

## ESSENTIAL EQUIPMENT GUIDE



### Balls

Suggested size: 15 - 25 cm / 6 - 10 inches diameter

*A well-pumped bouncy ball is best.*

*A soft toy can be used as an alternative in some activities.*

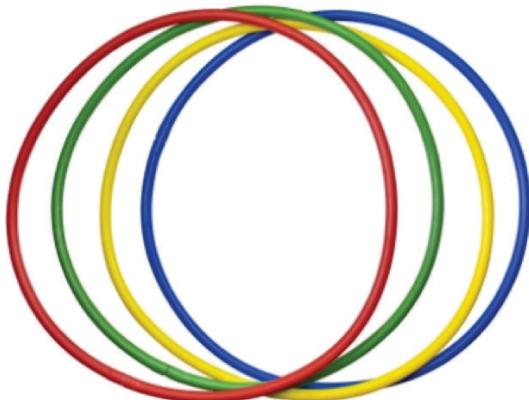


### Beanbags

Suggested size: 10 x 15 cm / 4 x 6 inches

*Preferably made with a cotton, non-slip fabric.*

*An alternative example is a small, well-sealed packet of nuts.*



### Hoops - two sizes

Ages 2 - 4: 40 cm / 15 inches diameter

Ages 4+: 60 - 75 cm / 25 - 30 inches diameter

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

*Tape or chalk lines can be used for hoop layouts on the floor*



### Ropes

Suggested size: 1.8- 2 meters / 6 - 6.5 feet

*Cotton or nylon rope with no handles is best.*

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

*Alternatives are a line of tape or chalk for floor activities.*