

Kelowna Christian Open School Learning Plan

Suggested Activities for Physical Education

Water and Land

- Aquatics: recreational swimming, stroke development, snorkeling, water games, diving, synchronized swimming etc.
- Land: hiking, backpacking, rock climbing, camping, orienteering, snow-shoeing, skiing, snowboarding, skating, horseback riding, skateboarding, bicycling, wheelchair activities
- Water: canoeing, water-skiing, rowing, kayaking, sailing, sail-boarding etc.

Dance

- Rhythmics: singing and clapping games, aerobic dance etc.
- Creative: interpretive, modern
- Traditional: ballet
- Multicultural: folk and square, First Nations, African, etc.
- Contemporary: line, jive, partner
- Jazz: traditional, hip-hop, etc.
- Ballroom: waltz, foxtrot, tango, latin-style, etc.

Games

- Formative: backyard, park and playground, chasing, throwing, kicking, etc.
- Bat & Ball: softball, baseball, etc.
- Territorial: soccer, basketball, touch football, hockey (field, floor, ice), team handball, lacrosse, rugby, etc.
- Net & Wall: volleyball, tennis, badminton, table tennis, handball, ping-pong, etc.
- Multicultural: Inuit, First Nations, African, etc.

Gymnastics

- Rhythmic: hoops, balls, ribbons, scarves, ropes, etc.
- Acrobatic: tumbling, pyramids
- Artistic: floor exercises, uneven bars, parallel bars, high bar, vault bar, pommel horse, rings, balance beam

Movement Activities

- Track & Field: running, jumping, throwing, hurdles
- Combative: martial arts, self-defense, wrestling, fencing
- Individual Manipulative: juggling, skipping, hacky sack, etc.
- Training Programs: exercise, aerobics, rope jumping, walking, running, jogging, lap swimming, cycling, use of exercise equipment, weight training, physical therapy, yoga, etc.
- Target: squash, archery, bowling, curling, golf, racquetball, etc.

Active Chores & Jobs

- Delivering papers on foot or bike, lawn mowing, yard work, chopping wood, farm work, gardening, snow shoveling, washing windows, etc.

