

How might you offer a balanced physical education experience for your students?

*Please note that context is important & some of the activities listed will not be relevant or even possible in your current teaching environment.

Classification of Games & Sports in PE

Adapted From:

O'Connor, J., Alfrey, L., & Penney, D. (2022). Rethinking the classification of games and sports in physical education: A response to changes in sport and participation, *Physical Education and Sport Pedagogy*. <https://doi.org/10.1080/17408989.2022.2061938>

Almond (1986); Mendez-Gimenez et al., (2012)

Most Complex

TACTICAL COMPLEXITY FOR GAMES IN PE



Least Complex

- Invasion
- Wall
- Striking & Fielding
- Divided Court
- Moving Target
- Opposed Target
- Unopposed Target

Invasion Games

Sub-classification: Goal or line

Examples: Basketball, hockey, rugby, soccer, American football, ultimate, handball.

Comparisons Made: Points/goals scored

Structure of Play: Oppositional



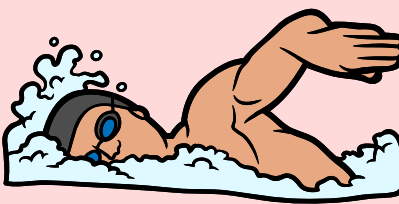
Travel Sports

Sub-classification: Lap or circuit sports; route or journey sports

Examples: Track running, speedskating, cyclocross, lap swimming, pump track activities; open-water swimming, stand-up paddle boarding, paddling, orienteering, trail running, road cycling.

Comparisons Made: Timed; Timed, digital segments

Structure of Play: Side-by-side/parallel (for both lap/circuit & route/journey sports).



Net & Wall Games

Sub-classification: Divided or wall

Examples: Badminton, volleyball, spikeball, 4-square, tchoukball, tennis, squash.

Comparisons Made: Points scored

Structure of Play: Oppositional



Action or Trick Sports

Sub-classification: Rush or action sports; stunts or tricking sports

Examples: Surfing, downhill mountain biking, speed climbing, skateboarding (park), BMX (track); skateboarding (street), parkour, trampolining, gymnastics (freestyle), snowboarding (freestyle).

Comparisons Made: Timed, judged, likes, shares; judged, likes, shares.

Structure of Play: Side-by-side/parallel (for both lap/circuit & route/journey sports).



Striking & Fielding Games

Sub-classification: N/A

Examples: Rounders, cricket, softball, baseball, kickball, Danish longball, t-ball.

Comparisons Made: Runs scored

Structure of Play: Oppositional



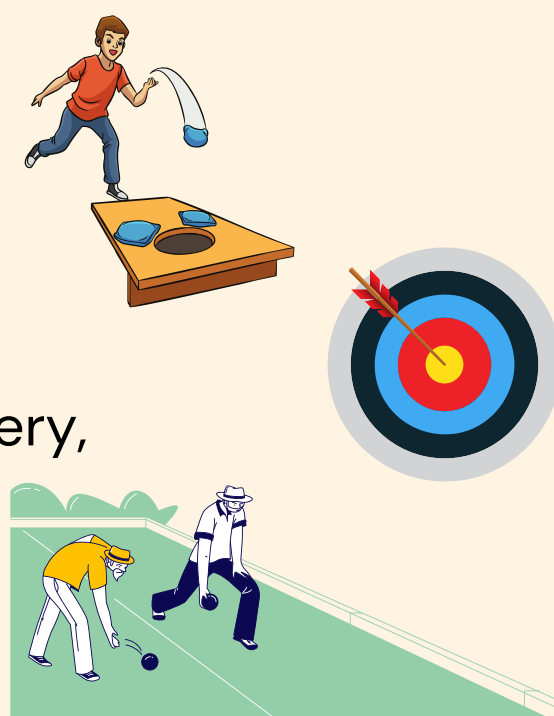
Target Games

Sub-classification: Moving, opposed, and unopposed

Examples: Bocce, bowling, cornhole, archery, golf, snooker, gaga ball.

Comparisons Made: Points scored

Structure of Play: Oppositional, turn-based



Rhythmic or Aesthetic Sports

Sub-classification: N/A

Examples: Rhythmic gymnastics, dance, cheerleading, sport aerobics, synchronized swimming, a TikTok.

Comparisons Made: Judged, likes, shares.

Structure of Play: Parallel, synchronized

