

Playing at Home

During this lockdown period and while schools are closed it is very important that children have the opportunity to play, particularly outside. Children should be encouraged to play several times a day for 10-15mins at a time. Remember this is a great time for you to join in – play is not just for children.

PE equipment	At-home replacement
Activity balls	Socks, crumpled up paper, stuffed socks, toy animals
Agility ladder	Playground chalk, electrical tape
Balance beams	Pieces of wood
Bats	Newspaper and cello tape or kitchen roll tube
Bean bags	Socks, small toy animals, well-sealed bags of soil
Bowling pins	Water bottles, milk cartons, shampoo bottles filled with water or soil
Cones	Water bottles, milk cartons, shampoo bottles filled with water or soil
Cup stacking	Plastic cups
Dice	Make cardboard boxes and draw on the numbers
Dot markers	Playground chalk, electrical tape
Floor sliders	Paper or plastic plates or socks on wooden floors
Frisbee	Plastic plates, ice cream lids
Goal posts	Cones, items of clothing, milk cartons, anything really
Hurdles	Cereal boxes, cardboard boxes or cushions
Marbles	Stones/pebbles
Playing cards	Use pieces of paper and make your own playing cards
Rakau sticks	Rolled up newspaper and cello tape
Rackets	Hands or heavy duty plastic cut to shape
Relay batons	Rolled up newspaper and cello tape
Skipping rope	Any thin piece of rope or old electrical cable
Targets	Laundry baskets, cardboard boxes, water bottles, milk cartons, shampoo bottles filled with water or soil, draw your own target on paper/cardboard
Volleyball	Balloons, blow into a large plastic bag to inflate and secure tightly, beach ball
Volleyball/Tennis net	A rope between 2 chairs with a towel or bed sheet hung over it
This is not a definitive list – you are only limited by your imagination!!	