

# BREAK A SWEAT

The Physical Recreation section of The Duke of Ed offers you the opportunity to participate in physical activity in a variety of ways: some people want to train alone; others enjoy non-competitive activities with one or more friends; others love the challenge of team sports and others still are exhilarated by the thrill of competition.

No matter what your physical or mental ability or inclination, as long as you have the determination, this section offers you the opportunity to develop healthy fitness habits that will hopefully carry on long after an Award has been achieved.

## EVERY SECTION NEEDS A DIFFERENT ASSESSOR...

You'll need to identify someone as your assessor for each section. For Physical Rec, it may be your coach, or an employee at the Gym you attend. Make sure to ask them to be your assessor when you start!



## CONTACT THE DUKE OF ED

### WEBSITE

[www.dukeofed.org](http://www.dukeofed.org)

### FACEBOOK / INSTAGRAM

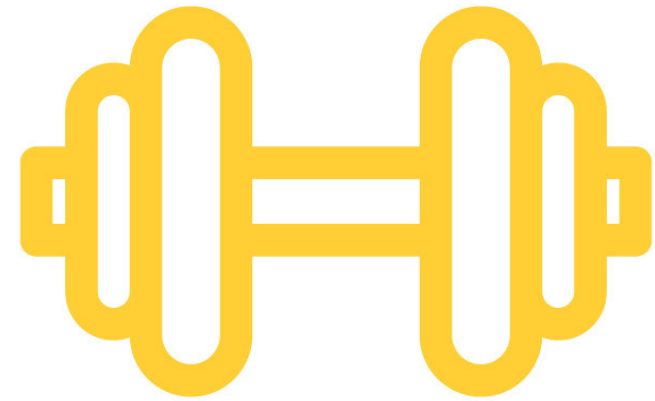
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# DUKE OF ED

## PHYSICAL RECREATION SECTION

# GET MOVING!

## Snow/Winter Activities

- Bobsled
- Curling
- Ice skating
- Luge
- Skeleton
- Ski jumping
- Skiing
- Cross country skiing
- Hockey
- Snow boarding
- Speed skating
- Ringette

## Court & Field

- Badminton
- Baseball
- Basketball
- Cricket
- Football
- Soccer
- Handball
- Lacrosse
- Polo
- Softball
- Squash
- Table tennis
- Tennis
- Volleyball

## Athletics

- Discus
- General athletics
- High jump
- Long jump
- Triple jump
- Javelin
- Jogging
- Running
- Shot put
- Track and field
- Ultimate frisbee

## Outdoor Rec

- Cycling
- Hiking
- Horse riding
- Orienteering
- Skateboarding
- Rock climbing
- Rollerblading
- Walking

## Martial Arts / Self-Defence

- Aikido
- Boxing
- Fencing
- Judo
- Jujitsu
- Karate
- Kendo
- Kickboxing
- Tae Kwon Do
- Wrestling

## Gym / Personal Programs

- Body attack/combat
- Cycling/spin
- Jogging/running
- Personal/weight training
- Pilates
- Skipping
- Step
- Yoga

## Water Sports

- Canoeing
- Diving
- Kayaking
- Rowing
- Sailing
- Scuba Diving
- Snorkelling
- Surfing
- Swimming
- Synchronized swimming
- Water polo

## Dance / Gymnastics

- Aerobics
- Ballet
- Ballroom
- Contemporary
- Funk
- Gymnastics
- Hip Hop
- Jazz
- Tap
- Cultural

## JOIN A CLASS...

City of Winnipeg Leisure Guide

YMCA/YWCA of Winnipeg

Martial Arts Academies

Dance Academies

## JOIN AN AFTER SCHOOL TEAM...

## OR GET MOVING ON YOUR OWN!

**The Duke's Rule of Thumb:  
If you break a sweat,  
it's Physical Rec!**