

Activities you can do with equipment



Beanbags

- Throw a beanbag in the air, turn around, and catch it again.
- Throw the beanbag up and backwards over your head and try to catch it behind your back.
- Throw the beanbag in the air, clap your hands once, and catch it. Now try clapping your hands twice, then three times, and so on. How high can you go?
- Throw the beanbag in the air and clap your hands under your right leg before catching it. Now try with your left leg. Now clap behind your back. Invent some more challenges.
- Throw the beanbag up, jump, and try to catch it. Jump twice. Jump three times!
- Throw it up, kneel down and try to catch it.
- Throw and catch with just your right hand, then with just your left.
- Try throwing it up and catching it with your eyes closed!
- Balance the beanbag on your right foot, then throw it up and catch it from there. Can you do it with your left foot too?
- Can you throw the beanbag up and catch it on your left foot?
- Sing one of your favourite songs or rhymes while you throw the beanbag up and catch it, or pass it round a circle of children.
- Set up a variety of hoops, containers and targets and have some throwing practice.
- How far can you throw the beanbag? Does it make a difference if you throw over-arm or underarm?
- Practice dribbling the beanbag around on the ground- using both feet, inside and outside of feet.
- Set up cones/rope as a pathway to dribble the beanbag through.
- Set up cones to dribble the beanbag around.
- Beanbag relay- place hoops about 5 metres apart. Put all the beanbags in one hoop. Ask the children to pick up one beanbag at a time, run and drop into the other hoop, then return and pick up another. Try different locomotor movements such as skipping, jumping, animal walks etc.
- Bean bag balances - Put bean bag on head and go for a walk with the aim to not let it fall off. Try walking forwards, backwards, sideways, on tippy toes and down low. Try running, jumping, hopping, spinning with it on your head. Now try balancing on other body parts.

- Fishing Trip balance circuit – put out balance equipment to make a circuit. Beams, rope, chalk lines, elevated equipment. Beanbags are spread around- children have to balance and lean down to ‘fish’ up a beanbag, then drop it off somewhere else.
- Lowering head below knees – Standing on their feet get children to lower their heads and bend down to look between their legs. Get them to throw beanbags into a hoop through their legs.
- Bean bag toss: place target containers to the left and to the right; instruct the child to use the same hand for a full round, may switch to the other hand for alternating rounds if desired.
- Reach for bean bags, balls, stuffed animals, or other objects across midline, then throw at a target.
- Use an animal grabber, salad tongs or snow ball maker to pick up bean bags placed on the dominant side and have the child reach across midline to drop the objects into a container on the other side of the body.
- Chasing Rainbows- Put different coloured or shaped beanbags in the middle of the floor. Get the children to run around the outside. Call a colour or a shape and the children have to go and pick that beanbag up or touch it and then continue running.

Balloons

Balloons and cardboard bats

- Hold the cardboard bat and then put the balloon on top of it – see if you can balance the balloon on it without holding the balloon, take it for a walk, try not to drop it. Go backwards, turn around etc.
- Now do small taps to hit the balloon up into the air try and keep it up, do bigger hits to get the balloon a bit higher. Try not let it touch the ground.
- Try in pairs.
- Balloon battle- All children have a deflated balloon. Children race their balloons by blowing them up a little, then letting them go- following with their eyes where their balloon lands, then running to that spot. Continue until the other end.
- Balloon/balloonee volleyball- Set up a net between two points. Get the children into 2 groups and play volleyball with a balloon or a balloonee. The aim is to keep the ball off the ground.

Cones

- Great for marking boundaries of where the children are able to go.
- Happy hats- Have hats (cones) spread around the area, some the right way up and some lying down. Split the group into two. One group are the ‘goodies’ and are to turn the hats the right way up, the ‘baddies’ are to knock them down. Only use hands to knock over.

