



Equipment List



Ball

Suggested size - between 15 and 25 cm in diameter

A well-pumped bouncy ball is best.

Beanbag

Suggested size - 15 x 10 cm

Preferably use a bean bag made with a cotton fabric.

An alternative can be a small, well-sealed packet of nuts or sweets.

Hoop

Suggested size - between 60 and 80 cm in diameter

A smaller hoop is more manageable for very young children.

Take care not to squash the hoop to keep the shape and prevent cracking.

Rope

Suggested length - between 1.5 and 2 meters

A plain length of cotton or nylon rope with no handles is best.

If the handles are not removable, children must take care not to step on them.

An alternative could be a long scarf or a line of tape on the floor.