

ELIGIBLE PHYSICAL ACTIVITY INVENTORY

River East Transcona School Division Eligible 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, 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 can be found in the Out-of-Class Safety Handbook for each of the activities listed. These safety checklists contain information about managing risk under the following risk factors: level of instruction, level of supervision, facilities, environment, equipment, clothing/footwear and, personal and other considerations.

The following codes are provided for information/clarification.	
Types	
AL- Active Living	
AP- Alternative Pursuits	
CO- Combative Activities	
FIT- Fitness Activities	
IT- Invasion Territory games	
NW- Net/Wall games	
RG- Rhythmic Gymnastic-type activities	
SF- Striking/Fielding-Type sports/games	
TG- Target-type sports/games	

CODE FOR RISK FACTOR RATING (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 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.

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

All Activities	Type	Cardio	M. Str.	M. End.	Flex.	Risk (RFR)
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	AP	✓	✓	✓		4
Catch	AL			✓	✓	1
Cheerleading	RG	✓	✓	✓	✓	4
Circuit Training	FIT	✓	✓	✓	✓	2
Climbing - Wall, Rock, Bouldering, Ice Tower	AP		✓	✓	✓	4
Cricket	SF		✓	✓	✓	2
Croquet	TG			✓		1
Cross Country Running	FIT	✓		✓	✓	2
Curling	TG			✓	✓	2
Cycling - MX, 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	FIT	✓	✓	✓		4
Fencing	CO	✓		✓	✓	4
Field Hockey	IT	✓	✓	✓	✓	3

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Fitness Training (e.g., stretching, stretch banding, physio balls, jump rope, Pilates, agility ladders, medicine ball)	FIT	✓	✓	✓	✓	2
Football - Flag	IT	✓	✓	✓	✓	2
Football - Tackle	IT		✓	✓	✓	4
Frisbee	AL			✓		1
Geocaching	AP	✓	✓	✓		4
Goal ball	IT			✓	✓	4
Golf	TG		✓	✓	✓	2
Gymnastics - General, Tumbling, Artistic & Rhythmic	RG		✓	✓	✓	4
Hackey Sack	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
House and Yard Work	AL		✓	✓	✓	1
Horseback Riding - Western & English Saddle	AP		✓	✓		4
Jogging	FIT	✓	✓	✓		1
Judo	CO	✓	✓	✓	✓	4
Jump Rope	FIT	✓		✓		1
Karate	CO	✓	✓	✓	✓	4
Kickball (Soccer Baseball)	AL			✓		1
Kickboxing	CO	✓	✓	✓	✓	4
Lacrosse - Box, Field	IT	✓	✓	✓	✓	4
Lacrosse - Soft	IT	✓	✓	✓	✓	3
Lawnbowling	TG			✓	✓	1
Lawnmowing	AL	✓	✓	✓		3
Martial Arts	CO	✓	✓	✓	✓	4
Orienteering	AP	✓		✓		2
Paddleball	NW	✓		✓		2
Pilates	FIT		✓	✓	✓	2
Qigong	FIT		✓	✓		2
Racquetball	NW	✓	✓	✓	✓	2
Rhythmic Gymnastics	RG	✓		✓	✓	2
Ringette	IT	✓	✓	✓	✓	4
Rock Climbing	AP		✓	✓	✓	4
Rowing - ergometer	FIT	✓		✓		2
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 or outdoor)	AL	✓	✓	✓		2
Skiing - Alpine	AP	✓	✓	✓		3
Skiing - Cross-country	AP	✓		✓		2
Skiing - Water	AP		✓	✓		4

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All Activities	Type	Cardio	M. Str.	M. End.	Flex.	Risk (RFR)
Snorkeling	AP			✓		4
Snowboarding	AP	✓	✓	✓		3
Snowshoeing	AP	✓		✓		2
Soccer	IT	✓	✓	✓	✓	2
Softball - Slo-pitch, Modified, Fast Pitch	SF		✓	✓	✓	2
Speedskating	AP	✓	✓	✓	✓	3
Spinning	FIT	✓	✓	✓		1
Squash	NW	✓	✓	✓	✓	2
Stretch Banding	FIT		✓	✓	✓	1
Stretching	FIT				✓	1
Swimming - Open Water	FIT	✓	✓	✓	✓	4
Swimming - Pool	FIT	✓	✓	✓	✓	4
Table Tennis	NW	✓		✓		2
Tae Bo	FIT	✓	✓	✓	✓	2
Taekwondo	CO	✓	✓	✓	✓	4
Tai Chi	FIT			✓	✓	1
Tchoukball	IT	✓	✓	✓	✓	2
Team Handball	IT	✓	✓	✓	✓	2
Tennis	NW	✓	✓	✓	✓	2
Tobogganing, Sledding, Tubing	AP	✓		✓		2
Triathlon	FIT	✓	✓	✓	✓	4
Tumbling	RG		✓	✓	✓	4
Ultimate	IT	✓	✓	✓	✓	2
Volleyball	NW		✓	✓	✓	1
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

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