Hula Hoops

- Give each child a hoop to stand in:
- Spinning- Turning both ways, arms out to keep us balanced, go really slow to start off with then speed up. Try with eyes closed, on tippy toes, down low.
- Rotation around a hoop –walk around the perimeter of the hoop – heel to toe, try walking on the hoop. Stand inside the hoop, lift and hold at hip level and turn around in circles. Try spinning it on your hips, then try doing this and turning.
- On hands and feet on either side of hoop – walk around hoop (on hands & feet).
- Helicopters- hold the hoop above their head and spin around.
- Step through the hoop and lift it over body to front again. Try to do this slowly in a skipping motion.
- Hoop flower pots- Put lots of hoops on the floor spread out and ask each child to stand inside one. Children bend down to pick up the hoop and they gradually stand up (like a flower growing) holding the hoop. When they reach full stretch they drop the hoop over themselves to the floor. Teachers can describe the growing, rain, sun, grow, grow. The wind blows (sway side to side) and then spins you around (spin on the spot one way then the other).
- Hula Hoop Freeze Tag- Scatter out several hula hoops around the play area. Assign taggers to freeze the other players. Students inside a hula hoop cannot get frozen, but can only stay long enough to count to 10. Only one child per hula hoop is allowed.
- Hot Hoops- Equipment: Coloured hoops (one for each child), Music Coloured hoops are laid out in a clear space. Children jump in a circle around the hoops while the music plays. When the music stops, children must find a hoop to jump in to. Once all children have found a hoop, the leader calls out the 'hot' colour. E.g. "Red hoops are hot hoops!" Children who are in the hot coloured hoop must jump to a different hoop to share with another child. Start music up and repeat.
- Hopping Circuit-Equipment: Hoops spread out in a circuit. Each child takes a turn running through the circuit, running up to hoops and hopping through them. Note: Ensure that the course has rest times (non-hopping times) set out between groups of hoops.
- Music and hoops- Play music, when you stop it, call out a body part for the child to put into a hoop.
- Cars- Children use hoops as steering wheels. Vary direction and speed as the child drives the car. Could use stop signs, corners, traffic lights etc.
- Car Ride- Children in pairs, child at the back is the driver – puts hands on front child's shoulders. Both children walk around with the driver steering and changing direction. Swap over.
- Cooperative musical hoops- hoops are placed on clear floor. Children and caregivers run, skip, gallop while music plays. When music stops, everyone must be in hoops. Leader removes some hoops each time so more and more children have to fit into the remaining hoops (Great for spatial awareness).
- Puddles and Rivers- Place hoops around the floor. Children run and jump in and out of the hoops. Run around hoops, bunny hop in and out, jump from hoop to hoop, 'splashing in puddles'.

- Direction- Place a hoop on the ground. Ask the children to step in and out. Give directional instructions such as go to the left, right, front or back (Great for language).
- Targets- Put out hoops so children can practise their throwing or kicking. Hang a hoop with some string or rope from a tree or door frame, so children can throw objects through it. Leave hoops on the ground for target practice.
- Scarf Hoop Twist – Throw the scarf into the air and pass it through the hoop as many times as possible before it hits the floor.
- Scarf Hoop Catch – Throw the scarf into the air and catch it on the edge of a hoop.

Jumping Jack sets (jumping bags)

- Jumping sacks- set up a course to jump around.
- Have sack races

Scarves

- Co-operative pencil rolling – get children to lie opposite to one another so that they can join hands and roll together. Use scarves to hold onto.
- Get children to tuck their scarf into their pocket or band of pants/skirt, so that it is hanging out as a tail. Children now have to try and catch other children's tails, while trying to move around and keep theirs safe. To start with once a child takes another child's tail encourage them to hand it back so they can continue playing.
- Scarf Stamp in Locomotion – Ask the children to get into pairs and one of them put a scarf into the edge of their sock or shoe. They then have to run away and the other chases them and tries to stand on the scarf. When the scarf has been stood on, the second child puts it in their sock and runs away to be chased.
- Wave scarf above head, on ground, under legs. One armed swinging, forwards and backwards, swap arms and do on other side. Big O's in front of body with the scarf, then attempt doing the first letter of your name – big movements.
- Screwing scarf up and making it into a small ball in hands (great for hand movement). On the count of 3 get children to throw the scarf up into the air and catch it. Repeat this, getting children to screw their scarf up each time. Use different body parts children have to catch it on instead of just using hands; head, elbow, knee, foot, back.
- Throw a scarf with a bean bag in the middle of it up into the air try and catch both the scarf and bean bag as they will fall at different rates.
- Random scarf catching in locomotion – In pairs, ask one child to move away from the other and randomly throw the scarf in any direction. The second child has to catch it before it hits the ground and then takes off to do the same. Suggest to the children that they throw it high, low, to the side or behind or in front.
- Scarf Hoop Twist and Catch- See hoop activities.

