

# Equipment List

**Equipment packs:** Please chose 3 items from table A and 2 items from table B

**OR** 5 items from Table A and 1 from Table B.

All packs come with 10 cones as standard. But you can also order more from the list below.

Please note, equipment may be slightly different than pictured, and if equipment if out of stock, we will choose a suitable alternative or contact you. Also, unless otherwise stated below, only 1 piece of equipment will be provided per box.

<b>TABLE A</b>	
<p><b>Hula hoops – 24 inch x 2</b></p> <ul style="list-style-type: none"> <li>-Spinning</li> <li>-Skipping</li> <li>-Jump through</li> <li>-Roll them</li> <li>-Use it as a target</li> </ul> 	<p><b>Cones x 20</b></p> <ul style="list-style-type: none"> <li>-Goals</li> <li>-Obstacle course</li> <li>-Run/Dribble in and out of them</li> <li>-Target practice</li> </ul> 
<p><b>Skipping rope</b></p> <ul style="list-style-type: none"> <li>-Skip on the spot or on the move</li> <li>-How many skips can you do? How many can you do in 30 seconds?</li> <li>-How fast can you skip?</li> </ul> 	<p><b>Primary skills rackets x 2. Plus 2 tennis balls</b></p> <p>2 smaller plastic rackets for younger children.</p> <ul style="list-style-type: none"> <li>-Balance the ball, hit it to a partner, hit it up to land on your racket again</li> <li>-Play rounders, cricket or tennis</li> </ul> 
<p><b>Tennis balls x 3</b></p> <ul style="list-style-type: none"> <li>-Throw, catch, roll. How far can you throw? How high can you throw?</li> <li>-Play 1 knee, 2 knee... so many possibilities</li> </ul> 	<p><b>Foam Tennis balls x 3</b></p> <p>Softer tennis balls made with foam</p> <ul style="list-style-type: none"> <li>-Throw, catch, roll. How far can you throw? How high can you throw?</li> <li>-Play 1 knee, 2 knee... so many possibilities</li> </ul> 

**Flexi Ball x 1 – 7cm**

Gaps in the ball make it easier to catch.  
-Can you catch the ball and throw it to a partner?  
-Can you hit a target?



**Beach ball – 41 cm**

-Great for volleyball or catching



**Flexi Ring x 4**

Lots of possibilities – throwing, catching, flicking, squeezing, rolling. Hook it on your foot, catch with one hand, throw it to a partner.



**Soft football**

Softer material, ideal for younger children  
-Play a football match, practice your shooting, dribbling or your goal keeping skills  
-How many keepie-uppies can you do?



**Foam rugby ball**

Softer material, ideal for younger children  
-Play catch, pass it, kick it  
-Score tries



**Frisbee x 1**

-Throw and catch to a partner  
-Roll along the floor



### Bean bags x 6

- Balance it on your head and walk/run around
- Throw it in hoops, a bucket, or whatever you can find
- Play catch or juggle
- How far can you throw it?



### Skittles set

- Knock over as many skittles as you can
- Space the skittles out to make it harder
- Play against a partner



### Hydro Catch – 2 Velcro catchers and 1 ball

- Throw to a partner, how many can you catch in a row?
- How many can you throw and catch to yourself? How high can you throw?



### Small audible balls x 3 – with bell inside

- Roll the ball and try and score. Can you defend it? Try it with a blindfold.
- Throw and catch the ball



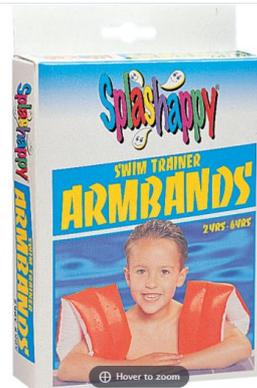
### Basketball

- Dribble it, pass it, shoot against a wall
- Play catch with a partner, practise how far you can throw it



### Swim Trainer Arm bands –child

- Child – 3-6 years of age, 18-30kg approx.



