



PERSONAL PE KITS

HYBRID/HOME SIDEWALK FUN PE KIT

1037109

Sidewalk Chalk

- Students use sidewalk chalk to create hopscotch court.
 - ▶ The more creative, the more fun.
- Draw obstacle courses with arrows and let the kids come up with fun challenges along the way.
 - ▶ Example, stop and jump rope for 10 times
 - Skip
 - Hop on one foot
- Create a 4 square course
 - ▶ Use playground ball to play 4 Square
- Draw Tic Tac Toe boards and use bean bags to play.
 - ▶ Stand back and toss the bean bags onto the Tic Tac Toe board
 - If a bean bag is already on the spot your toss lands, you must pick it up and go again.

Jump Ropes

- Use the shorter jump ropes for exercise and to come up with tricks
- Use the 16 foot jump rope to jump rope with your family and friends

Playground Ball

- Use playground ball to play Kick ball
 - ▶ Use bean bags as bases
- Place one bean bag on top of playground ball and hold out in front of you at waist height. Then drop the playground ball and the bean bag will bounce up into the air. See how many times you can catch the bean bag in a row.