

Equipment for active infants and toddlers



Physical activity is important for **children's health and wellbeing**.

When children are physically active, they benefit from improved:

- Physical development
- Cognitive function
- Sleep quality
- Social and emotional skills

Services should provide children with **time to be active both indoors and outdoors**, using a range of play equipment.

Top Tips



You can use **upcycled materials** as a substitute for the equipment below.



Most of the equipment listed can be used in both **indoor and outdoor play environments**.



Set the environment up to be safe but allows infants and toddlers to challenge themselves. Encourage, support and extend on **active play learning experiences**, eg. bubbles, soft climbing equipment, building blocks, etc.

This resource provides a list of equipment suggestions to help educators facilitate active play experiences in their daily curriculum.

BALLS AND BEAN BAGS

Types of physical play

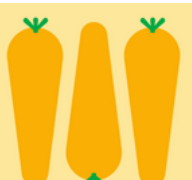
- Carrying
- Throwing
- Rolling
- Building

Experiences

- Roll ball to knock skittles
- Carry bean bags to buckets
- Throw balls to an educator
- Balance bean bag on head

Learning concepts

- Cause and effect
- Problem solving
- Perseverance and achievement
- Skill development
- Equipment manipulation



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
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CLIMBING EQUIPMENT

Types of physical play

- Climbing
- Grasping
- Building

Experiences

- Manoeuvre around equipment
- Climb up and over
- Build cubbyhouses

Learning concepts

- Problem solving
- Perseverance and achievement
- Gross motor



MUSICAL INSTRUMENTS

Types of physical play

- Dancing
- Jumping
- Marching



Experiences

- Move to the sound of the instruments
- Practise marching to the music

Learning concepts

- Participation
- Combining gross and fine motor skills

TUNNELS

Types of physical play

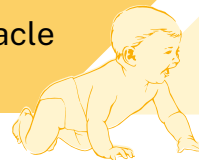
- Crawling
- Ball play

Experiences

- Chase balls through the tunnel
- Develop obstacle courses

Learning concepts

- Spatial awareness
- Environment exploration



SCARVES

Types of physical play

- Dancing
- Throwing
- Hide and seek

Experiences

- Dance to music
- Hide toys underneath scarves

Learning concepts

- Spatial awareness
- Body movements
- Rhythm

NQF

Quality standard 1.2:

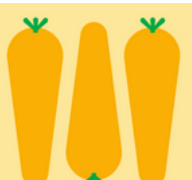
Educators facilitate and extend on children's learning and development



EYLF

Learning outcome 3:

Children become strong in their physical learning and mental wellbeing.



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