

# Learn to ADAPT: Multipurpose Your PE Equipment



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# Overview

- **Purpose:** find realistic, creative ways to use your typical PE equipment in various settings
- Typical equipment
  - Non-traditional Uses
- Other equipment or adaptations
- Share Your ideas!
  - Create your own use/purpose with a piece of equipment

# Pool Noodle Uses

- **Tagging Implement**

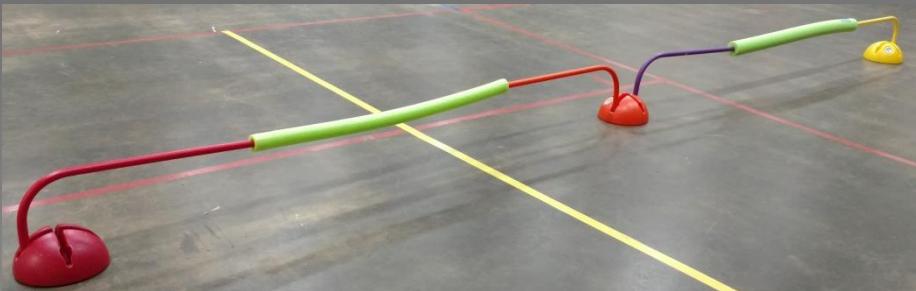
- ▶ Different lengths for varied ability
- ▶ Reduces chance of students tagging too hard

- **Create low level net**

- ▶ Need small plastic pole/hurdle

- **Limbo Stick**

- ▶ Place high above head level to **reach** opposite of limbo)

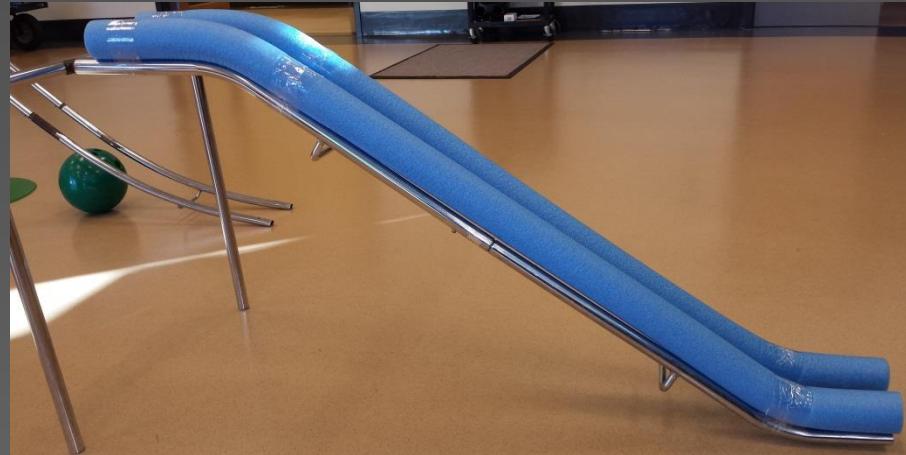


- **Hitting Implement**

- ▶ Beach ball hockey

# Pool Noodle Uses Con't.

- **Place on bowling ramp**
  - For smaller sized balls
    - Bocce!
  - Slows down the speed



- **Sides for a Table Game**
  - Creates natural bumpers or boundaries



# Baseball Tee

- Holds object to be served
- Place objects on tee to grab
- Other adaptations
  - > Use a cone in place of a tee
  - > Stand on a milk crate to make it taller



# Elastic Jump Rope

- **Suspend Ball**
  - Hit object with hands
  - Strike
  - Dribbling practice
- **Net for games**
- **Soccer Trainer**



- **Other alternatives:**
  - Bungee cords
  - Exercise Resistance Band
  - Parachute Cord
  - Thin rope/line

# Yoga Mats

- ◉ Base for a game
  - › Larger than typical base and not a tripping hazard
- ◉ Boundary area
- ◉ Playing surface for game
  - › Slows down the speed of ball/object



# Dome Cones

## ● Foot Tag

- › Slide dome cone across floor to tag foot of opponent

## ● Handheld/Mini Tee

- › Allows for tee to be accessible at any height, distance, etc.



## ● Mini Push Ramps

- › Allows small assistance to push/move an object
- › Can use a bean bag instead of push ramp



# Other Equipment and/or Adaptations

## ○ Table Games

- Decreases the size of the playing area
- Lead-up activity to full size game
- Adapts to various levels/needs of students
- Easy and quick



**Table Bocce** (above)



**Table Skeeball** (left): push or bounce small ball across table to land in bucket on opposite side

# Other Equipment and/or Adaptations

- **Velcro Mini-Hockey Sticks**

- › Add the velcro mitt for a larger contact area
- › Adds the ability to catch an object



- **Velcro Targets**

- › Can be moved easily and placed at different levels



# Other Equipment and/or Adaptations

## ○ Fishing

- › Add extensions to the handles for students to manipulate easier



Bike handle bar grip (left)

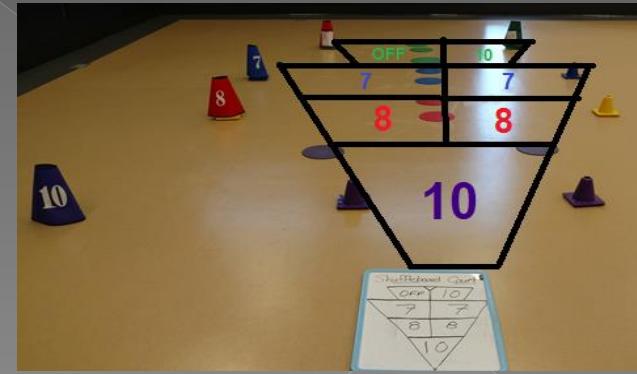


Wooden tongue depressor  
or popsicle stick (right)

# Other Equipment and/or Adaptations

## ● Shuffleboard

- › Use cones or poly spots to represent court (if chalk or tape isn't an option)
- › Can push scooters, roll or toss a ball or bean bag
- › Use a hockey stick or bat to push object from the floor



# Other Equipment and/or Adaptations

- ◉ **Basketballs (soccer ball...)**

- › Homemade Medicine Ball
    - Cut in half and fill with sand. Tape and/or glue it together with gorilla tape, 100mph tape, etc.

- ◉ **Indoor Hurdles**

- › Use as small size goal for games or activities.

# Let's Hear YOUR Ideas!

- ◉ What pieces of equipment do you adapt in your gym?
- ◉ What other uses do you have for some equipment?
- ◉ Any new ideas come to mind from seeing something here?

# Challenge Time!

- Please create a group with 3-4 people.
- With your group, use the equipment here or other typical equipment that is found in a gym setting to:
  - › **Option A:** create a new game or activity.
  - › **Option B:** adapt a piece of equipment to be used for something other than it's intended purpose.
- Be ready to share your creation!

# THANK YOU FOR YOUR TIME!

Please feel free to contact me or my previous coworker:

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