sprints, middle distance, long distance; track, cross-country) • jumps (e.g., high jump, long jump, triple jump) • throws (e.g., discus, shot put, javelin) </div> <div data-bbox="906 531 1422 1444"> <p>Combatives</p> <ul style="list-style-type: none"> • martial arts (e.g., tai chi, tae kwon do, karate, judo) • self-defence • boxing • wrestling <p>Land-Based Activities</p> <ul style="list-style-type: none"> • hiking • rock climbing • orienteering • horseback riding • mountain biking • skateboarding, inline skating <p>Snow- and Ice-Based Activities</p> <ul style="list-style-type: none"> • speed skating (short track, long track) • snow-shoeing • cross-country skiing • downhill skiing, snowboarding • sledding <p>Water-Based Activities</p> <ul style="list-style-type: none"> • diving • paddling (e.g., canoe paddling/pulling, rowing, dragon boating, kayaking) • sailing • sailboarding • snorkelling • surfing (board, body) • swimming stroke development • water-skiing </div>

Activity Category	Examples of Specific Activities	
Games Activities	<p>Formative and Innovative Games</p> <ul style="list-style-type: none"> • locomotor movement skill games (e.g., tag games, races, skipping games, relays) • manipulative movement skill games (e.g., throwing games, kicking games) • creative games, student-invented games • co-operative challenges • cultural games (e.g., shinny/shinty, pétanque, oba, korebe, snow snake) <p>Net/Wall Games</p> <ul style="list-style-type: none"> • tennis • badminton • table tennis • court handball • racquetball • squash • pickleball • paddleball 	<p>Court and Field Games</p> <ul style="list-style-type: none"> • hockey (ice, field, floor) • soccer • basketball • softball, baseball • cricket • touch/flag football, rugby • broomball • volleyball • kickball • team handball • lacrosse (field, box) • ringette (ice, floor) • netball • rounders • ultimate • water polo <p>Target Games</p> <ul style="list-style-type: none"> • bocce • bowling (lawn, lane); skittles • curling
Rhythmic Movement Activities (including dance and gymnastic activities)	<p>Rhythmic and Creative Dance</p> <ul style="list-style-type: none"> • aerobic dance • interpretive dance • dance drama • thematic dance <p>Genre and Cultural Dance</p> <ul style="list-style-type: none"> • social dance (e.g., line, jive, swing, hip-hop, novelty dances) • folk, square • traditional Aboriginal (e.g., paddle dance, chicken dance, Métis jig) • culture-specific (e.g., gumboot, Chinese ribbon dance, highland, kathakali) • ballroom (e.g., waltz, foxtrot, tango, rhumba) • theatrical (e.g., modern, jazz, ballet, tap) 	<p>Gymnastics</p> <ul style="list-style-type: none"> • floor routines • acrobatic (e.g., tumbling, mini-trampoline) • rhythmic gymnastics apparatus (e.g., hoop, ball, ribbon, scarves, lummi sticks) • artistic gymnastics apparatus (e.g., parallel bars, uneven bars, vault box, rings, balance beam and benches) <p>Ice and Water</p> <ul style="list-style-type: none"> • figure skating • synchronized skating • synchronized swimming