

Activity List

Students can achieve the intent of the four general outcomes through a variety of movement experiences.

The following are not prescribed or mandatory activities but include some suggestions that may be taught to address the student learning outcomes. Decisions about activities to be offered will be based on many considerations; e.g., safety, (and jurisdictional policy), student needs, facility, and equipment resources, teacher expertise and time allocation for the program.

The following activities are listed in the Guide to Implementation for Physical Education K-12. Most activities affect more than one component of fitness. For the purpose of this list, we have organized the activities by the primary component of fitness affected by that activity. You may choose to stress a different component of fitness related to each activity.

Endurance Activities (E) 4-7 times per week	Strength Activities (S) 2-4 times per week	Flexibility Activities (F) 4-7 times per week
Water games	Water survival techniques	Tai Chi
Hiking	Canoeing	Juggling
Backpacking	Rowing	Bocci
Camping	Horseback riding	Bowling
Orienteering	Balancing movements	Golf
Snowshoeing	Landing movements	Croquet
Skiing	Curling	
Skating (ice, inline)		
Walking	Floor Gymnastics	Rhythmic Gymnastics
Cycling	Travels	Hoop
Tobogganing	Suspensions	Ball
Singing and clapping games	Flight	Ribbon
Aerobic dance	Sequences	Scarf
Interpretive dance	Tumbling	Rope
Modern dance	Balances/pyramids	Lummi sticks
Folk dance		Gymnic ball
Square dance	Tug-of-war	Sequences
Creative Folk dance	Softball	
Line dancing	Volleyball	Floor Gymnastics
Jive dancing	Paddle type	Shapes
Partner dancing	Badminton	Rotations
Percussive dancing		
Metis jigging		Tetherball
First Nation round dance		Horseback riding
		Tininkiling

<p>Metis Reel Cooperative games Challenge games Skipping games Ball activities Beanbag activities Hoop activities Scooter Tag Snow games Frisbee games Soccer Basketball Football Hockey Ringette Team handball Broomball Pickleball Table tennis Wall handball Netball Running Skipping</p>		<p>Stretching activities as part of a warmup or cool down.</p>
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