

PARTICIPACTION
150
PLAY LIST

Here is the ParticipACTION 150 Play List. With input from expert stakeholders, it was created from almost half a million votes cast by Canadians. Each activity on the list includes adaptations and variations, ensuring that anyone can participate regardless of age, ability or level of experience. Many of the activities are also symbolically numbered—can you pick them out? No explanation is required for #99 (hockey) but how about #126 (basketball) representing how many years ago the sport was invented in Canada?

- 1. Canoeing
- 2. Cycling
- 3. Knuckle Hop
- 4. Swimming
- 5. Curling
- 6. Wheelchair Basketball
- 7. Water Polo
- 8. Skating
- 9. Pilates
- 10. Archery
- 11. Cricket
- 12. Soccer
- 13. Diving
- 14. Golf
- 15. Aquafit
- 16. 5-Pin Bowling
- 17. Camping
- 18. Mini Putt
- 19. Walking
- 20. Karate
- 21. Badminton
- 22. Dragon Boating
- 23. Athletics
- 24. Horseshoes
- 25. Volleyball
- 26. Stick Pull
- 27. Yoga
- 28. Tobogganing
- 29. Snowshoeing
- 30. Quidditch
- 31. Kin-Ball
- 32. Snowball Fight
- 33. Housework
- 34. Horseback Riding
- 35. Jump Rope
- 36. Axe Throwing
- 37. Rock Climbing
- 38. Softball
- 39. Geocaching
- 40. Snow Fort Building
- 41. Building A Sandcastle
- 42. Snorkelling
- 43. Tag
- 44. Pickleball
- 45. Weightlifting
- 46. Washing Your Car
- 47. Dodgeball
- 48. Tree Climbing
- 49. Flying A Kite
- 50. Lawn Bowling
- 51. Gardening
- 52. Table Tennis
- 53. Capture The Flag
- 54. Ringette
- 55. Hopscotch
- 56. Tennis
- 57. Chopping Wood
- 58. Rowing
- 59. Hula Hooping
- 60. Gymnastics
- 61. Dog Sledding
- 62. Water Skiing/Wakeboarding
- 63. Surfing
- 64. Shoreline/Community Cleanup
- 65. Paddleboarding
- 66. Polar Bear Dip
- 67. Squash
- 68. Downhill Skiing
- 69. Building A Snowman
- 70. Rugby
- 71. Orienteering
- 72. Billiards
- 73. Boxing
- 74. Potato Sack Racing
- 75. Skateboarding
- 76. Cross Country Skiing
- 77. Baseball
- 78. Dancing
- 79. Ultimate Frisbee
- 80. Running
- 81. Field Hockey
- 82. Kayaking
- 83. Handball
- 84. Boccia
- 85. Floorball
- 86. Broomball
- 87. Dog Walking/Agility
- 88. Sledge Hockey
- 89. Judo
- 90. One Foot High Kick
- 91. Goalball
- 92. Rollerblading
- 93. Doubleball
- 94. Lacrosse
- 95. Trampolining
- 96. Beach Volleyball
- 97. Cheerleading
- 98. Snowboarding
- 99. Hockey
- 100. Fishing
- 101. Swinging (Swing Set)
- 102. Lawn Mowing
- 103. Obstacle Course Racing (OCR)
- 104. Hacky Sack
- 105. Fencing
- 106. Fruit Picking
- 107. Hide And Seek
- 108. Tai Chi
- 109. Scootering
- 110. Football
- 111. Tree Planting
- 112. Monkey Bars
- 113. Bird Watching
- 114. Fitness Activities
- 115. Snowmobiling
- 116. Highland Games
- 117. Scavenger Hunt
- 118. Ladder Toss
- 119. Wrestling
- 120. Netball
- 121. Tug Of War
- 122. Pillow Fight
- 123. Grounders
- 124. Sailing
- 125. Triathlon
- 126. Basketball
- 127. Disc Golf
- 128. Croquet
- 129. White Water Rafting
- 130. Kickball
- 131. Marco Polo
- 132. Snow Shovelling
- 133. Taekwondo
- 134. Slacklining
- 135. Circus Arts
- 136. Synchronized Swimming
- 137. Shuffleboard
- 138. Folk/Cultural Dances
- 139. Hunting
- 140. Bean Bag Toss
- 141. Sitting Volleyball
- 142. Roller Derby
- 143. Baton Twirling
- 144. Snowsnake
- 145. Raking Leaves
- 146. Side Reach
- 147. Bocce/Pétanque
- 148. Drumming
- 149. 4-Square
- 150. Hiking