

# Equipment for active preschoolers



**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.

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

## Top tips



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



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



The use of equipment such as bubbles, board games, watering cans, scarfs and elastics can further **encourage and extend** on active play learning experiences.

### NQF

#### Quality standard 1.2:

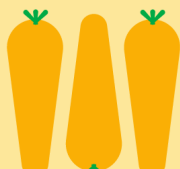
Educators facilitate and extend on children's learning and development



### EYLF

#### Learning outcome 3:

Children become strong in their physical learning and mental wellbeing.



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by Worimi Artist  
Lara Went

**Good for kids**  
Good for life



# Equipment for active preschoolers



## Hula hoops

### Fundamental movement skills

- Jump and hop between, in and out, and around the hoops
- Skip as you spin the hoop over your body
- Target for overarm and underarm throw

### Indoor and outdoor experiences

- Home base for collecting games (eg. rob the nest)
- Obstacle course/hopscotch
- Markers for children to stand in (eg. relay races)
- Hula hooping

### Numeracy and literacy concepts

- Count each jump or hop
- Identify numbers and letters on the ground



## Bean bags

### Fundamental movement skills

- Overarm throw with a friend
- Under arm throw and catching to self
- Jump with the bean bag between your feet

### Indoor and outdoor experiences

- Balance the bean bag on body parts (eg. head)
- Stack the bean bags to create shapes

### Engineering and mathematical concepts

- Can you build with the bean bags so they don't fall?
- What else can you use to help build?
- How many bean bags did you use?

## Balls

### Fundamental movement skills

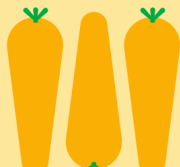
- Overarm throw to a friend to catch or strike with a bat
- Underarm throw to knock over skittles
- Bounce the ball on the spot with one hand or two
- Jump with the ball between your legs

### Indoor and outdoor experiences

- Roll the ball along the ground to a friend
- Roll the ball along the ground to knock over skittles
- Roll the ball through a tunnel and children can crawl through the tunnel to collect

### Science and engineering concepts

- How can the ball roll faster/slower?
- What causes the skittles to fall down?
- Why does a balloon fall slower than a ball?



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# Equipment for active preschoolers



## Scarves

### Fundamental movement skills

- Overarm throw and try to catch it before it hits the ground
- Underarm throw and catch to self

### Indoor and outdoor experiences

- Dance to music
- Practice being a gymnast

### Science and engineering concepts

- Do the scarves fall fast or slow?
- Why do you think they fall fast or slow?
- How can we make them fall faster?



## Parachute

### Fundamental movement skills

- Run under the parachute whilst its high in the air
- Side-slide around whilst holding the parachute
- Jump when your colour is called out by an educator



### Indoor and outdoor experiences

- Make waves
- Pop popcorn game using balls and bean bags
- Mushroom game (everyone hides underneath)

### Mathematical concepts

- Count how many times the parachute is lifted into the air
- Start with 10 balls then recount how many are left every time balls fall off

## Stepping stones

### Fundamental movement skills

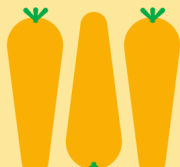
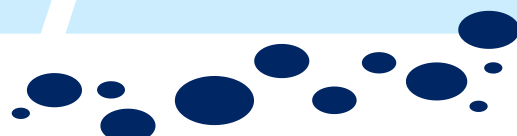
- Jump over stepping stones
- Leap to each stepping stone
- Hop around the stepping stones
- Side-step to each stepping stone

### Indoor and outdoor experiences

- Pretend play (crocodiles in the water, don't fall in)
- Part of obstacle course
- Support transitions between activities

### Engineering and mathematical concepts

- How far can you place the steps apart before you can't step across them?
- Can you count the steps as you walk along?



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# Equipment for active preschoolers



## Sacks

### Fundamental movement skills

- Jump around obstacles
- Jumping races
- Side-sliding in the sack

### Indoor and outdoor experiences

- Treasure collecting
- Use sacks on the ground to play "The floor is lava"

### Mathematical concepts

- How far did you jump?
- How high did you jump?
- How many jumps did it take you to get from the start to the finish?



## Balance beams

### Fundamental movement skills

- Walk across the balance beam
- Walk backwards or hop to increase difficulty
- Place a toy/sandbag on the beam and pick up without falling off

### Indoor and outdoor experiences

- Balance on a chalk line during transitions
- Balance on one foot with eyes closed

### Engineering and mathematical concepts

- How many steps does it take to get from one end to the other?
- How high off the ground are you?
- Why is balancing tricky?

## Musical instruments

### Fundamental movement skills

- Run, jump, skip, leap, gallop or hop in time with the music
- Freeze game using fundamental movement skills to move (freeze when the music stops)

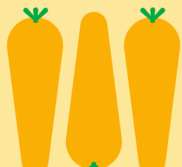
### Indoor and outdoor experiences

- Free dancing
- Dancing freeze game (freeze when the music stops)
- Musical chairs



### Logical and creative concepts

- Music is one of the few activities that uses both sides of the brain, building important brain connections.



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