



Make your own Equipment Challenge

The concept

- Creating homemade P.E. equipment using materials from around your house
- Using your creation in a game or to practice a physical activity Skill
- Even try and create your own game using your equipment.
- This week is also Earth week, you can incorporate it into some learning around Earth day and recycling.





Ideas for items to use to create your equipment:

- Paper plate
- Balloons
- Plastic bags
- Plastic bottles
- Rope
- Buckets
- Cans
- Pool Noodle
- Recyclables
- Baskets
- Soft Toys
- Paper towels
- PVC Pipe
- Tape
- Socks
- String
- Milk bottles

Here are some ideas to help get you started:

- Homemade Jump Ropes
- Homemade Tennis Rackets
- Homemade Yarn Balls



Some more ideas...

- Homemade Bowling



- Homemade Stilts



- Homemade Scoops



You can make ANY item of your choice. You do NOT need to make one of our examples.

What now??

- Once you have created your equipment, you need to decide how you can use it to play a game or practice a skill.
- Remember to play in a safe space. What skill are you working on while doing this activity?
- Please send your teacher a video, a picture, and/or a written description of your creation and your activity!
- If you post it on FB be sure to tag the Selwyn Sports Trust, we would love to see what is created!
- We look forward to seeing your ideas come into play!
- Have fun!





Thank You

We encourage you to use teamwork in this activity. Get your family involved in creating and playing!