

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, scarves and elastics can further **encourage and extend** on active play learning experiences.

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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Lara Went

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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 play

- Home base for collecting games (such as rob the nest)
- Hopscotch
- Markers for children to stand in (such as relay races)
- Hula hooping

Numeracy concepts

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



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 play

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



Engineering 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

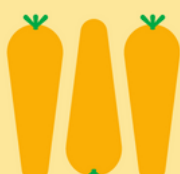
- Overarm throw to a friend to catch or strike with a bat
- Underarm throw to knock over skittles
- Bounce the ball on the spot with one hand or two
- Jump with the ball between your legs

Indoor and outdoor play

- 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, child can crawl through the tunnel to collect

Science 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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Scarves

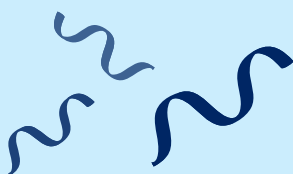
Fundamental movement skills

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



Indoor and outdoor play

- Dance to music
- Practice being a gymnast



Science 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 play

- 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

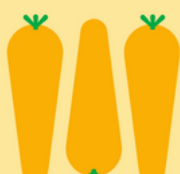
Indoor and outdoor play

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



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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Sacks

Fundamental movement skills

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



Indoor and outdoor play

- 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?

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

Balance beams

Indoor and outdoor play

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



Engineering 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?

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)

Musical instruments

Indoor and outdoor play

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



Creative concepts

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



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