

TABLE 2 CHOICE OF ACTIVITIES FOR ELEMENTARY AND SECONDARY SCHOOL

Educational Level	Aims at Each Developmental Stage	Suggested Activities – Competency Performs	Suggested Activities – Competency Interacts	Resources
Elementary Cycle One	<p>Introduction to basic motor activities and settings (e.g. water, snow, ice)</p> <ul style="list-style-type: none"> • agility • coordination • balance • speed 	<p>Although the activities suggested here are suitable for all three cycles of elementary school, they must be adapted to the students' developmental stage and to the degree of difficulty to be achieved.</p>		<p><i>Moving and Growing</i>: Physical activity series for five- and six-year-olds, and seven- and eight-year-olds – Canadian Child Care Federation. www.cccf-fcsge.ca/publications/publications_en.html</p> <p><i>Teacher's Guide to Physical Activity for Children (6-9 years of age) and for Youth (10-14 years of age)</i> – Public Health Agency of Canada. www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html</p> <p><i>Great Ideas: Games and Activities for Youth</i>, by Youth: Resource tool for people who work with elementary school children – Canadian Association for Health, Physical Education, Recreation and Dance. www.excelway.ca/secure/eng/details.cfm?ID=101</p> <p><i>130 bonnes idées à partager</i> – Directory of ideas submitted by physical education teachers for elementary-, secondary school- and college-level students. Available in French only at: www.kino-quebec.qc.ca/scolaire.asp</p> <p><i>Sport étudiant</i> network: ISO-Actif program, MEPSÉ, Gym en forme, Acti-midi, Passeport santé. Available in French only at: www.sportetudiant.qc.ca</p> <p><i>Dynamo</i> : programme de prévention de l'abandon de la pratique de l'activité physique à l'adolescence. This program encourages reflection and suggests guidelines for action to prevent adolescents from becoming physically inactive. It contains suggestions for activities that correspond to the characteristics of youth 9-15 years of age – Kino-Québec. Available in French only at: www.kino-quebec.qc.ca/scolaire.asp</p>
Elementary Cycle Two		<p>Cyclical activities: cycling, walking, running, swimming, skating, snowshoeing</p> <p>Single-action activities: jumping, throwing</p> <p>Skill activities: juggling</p> <p>Technical/artistic activities: gymnastics</p> <p>Rhythmic and expressive activities: dance, mime</p>	<p>Group activities: mini-basketball, mini-volleyball, kinball, parachute, tchoukball, flag football, soccer, winterball, ring game</p> <p>Combat activities: judo, martial arts</p> <p>Duelling activities: steal the bacon, tug-of-war</p> <p>Cooperative activities: games, pyramid building</p>	
Elementary Cycle Three	<p>Basics essential to practising a sport, initiation to at least three sports or physical activities</p>		<p>Starting in Elementary Cycle Three, interscholastic sports may be considered.</p>	
Secondary Cycle One and Cycle Two	<p>Development of general physical condition</p> <p>Development of a repertoire of more sophisticated sports skills (at least two sports)</p>	<p>Free-time activities and activities to get in shape are very popular among teenagers. Set up a room for weight training or dance (e.g. hip-hop, aerobics, street dance).</p> <p>Think outside the box and try new trends: hebertism (treetop workouts), mountain climbing, cyclotourism, grass or beach volleyball, foot-bagging (hackesack) club, etc.</p> <p>For recreational and intramural activities: get students involved in selecting activities.</p> <p>For interscholastic activities: encourage students to take up a different sport or physical activity, other than the one usually practised.</p>		<p><i>Opération Ados: pour donner aux « ados » le goût de bouger</i> [Suggestions on how to get teens moving] – Kino-Québec. Available in French only at: www.kino-quebec.qc.ca/scolaire.asp</p> <p><i>Sport étudiant</i> network: ISO-Actif program, MEPSÉ, Gym en forme, Acti-midi, Passeport santé. Available in French only at: www.sportetudiant.qc.ca</p> <p><i>130 bonnes idées à partager</i> - Directory of ideas submitted by physical education teachers for elementary-, secondary school- and college-level students. Available in French only at: www.kino-quebec.qc.ca/scolaire.asp</p>