

Plan:

- What sports do you consider to be most Canadian? Why? What do they have in common? How can these other sports inspire the sport you create?
- In what season will your sport be played?
- Will your sport be played indoors or outdoors?
- Is it a team sport or an individual sport?
- What are the rules of your sport? How will you determine a winner?
- What equipment will you need?
- What makes it distinctly Canadian?
- Will you work with a partner, or with your Patrol?

Do:

- Try out your sport! Make changes as needed.
- Teach others your sport and play!

Review:

- What do you know now that you did not know before?
- When you played your sport, how did it go?
- What did others think of the sport you invented?
- After having played, what might you change about your sport?

Safety Note:

What rules and equipment will help to keep those playing your sport safe?

Online Resources:

- For ideas of Canadian sports, check out: [Canada Games](#)
- Canadian sports that have been created in Canada or by Canadians: [The birth of three sports](#)



Canadianpath.ca

Create a Truly Canadian Sport

BRUCE TRAIL
Active & Healthy Living



The Adventure:

When you think of Canada, what sort of sporting activities come to mind? Baseball? Canadian Football? Hockey? Lacrosse? Basketball? Curling? Dogsledding?

Ice hockey is our official winter sport. Lacrosse is our official summer sport. Why not create an equally Canadian sport?

Think about the rules and equipment that might make a sport distinctly Canadian. For example, perhaps you will have a relay race carrying doughnut holes on spoons. If you drop your doughnut hole, you must profusely apologize to your teammates and opponents before starting over. Share your sport with Scouts Canada, and maybe (just maybe) it will one day be part of the Canada Games!



Canada



It starts with Scouts.

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