

# Junk Equipment

These cards demonstrate ways to reuse materials to promote physical activity. All equipment is to be constructed by adults and only used by children while being supervised by an adult.



# Fluffer Balls

**Equipment:** Styrofoam packing peanuts; nylon fabric; plastic grocery bag

**Construction:** Dissect an old beach ball as a pattern. Trace the pattern onto the nylon fabric; cut and sew pattern together, leaving one side open to slip the plastic bag inside as a liner. Fill the ball with the Styrofoam peanuts and finish sewing the last panel together.

**Use:** This creates a soft ball for the children to catch without fear of hurting their hands. The balls can also be kicked or punted easily without fear of damage to surrounding area. This is a nice ball for beginning catchers to use.



# The Spinning Target

**Equipment:** Discarded plastic bottles; 3 wooden dowels; pieces of broken hoops or garden hose; 10 feet of 1" x 4" lumber; wood glue; 4 bolts.

**Construction:** Side pieces are 3 feet long; bases are 2 feet long. Drill holes for bolts and dowels. Bolt the bases to the side pieces. Slide the bottles and spacers onto the dowels and glue the ends into the sides. Let dry and you're ready for some fun.

**Use:** Have children throw at the bottles, using fluffer balls (page 2) or other throwing objects. When hit, bottles will spin. Numbers, letters or other symbols can be placed on the bottles to integrate academic concepts.



# Small Rhythm Instruments

**Equipment:** Soda plastic bottles, shampoo bottles, school lunch milk cartons, etc.

**Construction:** Place 1-2 ounces of popcorn kernels into the container and tape/glue the opening closed. If using clear plastic containers, use color popcorn kernels to add an extra stimulus.

**Use:** Have the children follow along to the provider's or CD's beat; create a marching band; do an aerobic rhythmical routine with the shakers. Container with handles can be used as rhythm sticks.



# Geo Twister and Target

**Equipment:** Cut up bed sheets; Paint or permanent markers.

**Construction:** Draw geometric shapes on the bed sheet using the primary colors. Be sure to randomly place the shapes on the sheet and in random colors.

**Use:** The sheet may be hung from the wall as a throwing target or be placed on the floor as a form of the game of twister. The children may be asked to name the shape and/or color of the shape they hit. If on the floor, a simplified twister game can be played or the child could be asked to cross the area trying not to step on a certain shape or color. A game can be played by the older children by selecting a specific shape and color as the target shape.



# Shower Curtain

**Equipment:** Shower curtain; permanent markers.

**Construction:** Some commercial curtains will need no additional work; blank curtains can be drawn on to create a variety of stimulating activities. For safety reasons, it is recommended that the curtain be taped to the floor when in use.

**Use:** Works on many of the locomotor patterns. For example, walk in the “water” being careful not to step on any fish; jump over the alligators; hop from lily pad to lily pad. Follow the animal tracks across the sheet. Use the same movement pattern as the animal that made the track (i.e rabbit, alligator, bear, cat).

