



**Activities and Equipment Kits
for More Individualized
Physical Health Education
at School or at Home**

Dr. John Byl

May 27, 2020



Equipment for Individualized Physical Health Education at School or at Home

Dr. John Byl

May 22, 2020

Primary (Grades K-3)

- Kit
 - 1 Rubber Band Ball <https://www.gophersport.com/search-unbxd?q=Tactile%20Balls>
 - One bouncy foam ball

- Use from home
 - Water bottles for pins
 - Tape to mark spaces
 - Chalk (from Dollar Store) to make hop scotch activities or two square boxes...
 - Beach ball
 - 2 Hula hoops
 - Balloons

- Kit sample activity links
 - Locomotor Activities
 - Design an obstacle course, with chalk, which includes the need to jump, leap, skip, hop, gallop, and dodging—Time how quickly players can complete the course and learn to improve their times by improving their locomotor activity.
 - Target Activities
 - Hula Hoop Horseshoe <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes>
 - Hula Hoop Horseshoe Race <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes-Race>
 - Net/Wall Activities
 - Two square (use a much lighter ball than a stability ball) <https://www.canadago4sport.com/Net/Two-Square-Stability-Ball>
 - Manipulative Retain
 - Balance a Ball <https://www.canadago4sport.com/Manipulative-Retain/Balance-Two-Ball>
 - Stork Stand Balloon Keepup <https://www.canadago4sport.com/Manipulative-Retain/Stork-Stand-Balloon-Keepup>
 - Balloon Dribble with Hands <https://www.canadago4sport.com/Manipulative-Send/Balloon-Dribble-With-Hands>
 - Balloon Dribble with Feet <https://www.canadago4sport.com/Manipulative-Send/Balloon-Dribble-with-Feet>

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- Manipulative Send and Receive
 - Noodle Toss Pairs [at home] (but use Rubber Band Ball instead)
<https://www.canadago4sport.com/Manipulative-Send/Noodle-Toss-Pairs>
 - Circus Catches [at home—unless tossed to self]
<https://www.canadago4sport.com/Stability-Ball1/Circus-Catches>

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K-3 Equipment (NOTE: If purchasing in larger quantities please email me at JOHNBYL50@gmail.com to determine reducing the price)

To purchase from Gopher (Individual Kit = \$15.00):

Item	Details	Quantity	Subtotal
Rubber Band Balls - Individual Multicolored, 2.5" dia Item No: 72-088	Price: C\$9.00 Unit: Ea	1	C\$9.00
One Rubber Band Ball = \$9.00 CDN (US\$ amount is lower)			
Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls Item No: 41-718	Price: C\$18.00 Unit: Set of 3	1	C\$18.00
One Oversized Foam Tennis Ball = \$6.00 CDN (US\$ amount is lower)			

To provide from home (or items additionally purchased from Gopher):

Item	Details	Quantity	Subtotal
Kowabunga! Beach Balls - 12" dia Item No: 71-590	Price: C\$44.00 Unit: Set of 6	1	C\$44.00
One Beach Ball = \$7.33 CDN (US\$ amount is lower)			
DuraHoop - Set of 12, 30" dia Item No: 43-505	Price: C\$89.00 Unit: Set of 12	1	C\$89.00
One hula hoop is \$7.42CDN (US\$ amount is lower)			

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Junior (Grades 4-6)

