

Samples of appropriate activities for grade levels

Grades K - 3

- Follow the leader games
- Zuni and Tewa kick bag
- Play based games
- Movement concepts
- Monkey dance / Siturtaq
- Chalk obstacle courses
- Animal yoga
- Body rock paper scissors
- Jungle runs
- Frogs and fish
- Dance
- Outdoor treasure hunts
- Outdoor survival skills

Grades 4 - 6

- Dance
- Yoga
- Ball mastery
- Meditation
- Taekwondo
- Skiing
- Hoop and arrow games
- Snowshoeing
- Track and field (running and long jump)
- Skipping
- Tai Chi
- Cycling safety and rodeos
- Frisbee golf
- Hiking
- Knot ties

Grades 7 - 12

- Physical theater
- Orienteering
- Geocaching
- Survival skills
- Leadership development
- Fitness from a wellness perspective
- Community support/ kindness
- Outdoor education
- Cycling & mountain biking
- Ball mastery
- Juggling
- Track & field
- Singles racket games

- As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all.
- Stay tuned this fall for PHE Canada's open access site like the [PHE Home Learning Centre](#) to focus on PE activities and inclusion considerations that take into consideration the instructional strategies included above.