



POLICY NUMBER:	APP.B.2.GSA.E.19	APPROVAL DATE:	LAST REVISED:
		February 4, 2002	February 4, 2002

SECONDARY CURRICULAR GUIDELINES

Rec.* = Recommended – Refer to the specific and generic guidelines in the binder – Physical Education: Ontario Safety Guidelines
Not Rec.* = Not Recommended – Not advisable for students at the elementary level. Written permission from the Director of Education required.
Not App.* = Not Appropriate – Not to be done at the elementary level.

Activity	Rec*	Not Rec.*	Not App.*
Aquatics/ Synchronized Swimming	*		
Archery	Grade 10-12	Grade 9	
Backpacking (a) Day Trips (b) Night Trips	*		
Board Sailing	*		
Bowling	*		
Broomball (non-ice and ice)	*		
Camping	*		
Camping – Winter			
Canoeing (i) Pools (ii) Base Camp	*		
Canoeing – White Water			*
Canoe Tripping	*		
Cross Country - running and orienteering	*		
Cross Country - Skiing, Snowshoeing, Snow Skating	*		
Curling	*		
Cycling	*		
Diving - Springboard or Tower			
Golf	*		
Horse Back Riding	*		

Activity	Rec*	Not Rec.*	Not App.*
In-Line Skating	*		
Kayaking – Flat Water	*		
Kayaking – White Water			*
Lake Swimming	*		
Lawn Bowling	*		
Martial Arts	*		
Ringette (ice)	*		
Rock Climbing and Fixed Face Climbs	*		
Ropes Courses/Rappel Towers	*		
Sailing	*		
Scuba Diving	*		
Skiing (Alpine)/ Snowboarding	*		
Snorkeling	*		
Snow Tubing (facility tubes only, no personal tubes)	*		
Tobogganing	*		
Triathlon (Swimming, Cycling, Running)	*		
Wall Climbing	*		
Water Polo	*		

Ice Hockey	Grade 11, 12	Grade 9, 10				
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Secondary Intramural Activities

Activity	Example
Sport Imitation	Court and Field Games
Low Organization Activities/Special Events	Play Days, Moga Madness, Winter Carnival
Clubs	
School-Made Equipment	Land Skis, Bean Bags, Bleach Scoops, Climbing Wall, Rhythm Sticks (equipment can be made at school by Board employees, adult volunteers and by students who are under direct supervision)
Building With Bodies	Pyramid Building, Human Fence
Transporting People/Things	Human Amoeba, Chariot, Chuck Wagon, Bed and/or Stretcher Races, Cookie Machine, Climbing Wall
Targets – Human	Dodgeball and Variations, Human Bowling, Heart Attack Tag Games
Targets – Other Target Games/Activities	Throwing for Accuracy, Frisbee Golf
Food/Water Activities	Jello/Pie Eating, Spray Activities, Water Balloons, Sponge Toss, Dunk Tanks
Relay And Chasing Games	Capture the Flag, Crows and Cranes, Tag, Mr Wolf, Rock Paper Scissors

Secondary Interschool Activities

Activity	Lower Risk Sports	Higher Risk Sports	Grade/Level Recommended
Archery		*	Open
Bowling	*		Open
Broomball (ice)		*	Open
Cross Country (running/orienteering)	*		Open
Cross Country (skiing/snowboarding)	*		Open
Curling	*		Open
Cycling/ Mountain Biking		*	Open
Diving		*	Open
Golf	*		Open
Ice Hockey		*	Open
Lawn Bowling	*		Open
Rowing	*		Open
Skiing (Alpine) Snowboarding		*	Open
Swimming/ Synchronized Swimming		*	Open
Triathlon		*	Open
Volleyball (beach)	*		Open
Water Polo		*	Open

