**PE Equipment in Your Home**

|  |  |  |  |
| --- | --- | --- | --- |
| PE Equipment | Items at Home | Games- Tasks-Uses | Challenges/ Modifications |
| Paddle/ RacquetImage result for phys ed paddle | Frying PanImage result for frying pan | Keep it upTennis VolleyTarget Practice  | C- Use ballC- How many in a row?C- Volley with partnerC- Keep scoreC- Backhand / flipsM- Use balloon |
| Bowling PinImage result for bowling pin | Plastic Bottles or CupsImage result for Plastic bottle Image result for Plastic cup | Target PracticeBowlingCones | C- soccer/ hockey bowlingC- further distanceC- Keep scoreC- Smaller ball / less pinsM- larger ball / more pinsM- Closer distanceM- Roll ball |
| BallImage result for ball | Balled Up SocksImage result for balled up socksBalloonImage result for balloon | CatchTarget ThrowBasketball shootJuggleBroom hockey BallKeep it up | C- Smaller ballC- Smaller TargetC- Catch with partnerM- Smaller ballM- Smaller targetM- Self toss |
| Basketball NetImage result for basketball net | Laundry BasketImage result for laundry basket | ShootingDistance shootingAround the worldPIGDisc GolfKan Jam | C- Farther ShotC- How many in a row?C- Higher up (on table/ couch)M- Closer ShotM- Lower to ground |
| Juggling ScarvesImage result for juggling scarves | Plastic BagsImage result for plastic bag | Juggling Throw and catch (K)Catch ball in bag | C-Dish TowelsC- Juggling ChecklistM- Start with 2M- Use 2-3 different colors |
| Volleyball or Tennis NetImage result for tennis net | Bed Sheet/ Yarn (wrap around chairs)Image result for bed sheet Image result for yarnTape/ Line | Volleyball – balloon or ballTennis – with partnerTennis/ Vball- hit over net to target | C- Higher netC- ball M- BalloonM- Lower netM- Use line or tape on ground to hit over |
| FrisbeeImage result for frisbee | Plastic PlateImage result for plastic kids plate | CatchHit targetDisc GolfKan Jam | C- Farther throwC- Hit a targetC- To a partnerM- Shorter throw |
| Hockey StickImage result for Hockey Stick PE | BroomImage result for broom | Hit a targetShuffle board1 on 1 Shooting Practice | C- Further distanceC- Smaller targetC- OpponentC- Add pointsM- Closer/ Larger targetM-Open net |
| Hockey, Soccer NetImage result for pop up net | Cone Markers (Anything)Image result for cone set up as net Image result for cone set up as netTape on WallImage result for blue painters tape | Shooting skillsBlocking Skills1 v 1 | C- Larger NetM- Smaller NetC/M- Number of shots |
| ParachuteImage result for pe parachute | Bed SheetImage result for bed sheet | Shaking Popcorn – sock ballsTentFortRoll ball onto target | C- activity that require teamworkM- Individual activities |
| Bean BagImage result for bean bag pe | Ziploc Bag Filled With:Rice, beads, sandImage result for ziploc bag with riceWrap with tape or put in sock for extra security | Toss to target/ bucketCornholeShuffle boardPancake flips in Pan | C- Increase distanceC- Keep scoreC- How many in a row?M- decrease distanceM- No score/ points |
| Golf / Hockey BallImage result for golf ballImage result for street hockey ball | Tinfoil BallImage result for tinfoil | Putt into cupCreate own courseBalance on panStick HandleHockey Shot | C- Keep scoreC- Increase distanceC- How long can you balanceM- Decrease distanceM- Bigger ball |
| ScoopImage result for scoop pe | Cut Milk JugImage result for milk jug scoop | Self throw and catchThrow catch to partnerScoop off ground | C- Increase distanceM- Decrease distance |