Tunnel

- Use as part of a crawling course- through tunnels, under the parachute, jump over hurdles, around cones etc.

Balls (basketballs, netballs, rugby balls, soccer balls, volleyballs, play balls, spikey balls, tennis balls, sponge balls)

- Dodgems- Each person holds a ball or Frisbee in front like a steering wheel. Walk around without touching the other players in the square.
- Put out targets so children can practise their throwing or kicking. Hang a hoop with some string or rope from a tree or door frame, so children can throw objects through it. Leave hoops on the ground for target practice.
- For kicking – put out cones or markers children can kick balls through or objects they can kick balls round. Use skittles or plastics bottles with sand in them for the children to try and knock over by kicking the ball at them.
- Throw or roll, if on the floor, a medium or large ball towards targets (bucket, container) to the right of centre and the left of centre.
- Catch balls thrown, or rolled, to the right and to the left of centre, encourage catching with both hands together.
- Practising bouncing then dribbling balls using two hands, then one hand.
- Reach for balls across midline, then throwing at a target.
- Practice ball skills reaching across the middle of the body. Have a couple waste baskets on either side of the body to aim at. Use the dominant hand. If you don't know which hand is dominant, have the child consistently use one hand for a set of balls and then switch and try the other hand.

Moon hoppers

- Lying on moon hopper - Roll the ball or cylinder back and forth with the child on top-if it is a baby they will need to be supported, with young children put a toy on the floor that they have to reach out to grab. With those confident encourage them to try it on their back.
- Have moon hopper races.

Frisbees

- Dodgems- Each person holds a ball or frisbee in front like a steering wheel. Walk around without touching the other players in the square.
- Practise throwing frisbees as far as they can.
- Put out targets so children can practise their frisbee throwing. Hang a hoop with some string or rope from a tree or door frame, so children can throw the Frisbee through. Leave hoops on the ground for target practice.

Parachute

- Sausage Rolls – Get children to lie on top of the parachute (can do one either side) and hold an edge and then roll up. Children have to then roll the other way.
- Making waves- Hold the parachute at waist height with both hands and shake it up and down vigorously and watch the waves that are formed. Make big waves and small waves.
- Lift parachute up above heads – 1, 2, 3 on 3 children lift parachute above head to make a mushroom. When parachute mushrooms children call out the name of the child they can see sitting opposite to them. Or yell out hello.
- Popcorn- Throw 6-10 small balls into the parachute and have the group pop them in the air. Encourage them to try to keep them on the parachute.
- Tug of War- Divide the group into two sides. Each side pulls on the parachute as in a regular tug of war.
- Colours – run under, e.g. People holding red colour of parachute swap with the others holding red on the other side, they have to run under the parachute to do so. Or race around the outside. When children run under encourage them to do different animal walks, or jumping or hopping.
- Cat and Mouse Chase – children sitting on ground holding parachute one child is the mouse and goes under the parachute, one child is chosen to be the cat and goes on top of the parachute. The cat has to try and catch the mouse, while the other children help to hide the mouse by moving the parachute up and down. The mouse needs to try and stay low while creeping around. If the cat is finding it too easy get the children holding the parachute to get up on their knees to make the parachute higher.
- Simon Says – Call out different instructions the children have to do – involve the parachute and the game Simon Says.
- Relaxation – children can lie down underneath the parachute while some children on teachers move the parachute above them. The children lying down can watch the parachute go up and down. Get them to stay lying and try touching the parachute with their arms or legs.

Skipping ropes

- Tight rope walking – Get children to imagine they are on a tight rope high up in the air – heel toe walking, go backwards, jump, tippy toes.
- Jumping the stream – With the use of a skipping rope use it to act as ‘stream’ so that children either have to jump to get over it.
- Jumping the stream - Vary the height, and explain after lots of rain the river may get wider, faster or higher, move the rope to match these descriptions. Once children get confident try jumping: backwards, turning jumps and side to side jumping. Try running leaps for when the river is wide. Stay away from the crocs!
- Double up the rope so children have to make two small jumps or one big jump to get across.
- Snake hunters (older children) - about 1/3 of the group are snake hunters and the rest are snakes. Snakes have a rope which they slither on the floor behind them. Snakes move around using a variety of locomotor movements, while snake hunters attempt to catch them by jumping on the snake’s tail. If caught- swap roles.