- Kit
 - 1 Reaction ball for quick exercise break
 - 1 Oversized Foam Tennis Balls
 - 1 Paddle
- Use from home
 - Water bottles for pins
 - Roll of tape
 - Tape to mark spaces
 - Chalk (from Dollar Store) to make hop scotch activities or two square boxes...
 - 1 Hula Hoops
 - 1 Soccer Balls
 - Inflator
 - Balloons
 - Popsicle stick or tongue depressor
 - 1 Scoop
 - 1 pool noodle cut in half-length
- Kit sample activity links
 - Target Activities
 - Hula Hoop Horseshoe (use water battle as cone). Race to time or with a partner <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes>
 - Hula Hoop Horseshoe Race (use water battle as cone). Race to time or with a partner <https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes-Race>
 - Kickpar (Use targets such as trees, posts... as targets) <https://www.canadago4sport.com/Target1/Kickpar>
 - Disc Golf (Use targets such as trees, posts... as targets) <https://www.gophersport.com/search-unbxid?q=Disc%20Golf%20Equipment>
 - Manipulative Retain
 - How Far Can we Roll—Race between two players or by time. <https://www.canadago4sport.com/Target1/How-Far-Can-we-Roll>
 - Tape Roll Rolling <https://www.canadago4sport.com/Target1/Tape-Roll-Bowling>
 - Backwards Partner Bowling [at home] <https://www.canadago4sport.com/Target1/Backwards-Partner-Bowling>

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- Net Activities
 - Two square (use a much lighter ball than a stability ball and play solo against a wall <https://www.canadago4sport.com/Net/Two-Square-Stability-Ball>)
 - Width and Depth [at home] <https://www.canadago4sport.com/Net/Width-and-Depth>
- Manipulative Retain
 - Stork Stand Balloon Keepup <https://www.canadago4sport.com/Manipulative-Retain/Stork-Stand-Balloon-Keepup>
 - Balance a Ball <https://www.canadago4sport.com/Manipulative-Retain/Balance-Two-Ball>
 - Double Dribble <https://www.canadago4sport.com/Manipulative-Retain/Double-Dribble>
 - Balloon Dribble with Hands <https://www.canadago4sport.com/Manipulative-Send/Balloon-Dribble-With-Hands>
 - Balloon Dribble with Feet <https://www.canadago4sport.com/Manipulative-Send/Balloon-Dribble-with-Feet>
- Manipulative Send and Receive
 - Scoops with a partner or solo against a wall <https://www.gophersport.com/search-unbxd?q=scoop>
 - Noodle Toss Pairs [at home] (but use Oversized Foam Ball instead) <https://www.canadago4sport.com/Manipulative-Send/Noodle-Toss-Pairs>
 - Throw to a Wall Timed Race <https://www.canadago4sport.com/Manipulative-Send/Throw-to-a-Wall-Relay>
 - Wall Bounce Timed Race <https://www.canadago4sport.com/Manipulative-Send/Wall-Bounce>
 - Bird/Ball Juggle <https://www.canadago4sport.com/Manipulative-Send/-Bird%2FBall-Juggle>
 - Circus Catches [at home unless tossed to self] <https://www.canadago4sport.com/Stability-Ball1/Circus-Catches>
- Fitness:
 - Ladder activities—for about 50 different ways <https://www.canadago4sport.com/agility-ladders>
 - With two players:
 - Even and Odd With Wall Sit and Run <https://www.canadago4sport.com/Numeracy/Even-and-Odd-With-Wall-Sit-and-Run>
 - Ready Set Shoot <https://www.canadago4sport.com/Numeracy/Ready-Set-Shoot->
 - Topple Three Up <https://www.canadago4sport.com/Locomotor/Topple-Three-Up>
 - Shuffle (use playing cards instead of spots) <https://www.canadago4sport.com/Numeracy/Tic-Tac-Toe-Shuffle>

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- Planks till Odd <https://www.canadago4sport.com/Numeracy/Planks-till-odd>
- Off Balance <https://www.canadago4sport.com/Combative/Off-Balance>
- Popsicle Stick Pull
<https://www.canadago4sport.com/Combative/Popsicle-Stick-Pull>
- Push up Hockey in Pairs
<https://www.canadago4sport.com/Warmups/Push-Up-Hockey-in-Pairs>
- Round the One Minute Clock Seated
<https://www.canadago4sport.com/Stability-Ball1/Round-the-One-Minute-Clock>
- Round the One Minute Clock Standing
<https://www.canadago4sport.com/Stability-Ball1/Round-the-One-Minute-Clock-Standing>

