

## Equipment List with household alternatives

<b>Equipment</b>	<b>Household Alternative</b>
Red, Yellow, Green cones	Circles cut from cereal box coloured red, yellow, green
Hola hoops	Skipping Rope / Rope
Cones	Paper plates
Bean Bags	Rolled-up socks / Clean socks filled with rice
<b>Kicking</b>	
Football or any ball	
Cones	Cans of beans, Cereal boxes, Toy boxes
A4 Sheets & Twistables / Crayons	
Skittles	used 2L Water bottles
<b>Throwing</b>	
Tennis Balls	
Small (Size 1) Balls	
skittles / Cones	Used 2L bottles
cones	Toy cars, teddies, books standing on their edge
<b>Balancing</b>	
Skipping rope	
Ground Chalk	
Anything from the toy room, Kitchen or Garage for the Obstacle course	
<b>Jumping</b>	
cones	water bottles
agility poles	Brush / Mop
Hola Hoop / Skipping rope	
Elastic bands	

## Equipment List with household alternatives

<b>School Sports</b>	
Desert spoons	
egg	
Black sack / turf bag	
Twister mat	Coloured ground chalk / Coloured paper plates
Ball	teddy bear / Rolled up pair of socks