

THIS 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?

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