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4-6 Equipment (NOTE: If purchasing in larger quantities please email me at JOHNBYL50@gmail.com to determine reducing the price)

To purchase from Gopher (Individual Kit = \$22.33):

Item	Details	Quantity	Subtotal
Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls Item No: 41-718	Price: C\$18.00 Unit: Set of 3	1	C\$18.00
One Oversized Foam Tennis Ball = \$6.00 CDN (US\$ amount is lower)			
Rainbow Reaction Balls - Rainbow Reaction Balls Item No: 69-492	Price: C\$29.00 Unit: Set of 6	1	C\$29.00
One Reaction Ball = \$4.83 CDN (US\$ amount is lower)			
Rainbow Pick-A-Paddle Racquets - Jr Rainbow Set Item No: 53-406	Price: C\$69.00 Unit: Set of 6	1	C\$69.00
One Paddle = \$11.50 CDN (US\$ amount is lower)			

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To provide from home (or items additionally purchased from Gopher):

Item	Details	Quantity	Subtotal
<u>Rainbow AeroScoop Scoops - Rainbow AeroScoop Scoops</u> Item No: 58-481 One Scoop and ball = \$10.83 CDN (US\$ amount is lower)	Price: C\$65.00 Unit: Set of 6	1	C\$65.00
<u>DuraHoop - Set of 12, 30" dia</u> Item No: 43-505 One Hoop = \$7.42 CDN (US\$ amount is lower)	Price: C\$89.00 Unit: Set of 12	1	C\$89.00
<u>Manual Inflator - Manual Inflator</u> Item No: 66-672 One Manual Inflator = \$15.00 CDN (US\$ amount is lower)	Price: C\$15.00 Unit: Ea	1	C\$15.00
<u>Performer Rubber Soccer Balls - 10-Ball Set, Size 4, White</u> Item No: 62-241 One Soccer Ball = \$15.90 CDN (US\$ amount is lower)	Price: C\$159.00 Unit: Set	1	C\$159.00
<u>Pool Noodles - Pool Noodles</u> Item No: 86-637 One half-length Noodle = \$1.95 CDN (US\$ amount is lower)	Price: C\$125.00 Unit: Set of 32	1	C\$125.00

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Intermediate (Grades 7-9)

- Kit
 - 1 Resistance band
 - One oversized tennis ball
 - 1 Pickleball Paddles
- Use from home
 - Water bottles for pins
 - Tape to mark spaces
 - Chalk (from Dollar Store) to make hop scotch activities or two square boxes...
 - Two face clothes
 - Plastic cups
 - Balloons
 - Checker Board
 - 2 dice
 - 1 Pool Noodle cut in half-length
 - 2 Soccer balls
 - 2 Spots
- Kit sample activity links
 - Target Activities
 - Hula Hoop Horseshoe (use water battle as cone)
<https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes>
 - Hula Hoop Horseshoe Race (use water battle as cone)
<https://www.canadago4sport.com/Target1/Hula-Hoop-Horseshoes-Race>
 - Kickpar (Use targets such as trees, posts... as targets) <https://www.canadago4sport.com/Target1/Kickpar>
 - Disc Golf (Use targets such as trees, posts... as targets)
<https://www.gophersport.com/search-unbxd?q=Disc%20Golf%20Equipment>
 - How Far Can we Roll—Race between two players
<https://www.canadago4sport.com/Target1/How-Far-Can-we-Roll>
 - Tape Roll Rolling <https://www.canadago4sport.com/Target1/Tape-Roll-Bowling>
 - Backwards Partner Bowling [at home]
<https://www.canadago4sport.com/Target1/Backwards-Partner-Bowling>

