**PE Equipment in Your Home**

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| PE Equipment | Items at Home | Games- Tasks-Uses | Challenges/ Modifications |
| Paddle/ Racquet  Image result for phys ed paddle | Frying Pan  Image result for frying pan | Keep it up  Tennis Volley  Target Practice | C- Use ball  C- How many in a row?  C- Volley with partner  C- Keep score  C- Backhand / flips  M- Use balloon |
| Bowling Pin  Image result for bowling pin | Plastic Bottles or Cups  Image result for Plastic bottle Image result for Plastic cup | Target Practice  Bowling  Cones | C- soccer/ hockey bowling  C- further distance  C- Keep score  C- Smaller ball / less pins  M- larger ball / more pins  M- Closer distance  M- Roll ball |
| Ball  Image result for ball | Balled Up Socks  Image result for balled up socks  Balloon  Image result for balloon | Catch  Target Throw  Basketball shoot  Juggle  Broom hockey Ball  Keep it up | C- Smaller ball  C- Smaller Target  C- Catch with partner  M- Smaller ball  M- Smaller target  M- Self toss |
| Basketball Net  Image result for basketball net | Laundry Basket  Image result for laundry basket | Shooting  Distance shooting  Around the world  PIG  Disc Golf  Kan Jam | C- Farther Shot  C- How many in a row?  C- Higher up (on table/ couch)  M- Closer Shot  M- Lower to ground |
| Juggling Scarves  Image result for juggling scarves | Plastic Bags  Image result for plastic bag | Juggling  Throw and catch (K)  Catch ball in bag | C-Dish Towels  C- Juggling Checklist  M- Start with 2  M- Use 2-3 different colors |
| Volleyball or Tennis Net  Image result for tennis net | Bed Sheet/ Yarn  (wrap around chairs)  Image result for bed sheet Image result for yarn  Tape/ Line | Volleyball – balloon or ball  Tennis – with partner  Tennis/ Vball- hit over net to target | C- Higher net  C- ball M- Balloon  M- Lower net  M- Use line or tape on ground to hit over |
| Frisbee  Image result for frisbee | Plastic Plate  Image result for plastic kids plate | Catch  Hit target  Disc Golf  Kan Jam | C- Farther throw  C- Hit a target  C- To a partner  M- Shorter throw |
| Hockey Stick  Image result for Hockey Stick PE | Broom  Image result for broom | Hit a target  Shuffle board  1 on 1  Shooting Practice | C- Further distance  C- Smaller target  C- Opponent  C- Add points  M- Closer/ Larger target  M-Open net |
| Hockey, Soccer Net  Image result for pop up net | Cone Markers (Anything)  Image result for cone set up as net Image result for cone set up as net  Tape on Wall  Image result for blue painters tape | Shooting skills  Blocking Skills  1 v 1 | C- Larger Net  M- Smaller Net  C/M- Number of shots |
| Parachute  Image result for pe parachute | Bed Sheet  Image result for bed sheet | Shaking  Popcorn – sock balls  Tent  Fort  Roll ball onto target | C- activity that require teamwork  M- Individual activities |
| Bean Bag  Image result for bean bag pe | Ziploc Bag Filled With:  Rice, beads, sand  Image result for ziploc bag with rice  Wrap with tape or put in sock for extra security | Toss to target/ bucket  Cornhole  Shuffle board  Pancake flips in Pan | C- Increase distance  C- Keep score  C- How many in a row?  M- decrease distance  M- No score/ points |
| Golf / Hockey Ball  Image result for golf ballImage result for street hockey ball | Tinfoil Ball  Image result for tinfoil | Putt into cup  Create own course  Balance on pan  Stick Handle  Hockey Shot | C- Keep score  C- Increase distance  C- How long can you balance  M- Decrease distance  M- Bigger ball |
| Scoop  Image result for scoop pe | Cut Milk Jug  Image result for milk jug scoop | Self throw and catch  Throw catch to partner  Scoop off ground | C- Increase distance  M- Decrease distance |