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| **Suggested Household Alternatives for Sports Equipment**  (These are just suggestions. You may have other ideas of how to use household items for various tasks.) | |
| Running | |
| Equipment | Household Alternative |
| Red, yellow, green cones | Circles cut out from cereal boxes and coloured red, yellow, green (or for traffic lights game just call out the colour instead of using coloured circles) |
| Hula Hoops | Skipping ropes |
| Quoit | Circles cut out from cardboard |
| Cones | Paper plates |
| Bean bags | Rolled up socks/ socks filled with rice |
| NB: for the **funny faces game** the child/parent could make the faces, colour them in and cut them from cardboard. The pieces could then be mixed up in the playing area and players must make the face. | |
| Throwing | |
| Equipment | Household Alternative |
| Tennis Balls | Any small balls you have at home |
| Skittles/Cones | 2L bottles |
| Cones | Toy cars, teddies, books standing on their edge |
| Kicking | |
| Equipment | Household Alternative |
| Football | Any large ball |
| Cones | Cans of beans, cereal boxes, toy boxes |
| Skittles | 2L bottles |
| Balancing | |
| Equipment | Household Alternative |
| Obstacle course | Be creative. Use various items from the house/garage. Kids will have great ideas! |
| Traditional School Sports | |
| Equipment | Household Alternative |
| Twister mat | Coloured paper plates/ coloured ground chalk |
| Ball | Teddy bear/ rolled up pair of socks |