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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  |