

# TOTAL EQUIPMENT ESSENTIALS FOR PHYSICAL EDUCATION

## OUTDOOR EQUIPMENT ESSENTIALS

1. Yard Wagon
  - a. Durable, holds lots of weight and can be pulled through snow.
  - b. Home Depot-[Gorilla Carts 4 cu. ft. Steel Utility Cart](#)
2. Cones
  - a. 12 inch cones
  - b. Soccer discs
3. Pinnies/scrimmage vests
4. Coated foam balls
5. Goals
  - a. **Puggs**:hockey, soccer, team handball, la crosse
  - b. Less expensive: cones, corner flags or laundry baskets can be used for team handball or lacrosse when not playing with goalies
6. Honorable Mention: Tennis rackets, yard games, megaphone

## CLASSROOM EQUIPMENT ESSENTIALS

1. Beanbags
2. Juggling Scarves
3. Teddy fleece balls by Gopher (last longer than yarn balls)
4. Balloons
5. Uncoated foam balls or frisbees: less likely to break something
  - a. 25 Challenge: or any number you want. Toss and catch 25 times, one hand only, other hand, to a partner, roll it to a partner, bounce and catch, under leg and catch, sit and catch, bounce to a partner and catch...This is a great eye-hand activity for Grades 1-5.
6. Floor/carpet tape: hopscotch, four square, agility ladders, tossing target
7. Solo Cups: 300+ (wait until Party City has a sale)
8. Speed Stacking Cups: expensive but worth having 6-7sets (as a station or 12-14 people can practice the proper stacking technique with 6)
9. SMART board
10. Internet: Youtube, Cosmic Kids Yoga, Just Dance...
11. Honorable Mention: 5 gallon buckets, yoga mats, paddles, small parachute, foam balance beams, anything that can be used in a small space

## INEXPENSIVE/FREE EQUIPMENT

- Broken Hockey Sticks: \$4 plastic blades = repurposed stick
- Tennis balls: free from local tennis center
- Laundry baskets: goals, targets, holds equipment for stations...we also like 5 gallon buckets from Home Depot
- Thrift store tennis rackets: you do not need tennis courts. You can use blacktop.

## MY FAVORITE EQUIPMENT INVESTMENTS

- Sleds: we use the carpet sleds as they will last for a few seasons (saucers are awesome but they break after being used by several classes in one day)
- Rebounders: throw and catch for younger students and Tchoukball for Grades 4-8  
<https://crazycatch.com/product/wild2/>
- Wheels Week: helmets, wrist guards, ripsticks, scooters, inline skates....
- Honorable Mention: handquets, active flyers