

Virtual Sports Day Equipment List and Household Alternatives



Running	
Equipment	Household Alternative
Red, yellow, green cones	Circles cut from cereal box and coloured red, yellow and green
Hula hoops	Skipping rope/ Rope
Quoit	Circles cut from cardboard
Cones	Paper plates
Bean bags	Rolled-up socks/ Clean socks filled with rice
<p>NB: For the funny faces game, the children could make the faces, colour them in and cut them from cardboard. The pieces could then be mixed up in the playing area and players must make the face from this. It could add to the fun.</p>	

Kicking	
Equipment	Household Alternative
Football or any ball	Rolled Up Socks, teddy bear
Cones	Paper plates, Cereal boxes, Toy boxes, Cans of beans
Paper & crayons	
Skittles	Used 2L bottles

Throwing	
Equipment	Household Alternative
Tennis balls	Any ball, Rolled-up socks, small teddy
Small balls	As above
Skittles	Used 2L bottles
Cones	Toy cars, teddies, books standing on their edge, paper plates etc.

Balancing	
Equipment	Household Alternative
Skipping Rope	Hula hoop
Ground chalk	
Anything from the toy room, kitchen or garage for the Obstacle course.	

Landing	
Equipment	Household Alternative
Cones	See above
Agility poles	Brush/ Mop
Hula hoop	Skipping rope/ Rope
Elastic bands	

Traditional Sports Day	
Equipment	Household Alternative
Desert spoons	See above
Egg	Brush/ Mop
Sack	Pillow case/ black bag
Twister mat	Coloured ground chalk/ coloured paper plates
Ball	Teddy bear, Rolled-up pair of socks