



EQUIPMENT REPLACEMENT LIST

PE Equipment	Household Item
Activity Balls	Socks, crumpled recycled paper, stuffed animals
Agility Dot Drill Mat	Sidewalk chalk, electrical tape, painters tape, sticky notes
Agility Ladder	Sidewalk chalk, electrical tape, painters tape
Balance Beam	2x4 or any long flat board, couch cushions
Balance Disc	Folded blanket, pillow, couch cushion
Baseball	Socks
Beanbags	Socks, smaller stuffed animals, well-sealed bags with rice
Bowling Pins	Water bottles, shampoo/soap bottles, empty paper towel rolls
Conditioning Rope	Any thick rope, extension cord, tied towels
Cup Stacking	Plastic cups
Disc Targets	Laundry basket, cardboard box
Discs/Frisbee®	Plastic plate, ice cream bucket lid
Dumbbells	Canned goods, water bottles
Fitness Bar	Broomstick, PVC pipe
Flag Belts	Long socks tucked in a waistband, streamers or ribbon tied to a belt
Floor Sliders	Paper or plastic plates, socks on hardwood floors
Hurdles	Cereal boxes or other pantry items, stacks of toilet paper rolls, couch cushion, cardboard boxes
Jump Rope	Create a rope out of duct tape or recycled bags (https://www.kidsburgh.org/maker-monday-recycled-bag-jump/)
Kettlebell	Milk jug, laundry detergent bottle
Medicine Ball	Heavy book
Poly Spots	Kitchen drawer liners, pieces of paper, paper plates



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Rhythmic Wands	Decorative wrapping ribbon, streamers
Sandbags	Fill a gym bag with heavy, but soft items surrounded by clothes. Water softener salt bags
Soccer/Hockey/Lacrosse Goals	Any 2 cones or markers to create a goal or target, cardboard boxes, laundry baskets
Targets	Water bottles, bed sheets, plastic/paper plates, large pots and pans, laundry baskets
Tater Sacks™	Pillowcase, large plastic bag/trash bag, large empty dog food bag
Tennis Racket	Paper towel tube + plastic plates, spatula
Volleyball/Tennis Ball	Balloons are great for beginners, or blow into a large plastic bag to volley back and forth
Volleyball/Tennis Net	Bed sheet folded in half, tie a rope between two chairs
Weight Plate	Heavy book, sack of flour or sugar
Weight Vest	Backpack

Other Fun At-Home Active Games

Dice	Introduce variation or an element of unpredictability to an activity. The number you roll is the number of activity reps. Dice are also great for math (multiply/add the different dice)! Incorporate Yahtzee® into your activity!
Sidewalk Games	Sidewalk chalk can be used for hopscotch, 4-Square, targets, etc.
Balloons	Balloons are great for any striking activity. Also, how long can you keep it in the air to pass it to a partner?
Active Tic-Tac-Toe	All you need is some chalk or tape!
Playing Cards	These are great for performing fitness challenges. The suit determines the type of activity and the number determines the amount of reps.
Circus Unit	Spinning plastic plate/bowl with pencil, scarves = plastic bag, tissues. Beanbags = stuffed animals or rolled up socks. Spin a dish cloth on a finger
Balancing Games	Use paper plates and a duster with a long handle
Play!	The most important thing at this time is to get kids outside to play. Encourage kids to play outside a few times a day for 10 minutes.