

# CATCH

## Equipment Replacement List

**\*IMPORTANT: Remember to ask your parent / caregiver for permission to use equipment / items in the house when you're being active.**

| Item                    | Replacement Suggestions  |
|-------------------------|--|
| Ball                    | socks, small stuffed animal, aluminum foil, paper (wadded up)                                      |
| Beanbags                | socks or ziploc with dried beans   |
| Bowling Pins            | plastic bottles filled with water, rice, or sand (or empty cups)                                   |
| Cones                   | plastic cups, water bottles, action figures  |
| Disc / Frisbee          | trash can, action figures, laundry basket, large pot   |
| Disc Target             | trash can, action figures, laundry basket, large pot   |
| Dumbbells               | cans, water bottle with dried beans  |
| Flags                   | plastic trash bags tucked into a belt or waistband, or plastic grocery bags (with handles cut off) |
| Goals                   | plastic bottles, cardboard box   |
| Hurdles                 | sidewalk chalk, cardboard boxes, large canned foods  |
| Kettlebell              | milk jug filled with water or dried beans  |
| Noodle                  | wrapping paper tube, paper towel tubes taped together  |
| Parachute               | sheet, towels  |
| Scarves                 | dish towel, plastic bag (remove the handles)   |
| Spot Marker (Polyspots) | paper plates   |
| Striking Implement      | paper towel tube, pool noodle (cut), large spoon, fly swatter                                      |
| Target                  | empty cardboard box, laundry basket, trash can, sticky note on the wall                            |
| Volleying Object        | large ziploc bag with air, balloon, beachball  |