**Foam Swim Float**

Great swim floats for those swimmers learning how to swim and for those in training

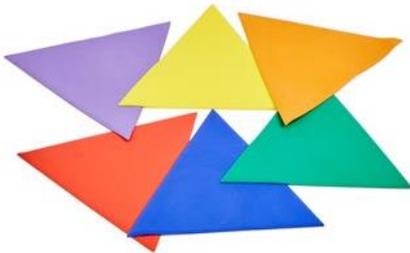
**Water woggle**

-Great to help float or swim  
-165cm long

**TABLE B**

**Floor markers – 6 pack** (may come in different shapes and colours)

- Obstacle course
- Aim bean bags at them
- Use them as goals

**Vortex Aero Howler**

See how far you can throw the howler and listen for the whistle! Aim for a target or throw it to your partner

**Tennis racket x 2. Plus 2 x tennis balls**

- Balance the ball and run around
- How many times can you hit the ball back and forth with a partner?
- Learn to hit a volley (hitting the ball without a bounce)
- Can you knock down a target by hitting a ball with the racket?

**Football**

- Play a football match, practice your shooting, dribbling or your goal keeping skills
- How many keepie-uppies can you do?



### Tennis hitting hands x 2, plus 2 balls

Perfect for beginners. Wrap the paddle on your hands and hit the ball.

- How far can you hit the ball?
- How many times can you pass to your partner in a row?



### Basketball net and ball set

- Hang the hoop on a door or wall with the mental clip or door racket
- This is a foam ball, so you may want to order the basketball in table A as well
- Who can score the most baskets?
- How many times can you dribble?



### Netball

- Play catch with your partner – chest pass, bounce pass, overarm, underarm
- Shot into a hoop, or a mark on the side of the house



### Cricket set – Bat, ball and stumps

- Play a game of cricket! Practice batting and fielding. Can you hit the stumps with the ball?



### Badminton set – includes 2 rackets and 2 shuttlecocks

- How many times can you hit the shuttlecock back and forth to your partner?
- Can you balance the shuttlecock on your racket while walking/running round?
- How many times can you hit the shuttlecock up in the air in a row?



### Dodgeball x 2

- Dodge the ball and aim it at your partner
- Practice throwing and catching



### Foam javelin

-See how far you can throw the javelin



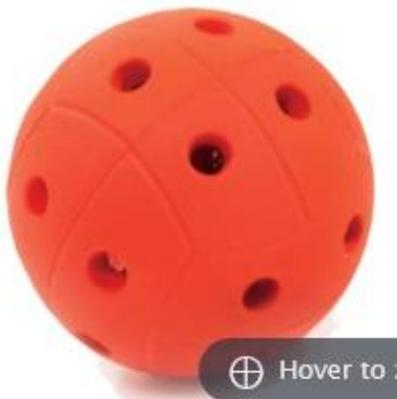
### Boules

-Aim for the small target ball and the closest one wins  
-Knock the other ones out the way



### Large audible ball – with bell inside

-Roll the ball and try and score. Can you defend it? Try it with a blindfold.  
-Throw and catch the ball  
-Can you dribble the ball, follow the bell



### Rounders bat and ball

-Bat and bowl with a partner  
-See how many times you can hit the ball up in a row



### Volleyball

-Can you serve, dig, set and spike?  
-Pass to your partner or throw and catch



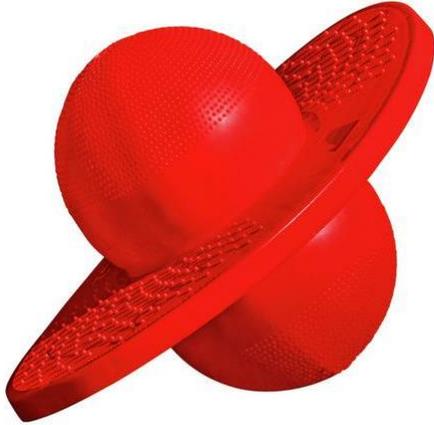
### Table tennis – 2 bats and 2 balls

-How many times can you hit it back and forth to your partner?  
-Use the kitchen table or the wall!



### **Pogo Ball**

- Practice your balance and bouncing with this pogo ball
- How many times can you bounce? How long can you balance for?
- How far can you bounce?



### **Dive sticks – pack of 3**

- Take the plunge with these confidence-building dive sticks
- Dive and retrieve the sticks
- Race to collect them or see if you can collect all 3

