

PE Equipment	At Home Replacement Ideas
Ball	Wadded up pair of socks
	Roll up a shirt, place it in a plastic bag and tie off the handles
	A shoe
	Stuffed animals
	Wadded up newspaper, magazine pages, printer paper, junk mail, etc
	Blown up balloon
	Plastic lids
Scarves	Plastic bags
	Paper towels
	Bandanas
	Kitchen towel
	Tissue Paper
	Tissues
Striking Implements	Broom
	Woodend dowel rod
	Yard stick
	Hands
	Fly swatters
	Hard cover book
	Spatula
Targets	Empty milk jugs
	Empty 2 liter bottles
	Empty water bottles or sport drink bottles
	Large storage tubs
	Laundry baskets
	Empty trash cans
	Mixing bowls
	Drawing shapes with sidewalk chalk outside
	Empty cereal boxes
	Amazon boxes
	Dresser drawers
	A chair or stool
	Paper plates