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- Net/Wall
 - Two-Square with Target solo against a wall [or at home with a partner] <https://www.canadago4sport.com/Target1/Ace-Chase-Two-Square>
 - Width and Depth [at home] <https://www.canadago4sport.com/Net/Width-and-Depth>
 - Pickleball--Identify a pickleball (or use pickleballs from two different companies).
 - Play solo against a wall
 - One player picks up a pickleball with his hands, and the other player picks up the other pickleball with his hands. Players can flip or kick opponent's pickleball to their side and keep their pickleball out of play, when not serving, by rolling their ball to the wall behind them.
- Manipulative Retain
 - Balance a Ball <https://www.canadago4sport.com/Manipulative-Retain/Balance-Two-Ball>
 - Double Dribble <https://www.canadago4sport.com/Manipulative-Retain/Double-Dribble>
 - Noodle Toss Pairs (but use a scoop instead) <https://www.canadago4sport.com/Manipulative-Send/Noodle-Toss-Pairs>
 - Throw to a Wall Timed Race (but use a scoop instead) <https://www.canadago4sport.com/Manipulative-Send/Throw-to-a-Wall-Relay>
 - Wall Bounce Timed Race (but use a scoop instead) <https://www.canadago4sport.com/Manipulative-Send/Wall-Bounce>
 - Bird/Ball Juggle <https://www.canadago4sport.com/Manipulative-Send/-Bird%2FBall-Juggle>
- Manipulative Send and Receive
 - Scoops (with a partner or against a wall) <https://www.gophersport.com/search-unbxd?q=scoop>
 - Toss in the Towel (use a soccer ball instead of stability ball) <https://www.canadago4sport.com/Manipulative-Send/Toss-in-the-Towel>
 - Two Player Juggle [at home] (use any three larger balls—soccer, basketball...)
<https://www.canadago4sport.com/Manipulative-Send/Two-Player-Juggle>
 - Feet to Feet Hockey [at home] (use any small ball (tennis) or bean bag) <https://www.canadago4sport.com/Manipulative-Receive/Feet-to-Feet-Hockey>
 - Kaboom (use a larger ball (basketball or soccer ball) and a smaller ball (tennis) or bean bag [do solo or at home] <https://www.canadago4sport.com/Manipulative-Receive/Kaboom>
 - Wobbly Balloon [at home] <https://www.canadago4sport.com/Manipulative-Receive/Woobly-Balloon>
- Active Brain Activities
 - Active Checkers <https://www.canadago4sport.com/Numeracy/Active-Checkers>

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- Connect Four Up (use checker board)
<https://www.canadago4sport.com/Numeracy/Connect-Four-Up>

- **Fitness Activities can be done well by using minimal equipment for activities**
 - Done with two players
 - Topple Four Up (use four plastic cups start with laying the cups on their sides) <https://www.canadago4sport.com/Numeracy/Topple-Four-Up>
 - Anerobic Beanbag Race (could use any four objects like, handkerchiefs, pieces of foam, plastic cups...)
<https://www.canadago4sport.com/Locomotor/Anaerobic-Beanbag-Race>
 - Tic-Tac-Toe Double Three in a Row [at home] (4 cups each player)
<https://www.canadago4sport.com/Numeracy/Topple-Double-Tic-Tac>
 - Planks till Odd [at home] (use ball (or other object) instead of bean bag)
<https://www.canadago4sport.com/Numeracy/Planks-till-odd>
 - Noodle Toe Tap with Pool Noodle Each
<https://www.canadago4sport.com/Combative/Noodle-Toe-Tap>
 - Push up Hockey in Pairs [at home]
<https://www.canadago4sport.com/Warmups/Push-Up-Hockey-in-Pairs>
 - One Handed Push Up <https://www.canadago4sport.com/Warmups/One-Hand-Push-Up>
 - Seated Toss [at home or solo against a wall]
<https://www.canadago4sport.com/Stability-Ball1/Butt-Sit-Pass>
 - Round the One Minute Clock Seated [at home or solo with a smaller ball]
<https://www.canadago4sport.com/Stability-Ball1/Round-the-One-Minute-Clock>
 - Round the One Minute Clock Standing [at home or solo with a smaller ball]
<https://www.canadago4sport.com/Stability-Ball1/Round-the-One-Minute-Clock-Standing>

