

Equipment to Enhance Active Play

NSW Health's *Munch & Move* program encourages educators to promote and provide active play opportunities in early childhood education and care services 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 of the equipment listed can be implemented in both indoor and outdoor play environments.
- Everyday items can be used as further opportunities to encourage, stimulate and extend on active play learning experiences, eg. bubbles, board games, watering cans, scarves, elastics, etc.



Equipment	Alternative/Sustainable Equipment	FMS and Indoor/Outdoor Experiences
Action dice 	<ul style="list-style-type: none"> • Square box (cube) with images on each side • Plastic bottle (to spin) 	<ul style="list-style-type: none"> • Transition times • Dog and bone dice • Pictures on each side of the dice eg. animals – for children to act out
Balance beam 	<ul style="list-style-type: none"> • Masking tape • A line drawn with chalk • Skipping rope • Log 	<ul style="list-style-type: none"> • Side-sliding • Sing '5 Grey Elephants Balancing' • Directional walking, hopping, etc.
Balls	<ul style="list-style-type: none"> • Balloons • Balloons with homemade material covers 	<ul style="list-style-type: none"> • Manipulative FMS eg. overarm throwing, underarm throwing, kicking, striking a stationary ball,

	<ul style="list-style-type: none"> • Rolled-up newspaper • Beanbags • Beach ball 	stationary dribbling, catching
Bats 	<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
Beanbags 	<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
Boxes		<ul style="list-style-type: none"> • Activity centre • Crawling: <ul style="list-style-type: none"> ○ Through ○ In ○ Out ○ Around • Vehicles • Container to transport items • Dramatic play eg. cave, castle, mountain, volcano
Buckets	<ul style="list-style-type: none"> • Ice-cream containers • Boxes • Washing basket 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Use as part of obstacle course • Stacking different size buckets • Filling with water, sand, blocks, etc.
Building blocks	<ul style="list-style-type: none"> • Empty food cartons • Empty drink bottles/cartons eg. milk bottles • Cardboard boxes from a recent delivery • Rocks/pebbles • Small tree stumps 	<ul style="list-style-type: none"> • Stability FMS eg. bending, stretching • Make towers, roads, race tracks, farms, etc.
Goal rings	<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 of one side 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Head butting balloons/soft balls through • Team sport eg. 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 eg. jumping, running, side-sliding, leaping, hopping, galloping, skipping • Target for throwing • Home base for collecting games • Obstacle/hopscotch • Markers for children to stand in • Hula hooping • Throwing and catching through the hoop
<p>Horse sticks/hobby horse</p>	<ul style="list-style-type: none"> • Pool noodles • Cling-wrap cylinders • Any long objects 	<ul style="list-style-type: none"> • Galloping • Skipping • Dramatic play eg. pretending to be a jockey, witch/wizard - Harry Potter
<p>Markers</p> 	<ul style="list-style-type: none"> • Empty ice-cream containers • Witches hats • Cones 	<ul style="list-style-type: none"> • To delineate activity area • To indicate where children stand to throw/kick object at target • Obstacle course • Help children to follow direction/s
<p>Musical instruments</p> 	<ul style="list-style-type: none"> • Cardboard tubes • Cans (drum) • Bottles with small items inside eg. beans, rice • Box with elastic (guitar) • Old CDs (cymbals) • Sticks (tapping) • Kitchen utensils eg. pots/pans, spoons 	<ul style="list-style-type: none"> • Locomotor FMS eg. jumping, running, side-sliding, leaping, hopping, skipping • Dancing to music • Movement to environmental sounds
<p>Parachute</p>	<ul style="list-style-type: none"> • An old bed sheet or blanket • Colourful material 	<ul style="list-style-type: none"> • Stability FMS eg. bending, stretching • Running • Jumping • Side-sliding • Making waves • Ball roll • Popcorn: making small balls/beanbags pop up like popcorn • Don't drop the ball: place a soft ball of any size in the middle. Don't let the ball fall off! • Turtle: the parachute becomes a giant turtle shell with everyone underneath it on hands and knees.

		<p>Everyone must cooperate and work together to get the turtle to move about</p> <ul style="list-style-type: none"> • “Peek-a-boo”
<p>Potato sacks</p> 	<ul style="list-style-type: none"> • Old pillow cases • Can easily be made out of Hessian material 	<ul style="list-style-type: none"> • Jumping • Sack races • Attach as a cape for dramatic play • Children can use these to collect ‘treasures’
<p>Skittles</p> 	<ul style="list-style-type: none"> • Empty plastic bottles and cartons • Milk bottles half filled with coloured water or sand • Plastic cups • Wooden blocks 	<ul style="list-style-type: none"> • Underarm throwing • Overarm throwing • Kicking ball at skittles • Children thread in and out of a line of skittles
<p>Soccer goals</p> 	<ul style="list-style-type: none"> • Laying out markers to kick between • Cut the front out of a large box laid on its side 	<ul style="list-style-type: none"> • Kicking a ball into • Overarm throwing • Underarm throwing
<p>Stepping stones</p> 	<ul style="list-style-type: none"> • Old tree stump sections • Stones • Carpet/material squares • Tyres • Laminated shapes/pictures, etc. 	<ul style="list-style-type: none"> • Jumping • Leaping • Part of obstacle course • Transition times
<p>Target</p> 	<ul style="list-style-type: none"> • Old sheet with a target drawn on it or holes cut into it • Target drawn on a wall with chalk • Hoop • Pictures to aim at • Box with hole cut in one side 	<ul style="list-style-type: none"> • Overarm throwing • Underarm throwing • Kicking • Throw and catch through the hoop target • Target race
<p>Throwing items</p>	<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"> • Suspending a tennis ball in an old stocking 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

Visit *Munch & Move* on the Healthy Kids website (www.healthykids.nsw.gov.au) for more suggested active play and fundamental movement skill learning experiences, resources and links to other available support.