










CREATE YOUR OWN PE KITS

Visit [Return to School PHE Guidelines](#) for more information

K-3		
Equipment	Equipment Alternatives	Game/Activity
Bean bags 	Balloon filled with beans or flour	<ul style="list-style-type: none"> Balancing bean bags on different body parts Tossing bean bags in the air (throwing and catching) Target practice
Cones 	Water bottle, environmental objects ex. Rocks, leaves	<ul style="list-style-type: none"> Different ways of moving around cones Goal posts Used as a target
Tennis balls 	Rubber band ball, duct tape ball, socks	<ul style="list-style-type: none"> Throw and catch Bounce pass to wall Roll Striking Juggle
Skipping rope 	Rope, shoe laces tied together	<ul style="list-style-type: none"> Skip-two feet, one foot Obstacle course Balance line Helicopter game Limbo

K-3

Equipment	Equipment Alternatives	Game/Activity
<p>Stacking cups</p> 	<p>Home plastic cups</p>	<ul style="list-style-type: none"> • Speed stacking • Target • Toss and catch
<p>Soccer Ball or Dodgeball</p> 		<ul style="list-style-type: none"> • Kick/trap • Juggle • Catch/throw • Bounce/roll
<p>Scarfs</p> 	<p>Tissue paper or scarf</p>	<ul style="list-style-type: none"> • Juggle • ThrowCatch • Mini parachute
<p>Chalk/Floor tape</p> 	<p>Flour, food colouring, dish soap</p>	<ul style="list-style-type: none"> • Obstacle course • Targets • Spatial sectioning
<p>Dice</p> 	<p>Paper, cardboard, foam</p>	<ul style="list-style-type: none"> • Activity decider • Markers

Equipment	Equipment Alternatives	Game/Activity
<p>Poly spots</p> 	<p>Coloured Card-board</p>	<ul style="list-style-type: none"> • Targets • Frisbee • Goals
<p>Beach ball</p> 	<p>Balloons</p>	<ul style="list-style-type: none"> • Volleying • Forearm strike/bump • Dribble • Juggle-feet/legs • Roll
<p>Rubber Ball or Bouncy ball</p> 	<p>Borax, glue, corn-starch, water</p>	<ul style="list-style-type: none"> • Reaction time • Catch and throw • Bounce pass • Jax (pick up rocks or other objects)
<p>Soccer ball</p> 		<ul style="list-style-type: none"> • Dribbling • Juggling • Kicking/trapping • Throwing/catching
<p>Skipping rope Tennis balls Cones Stacking cups</p>		

Points to Consider:

- Access to resources, who is providing the equipment? Can't expect parents to, as some schools it's a struggle to get clothes on the students back
- Lost/forgotten equipment?
- Can students rent equipment from the school?
- Education/lessons to go with each piece of equipment
- Grades 4-7 can interchange with K-3 equipment

See below for another/additional option/idea

- Considering the seasons/sport skills/FMS Ex. Sept.=soccer, cross country
- Indoor activities during colder days/months Ex. Yoga
- Some of the equipment can be used in the classroom and outside
- Classes get a kit for 1 week with laminated lessons ideas/plans for them that relate to the equipment
- Educators clean/sanitize the equipment at the end of the week for the next class to use
- Students label or place objects in their personal school drawstring bag