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- **Fitness Activities can be done well by using body weight for activities**
 - Encourage students to design their own workout using 4-8 activities that develop balanced muscle development for strength and/or endurance.
 - For example
 - Abdominals, Deltoids, Pectoralis, and Tricep
 - Pushups off knees, off toes, toes on first, second... step on a staircase.
 - For 31 great exercise ideas using two face clothes go to:
 - <https://greatist.com/move/sliders-workout#lower-body>
 - Triceps, Pectoralis, and Trapezius–Triceps Dips
 - Can be done on the first rung of a staircase or a chair.
 - Quadriceps, Hamstrings, Glutes, and Calves
 - Lunges
 - For lunge description and three variations go to:
 - <https://www.healthline.com/health/fitness-exercise/lunges-muscles-worked#adding-lunges-to-your-routine>
 - Squats
 - For squat description and two variations go to:
 - <https://www.healthline.com/health/exercise-fitness/squats-benefits#What-benefits-can-you-get-from-squat-variations?>
 - Biceps
 - Curls by being seated, placing one hand under opposite leg. Simple version is to lift leg with no resistance. Make curl more demanding by exerting downward pressure with the leg.
 - Ladder activities—for about 50 different ways (use chalk to mark on pavement)
 - <https://www.canadago4sport.com/agility-ladders>

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- Using some equipment
 - Kit
 - Resistance Tubing
 - <https://www.gophersport.com/fitness/resistance/prostretch-tube-plastic-handles?item=10440>
 - Ladder activities—for about 50 different ways
 - <https://www.canadago4sport.com/agility-ladders>
 - Use from home
 - Chalk to create a ladder
 - Empty plastic containers containing different amounts of water to change the amount of weight in each container or backpacks with some cans or books in them to change the weight.

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4-6 Equipment (NOTE: If purchasing in larger quantities please email me at JOHNBYL50@gmail.com to determine reducing the price)

To purchase from Gopher (Individual Kit = \$31.50):

Item	Details	Quantity	Subtotal
Rainbow Pick-A-Paddle Racquets - Jr Rainbow Set Item No: 53-406	Price: C\$69.00 Unit: Set of 6	1	C\$69.00
One Paddle = \$11.50 CDN (US\$ amount is lower)			
Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls Item No: 41-718	Price: C\$18.00 Unit: Set of 3	1	C\$18.00
One Soccer Ball = \$6.00 CDN (US\$ amount is lower)			
ProStretch Resistance Tubing with Plastic Handles - Individual Tubing, Medium Item No: 64-180	Price: C\$14.00 Unit: Ea	1	C\$14.00
One Resistance Tube = \$14.00 CDN (US\$ amount is lower)			

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To provide from home (or items additionally purchased from Gopher):

Item	Details	Quantity	Subtotal
<u>Pickle-Ball Rally Meister Pickleball Paddle - Pickle-Ball Rally Meister Pickleball Paddle</u> Item No: 07-677 One Paddle = \$20.00 CDN (US\$ amount is lower)	Price: C\$20.00 Unit: Ea	1	C\$20.00
<u>Rainbow TopSpot Vinyl Spots - Rainbow Set, 5" dia</u> Item No: 93-022 Two spots = \$8.33 CDN (US\$ amount is lower)	Price: C\$25.00 Unit: Set of 6	1	C\$25.00
<u>Pool Noodles - Pool Noodles</u> Item No: 86-637 Two noodles cut half_length = \$3.91 CDN (US\$ amount is lower)	Price: C\$125.00 Unit: Set of 32	1	C\$125.00
<u>Performer Rubber Soccer Balls - 10-Ball Set, Size 4, White</u> Item No: 62-241 One Resistance Tube = \$15.90 CDN (US\$ amount is lower)	Price: C\$159.00 Unit: Set	1	C\$159.00