

# Celebrating Earth Day in P.E.

EARTH DAY



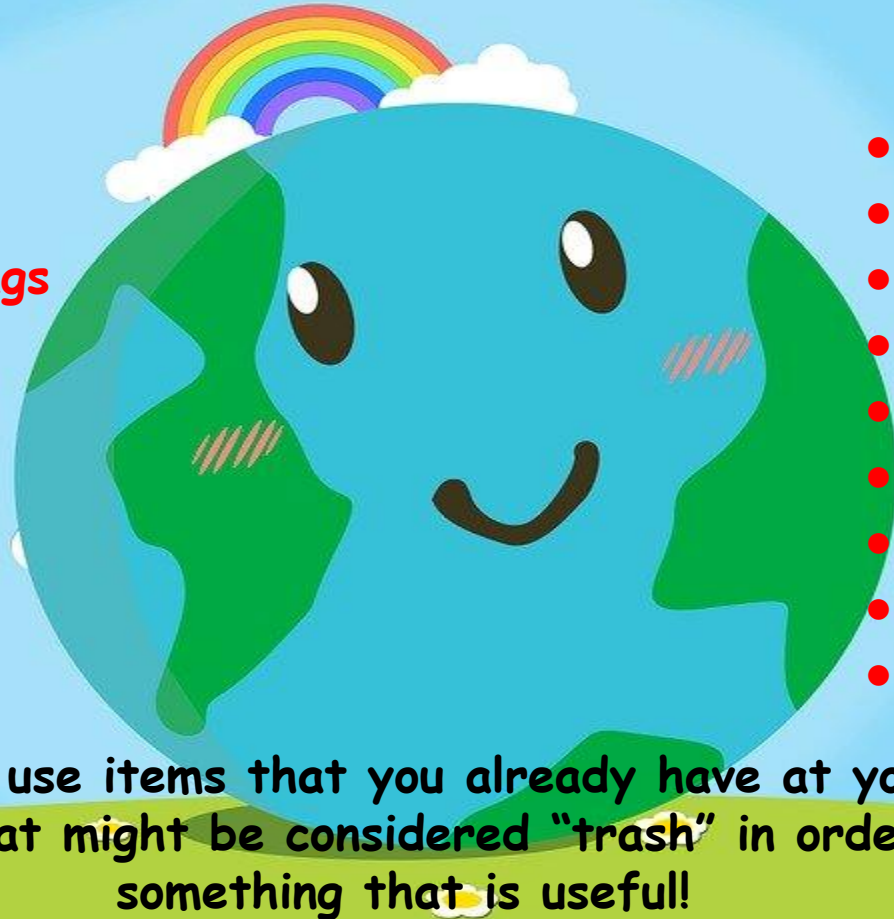
# This week, we will be celebrating Earth Day by...



- creating homemade P.E. equipment using materials from around your house
- using your creation in a game or to practice a P.E. skill

# Ideas for items to use to create your equipment:

- Paper plates
- Balloons
- Plastic grocery bags
- Plastic bottles
- Rope
- Buckets
- Cans
- Pool noodles
- Recyclables



- Baskets
- Stuffed animals
- Cups
- Paper towel rolls
- PVC pipe
- Tape
- Socks
- Yarn
- Milk jugs

**\*You need to use items that you already have at your house.  
Use things that might be considered "trash" in order to make  
something that is useful!**

# Here are some ideas to help get you started:

## Homemade Jump Ropes

[How To Make A Jump Rope From Plastic Bags](#)



## Homemade Tennis Rackets



## Homemade Yarn Balls

[DIY | How to make the Perfect \(Rainbow\) Pom Pom!](#)



# And here are a few more...

Homemade  
Bowling



Homemade Stilts



Homemade  
Scoops




You can make ANY item of your choice. You do NOT need to make one of our examples.





We encourage you to use **teamwork** in this activity. Get your family involved in creating and playing!





Once you have created your equipment, you need to decide how you can use it to play a game or practice a skill. Remember to play in a safe space. What skill are you working on while doing this activity?

Please send us a video, a picture, and/or a written description of your creation and your activity! You may add that information in the google doc provided. We look forward to seeing your ideas come into play! Have fun!