

# 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**.

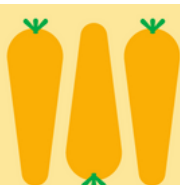


Set the environment up to be safe but also allow infants and toddlers to challenge themselves. Encourage, support and extend on **active play learning experiences**, such as bubbles, soft climbing equipment, building blocks.

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
<ul style="list-style-type: none"><li>• Carrying</li><li>• Throwing</li><li>• Rolling</li><li>• Building</li></ul> 	<ul style="list-style-type: none"><li>• Roll ball to knock skittles</li><li>• Carry bean bags to bucket</li><li>• Throw balls to an educator</li><li>• Balance bean bag on head</li></ul>	<ul style="list-style-type: none"><li>• Cause and effect</li><li>• Problem solving</li><li>• Perseverance and achievement</li><li>• Skill development</li><li>• Equipment manipulation</li></ul>



'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

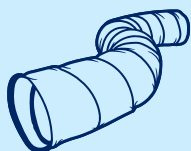
- Participation
- Combining gross and fine motor skills



## 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:

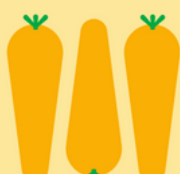
Educators facilitate and extend on children's learning and development



### Early Years Learning Framework

#### Learning outcome 3:

Children become strong in their physical learning and mental wellbeing



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