

Alternative Physical Education/Activity Equipment

Do-it-Yourself

*****Please make sure there is adult supervision with any DIY project that requires cutting*****

Striking with Implements

- Liter Bottle Bat
- Pool Noodles (Cut in Half)
- Racquet ideas (Frying Pan, plastic plate, large spatula, bare hand)
- Panty Hose Racquet

Directions for Making:

1. Take the clothes hanger and straighten the curved part and then round out as much as possible the bottom area.
2. Pull the panty hose over the bottom part and wrap some around the straight part and then tape this area to form the handle.
3. Pull the remaining hose until it is snug and then tie a knot and cut off the excess.

Targets and Nets

- Sheet Targets
- Cereal Box Targets
- Plastic Bottle Targets
- Bed Sheet Nets (can be folded to size)
- Six Pack Can Nets

Directions for Making:

1. Collect six pack holders from drink vendors. They discard these so they will save them for you.
2. Lay the six pack holders out for the size net you want to make.
3. Then staple or tie each six pack holder together.
4. Tie off each corner with rope or string to hang the net or run a piece of rope or string through the top row.

Ball Substitutes

- Yarn Balls
- Balloon Balls
- Sock Balls
- Electric or Duct Tape Balls
- Nylon Bath Scrubbers

Throwing & Catching

- Frisbees (ice cream bucket and coffee can lids)
- Ring Toss (2 or 3 liter bottles)
- Scoop Holders

Directions for Making:

Cut the bottom off of a Laundry bottle. Then, take out the "spout". That's IT!

Dance & Rhythm

- Shakers (2 or 3 liter bottles filled with beans, corn or rice)
- Scarves
- Streamers (cut a disposable plastic table cloth in strips)
- Rhythm Bands

Directions for Making:

Take a yard and a half of ribbon and cut into two uneven lengths. Place the ribbon on the inside of the elastic, placing the two edges together and sew it. Trim the excess edge, turn inside out and use.

Fitness

- Jogging Trails
- Walking Trails
- Exercise Bands
- Weights (various food cans)
- Steps
- Jump Ropes (Shirts tied together, a dog leash, towels tied together)
- Cones for shuttle runs or circuits (plastic cups, extra shoes)