

# 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**, eg. 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

- 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**  
Good for life



# Equipment for active infants and toddlers



## 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

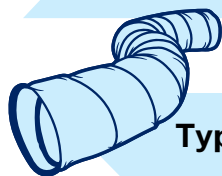
- Crawling
- Ball play

### Experiences

- Chase balls through the tunnel
- Develop obstacle courses

### Learning concepts

- Spatial awareness
- Environment exploration



## Scarves 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



### NQF

#### Quality standard 1.2:

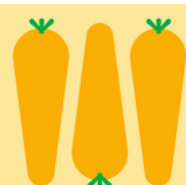
Educators facilitate and extend on children's learning and development



### EYLF

#### Learning outcome 3:

Children become strong in their physical learning and mental wellbeing.



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