



Categories of Activities – activities below are just examples of activities under each category. If possible, incorporate a variety of categories of activities into your Play Days events.

Leisure	Playground	Outdoor/Indoor
<ul style="list-style-type: none"> • Bird watching • Mini put • Walking • Golf • Horseshoes • Cricket • 5-pin bowling • Flying a kite • Lawn bowling • Table tennis • Dancing • Rollerblading • Folk/cultural dancing • Circus Arts • Bean bag toss • Drumming • Shuffleboard • Hide and Seek • Trampolining 	<ul style="list-style-type: none"> • 4-square • Ladder toss • Hopscotch • Hula hooping • Broomball • Monkey bars • Ultimate Frisbee • Swinging • Obstacle course racing • Hacky sack • Tug of war • Tag • Kickball • Kin ball • Jump rope • Potato sack racing • Scavenger hunt • Capture the flag 	<ul style="list-style-type: none"> • Hiking • Fruit picking • Tree planting • Cycling • Geocaching • Athletics • Shoreline/Community Clean up (64/150) • Orienteering • Disc golf • Fishing • Beach Volleyball • Pickleball • Badminton • Axe throwing • Gymnastics • Squash Floorball • White water rafting • Skateboarding • Rock Climbing



PLAY DAYS

Water Activities	Sport	Inclusive
<ul style="list-style-type: none"> • Canoeing • Swimming • Water polo • Aquafit • Dragon boating • Rowing • Surfing • Paddle boarding • Kayaking • Synchronized Swimming 	<ul style="list-style-type: none"> • Curling • Baseball • Basketball • Soccer • Volleyball • Softball • Tennis • Lacrosse • Archery • Karate • Taekwondo • Cross country skiing • Hockey • Ringette 	<ul style="list-style-type: none"> • Wheelchair basketball • Bocce • Boccia • Goalball • Sledge hockey • Handball • Sitting volleyball
Winter	Gym	Indigenous
<ul style="list-style-type: none"> • Skating • Snowball fight • Snowboarding • Tobogganing • Snowshoeing • Building a snowman 	<ul style="list-style-type: none"> • Pilates • Yoga • Fitness Activities • Tia Chi 	<ul style="list-style-type: none"> • Knuckle hop • Stick pull • Dog sledding • One-foot high kick • Snowsnake • Highland-Games • Doubleball