

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**.

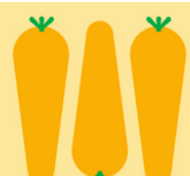


Set the environment up to be safe but also allow infants and toddlers to challenge themselves. Encourage, support and extend on **active play learning experiences**, such as bubbles, soft climbing equipment, building blocks.

This resource provides a list of equipment that educators may use to facilitate active play experiences in their daily curriculum.

Balls and beans bags

Types of physical play	Experiences	Learning concepts
• Carrying • Throwing • Rolling • Building 	• Roll ball to knock skittles • Carry bean bags to bucket • Throw balls to an educator • Balance bean bag on head	• 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
Good for life



Equipment for active infants and toddlers



Climbing equipment

Types of physical play

- Climbing
- Grasping
- Building



Experiences

- Move around equipment
- Climb up and over
- Build cubbies

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

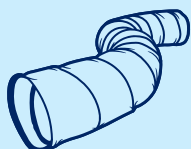
- Participation
- Combining gross and fine motor skills



Tunnels

Types of physical play

- Crawling
- Ball play



Experiences

- Chase balls through the tunnel
- Create obstacle courses

Learning concepts

- Spatial awareness
- Environment exploration

Scarves and ribbons

Types of physical play

- Dancing
- Throwing
- Hide and seek

Experiences

- Dance to music
- Hide toys underneath scarves

Learning concepts

- Spatial awareness
- Body movements
- Rhythm



National Quality Framework

Quality standard 1.2:

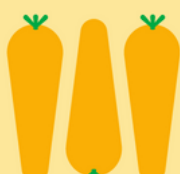
Educators facilitate and extend on children's learning and development



Early Years Learning Framework

Learning outcome 3:

Children become strong in their physical learning and mental wellbeing



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

Good for kids
Good for life

