



Equipment to enhance active play

Rain, hail or shine - active play, every day.

NSW Health's Munch & Move program encourages educators to promote and provide active play opportunities for children birth to five years.

One barrier to meeting the active play needs of children in your service could be limited resources available to support physical activity. Below is a list of equipment suggestions, using every day and/or sustainable items, to help educators overcome this barrier and continue to facilitate active play experiences in their everyday curriculum.

Remember:

- Most equipment listed can be used in both indoor and outdoor play environments.
- Everyday items can be used to encourage and extend on active play learning experiences, e.g. bubbles, board games, watering cans, scarves, elastics etc.

Equipment

Alternative equipment

Active experiences or FMS

Action dice



- Square box (cube) with images on each side
- Plastic bottle (to spin).



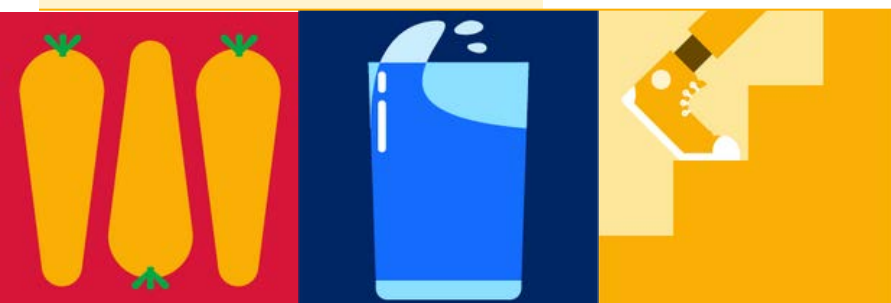
- Transition times
- Dog and bone dice
- Pictures on each side of the dice (such as animals for children to act out).

Balance beam










- Masking tape
- A line drawn with chalk
- Skipping rope
- Log.

- Directional walking, hopping, etc
- Side-sliding
- Sing - '5 Grey Elephants Balancing'.



Equipment	Alternate equipment	Active experiences or FMS
<p>Balls</p> 	<ul style="list-style-type: none"> • Balloons • Balloons with homemade material covers • Rolled-up newspaper • Bean bags • Beach ball. 	<ul style="list-style-type: none"> • Manipulative FMS, e.g. overarm throwing, underarm throwing, kicking, striking a stationary ball, catching, stationary dribbling.
<p>Bats</p> 	<ul style="list-style-type: none"> • Rolled-up newspaper bound with masking tape • Tubes of cling wrap • Shortened pool noodles • Fly swats (for hitting balloons). 	<ul style="list-style-type: none"> • Striking a stationary object • Striking a moving object. 
<p>Bean bags</p> 	<ul style="list-style-type: none"> • Scrap material sewn in a square or rectangle and stuffed with dried beans, dried corn or sand inside. 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Catching • Balancing on parts of body.
<p>Boxes</p> 		<ul style="list-style-type: none"> • Activity centre • Crawling - through, in, out, around • Vehicles • Container to transport items • Dramatic play, e.g. cave, castle, mountain, volcano.

Equipment	Alternate equipment	Active experiences or FMS
<p>Buckets</p> 	<ul style="list-style-type: none"> • Ice-cream containers • Boxes • Washing basket. 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Use in obstacle course • Stack different size buckets • Filling with water, sand, blocks etc.
<p>Building blocks</p> 	<ul style="list-style-type: none"> • Empty food cartons • Empty drink bottles/cartons • Cardboard boxes from a recent delivery • Rocks/pebbles • Small tree stumps. 	<ul style="list-style-type: none"> • Stability FMS, e.g. bending, stretching • Make towers, roads, race tracks, farms etc. 
<p>Goal rings</p> 	<ul style="list-style-type: none"> • Hula hoops can be secured with tape between the backs of two chairs • Use an upright box with a hole cut out at the bottom. 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Head butting balloons/soft balls through • Team sport, e.g. basketball, netball.
<p>Hoops</p> 	<ul style="list-style-type: none"> • Hoops made from garden hose and covered with colourful tape. 	<ul style="list-style-type: none"> • Locomotor FMS, e.g. jumping, running, side sliding, leaping, hopping, galloping, skipping • Target for throwing • Throwing and catching through the hoop • Home base for collecting • Obstacle/hopscotch • Markers for children to stand in • Hula hooping.

Equipment

Alternate equipment

Active experiences or FMS

Hobby horse



- Pool noodles
- Cling-wrap cylinders
- Any long objects.

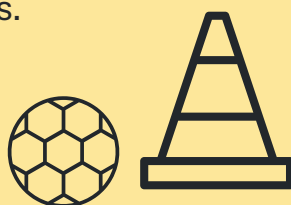
- Galloping
- Skipping
- Dramatic play, e.g. pretending to be a jockey, witch/wizard - Harry Potter.



Markers



- Empty ice-cream containers
- Witches hats
- Cones.



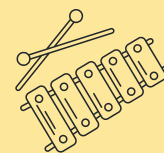
- To define activity area
- To indicate where children stand to throw/kick object at target
- Obstacle course
- Help children to follow directions.

Musical instruments



- Cardboard tubes
- Cans (drum)
- Bottles with small items inside, e.g. beans, rice
- Box with elastic (guitar)
- Old CDs (cymbals)
- Sticks (tapping)
- Kitchen utensils, e.g. pots/pans, spoons.

- Locomotor FMS, e.g. jumping, running, side-sliding, leaping, hopping, skipping
- Dancing to music
- Movement to environmental sounds.



Parachute



- An old bed sheet or blanket
- Colourful material.

- Stability FMS, e.g. bending, stretching
- Running, jumping, side-sliding
- Making waves
- Ball roll.

Equipment

Alternate equipment

Active experiences or FMS

Potato sacks



- Old pillow cases
- Can easily be made out of hessian material.



- Jumping
- Sack races
- Attach as a cape for dramatic play
- Children can use these to collect 'treasures'.

Skittles



- Empty food cartons
- Empty drink bottles/cartons, e.g. milk bottles
- Cardboard boxes from a recent delivery
- Rocks/pebbles
- Small tree stumps.

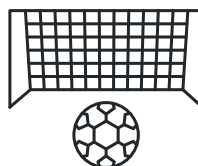


- Underarm throwing
- Overarm throwing
- Kicking ball at skittles
- Children thread in and out of a line of skittles.

Soccer goals



- Lay out markers to kick between
- Cut the front out of a large box.



- Kicking a ball into it
- Overarm throwing
- Underarm throwing.

Stepping stones



- Old tree stump sections
- Stones
- Carpet/material squares
- Tyres
- Laminated shapes/pictures, etc.

- Jumping
- Leaping
- Part of obstacle course
- Transition times.



Equipment	Alternate equipment	Active experiences or FMS
Target 	<ul style="list-style-type: none"> • Hoop • Pictures to aim at • Box with hole cut in one side, old sheet with a target drawn or holes cut • Target drawn on a wall with chalk. 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Kicking • Throw and catch through the hoop target • Target race.
Throwing items 	<ul style="list-style-type: none"> • Sponges • Scrunched up scarf • Paper bound with masking tape • Bean bags/balls. 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Catching. 
Totem tennis pole 	<ul style="list-style-type: none"> • Place a tennis ball in an old stocking and hang from a tree branch or veranda cross beam (away from any windows). 	<ul style="list-style-type: none"> • Striking a stationary ball • Striking a moving ball.
Tunnel 	<ul style="list-style-type: none"> • Cardboard boxes • Tables joined together. 	<ul style="list-style-type: none"> • Kicking • Underarm throwing • Crawl through • Part of an obstacle course. 