

SUMMARY TABLES

The following summary tables contain suggestions for activities that take into account the aims and competencies of the Preschool Education program and the Physical Education and Health programs in elementary and secondary school.¹ Several other activities not mentioned in these tables could also be interesting. Tools, guides and programs mentioned in the Resources column can also help in finding original ideas for activities that students may enjoy.

TABLE 1 CHOICE OF ACTIVITIES FOR PRESCHOOL

Aims of the Preschool Education Program	Suggested Activities	Resources
The aim of the Preschool Education program is to foster the development of six competencies, the first one being to perform sensory and motor actions effectively in different contexts, particularly by experimenting with global and fine motor movements.	Global motor movements: <ul style="list-style-type: none"> • running • throwing • crawling • jumping • sliding • climbing 	<p><i>Moving and Growing</i>: Physical activity series for two-, three- and four-year-olds, and for five- and six-year-olds – Canadian Child Care Federation.</p> <p>www.cccf-fcsge.ca/publications/publications_en.html</p>
	Fine motor movements: <ul style="list-style-type: none"> • cutting • tracing • gluing • folding • shaping • tearing 	<p><i>Répertoire des activités extérieures dans les centres de la petite enfance et les garderies</i> [Directory of outdoor activities in early childhood and daycare centres]: Series of activity sheets to encourage children to play outside.</p> <p>www.mfa.gouv.qc.ca/thematiques/famille/services-garde/type/index.asp Click on Services en ligne / répertoire des activités extérieures. (Available in French only.)</p>
	Physical and sensory play: <ul style="list-style-type: none"> • skipping rope • playing with a ball • other 	

1. Québec, Ministère de l'Éducation, *Québec Education Program, Preschool Education, Elementary Education* (Québec: Gouvernement du Québec, 2001) and Québec, Ministère de l'Éducation, du Loisir et du Sport, *Québec Education Program, Secondary School Education, Cycle One* (Québec: Gouvernement du Québec, 2004).