



## Jump Into Foods and Fitness Alternative Physical Fitness Equipment Ideas

If you're programming on a limited budget or in a location without a lot of storage space, you may not have access to the exact piece of equipment called for in one of JIFF's physical fitness activities. Don't let that stop you from trying the fun movement activities in the curriculum with your group! Most of the activities suggest equipment substitutes, and this list provides more. When you're looking for substitutes, be creative, be safe and be healthy!

You can often replace standard physical education or team sport equipment with easily obtained, low-cost or free materials. You may find replacements in the sale aisle of a local discount or resale store, in your garage or even in your recycling bin!



- **Cones** — Cones or other boundary markers are used to mark off the general movement space for a group, to designate an individual's activity space or to provide a specific marker for an activity. Possible substitutes include:
  - Gallon plastic milk or water jugs filled with sand or water and tightly capped
  - Cardboard boxes
  - Plastic jugs with the bottom cut out (so you can hide note cards under them)
- **Streamers** — The streamers called for in JIFF activities are generally made of lightweight material and are 30 to 36 inches long and 1 to 1.5 inches wide. You can substitute:
  - Socks tied together end to end
  - Old sheets, towels or scarves cut to length or knotted together
  - Beach towels rolled long ways and secured with duct tape in three or four places
- **Pinnies B** — Pinnies are colored vests that are often used to divide groups into teams or to designate the person who is the active agent ("It") in a game. You can make substitute pinnies by:
  - Taping sheets of colored paper (or pictures of an animal) to the front and back of "It."
  - Making a sash from old material that will fit diagonally across the body of the child who is "It."
  - Having "It" wear old socks, gloves or mittens on his or her hands.
  - Having "It" hold any lightweight object, such as small strips of old fabric, beanbags, or foam or yarn balls

Be creative. The equipment you provide must be safe, but lack of "official" equipment shouldn't be a roadblock to providing fun activities. Focus on keeping the children physically active. Involve as many kids as possible in the activities, teach them ways to be active and help them enjoy the play. Good luck!