

# Equipment



## Equipment is an important part of any physical activity program

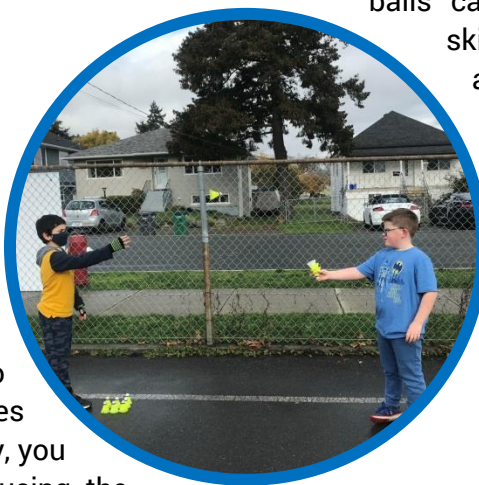
The way we use equipment is an important part of any program or curriculum, and can influence how people engage in an activity and develop their confidence and skill. We can use equipment to modify activities for all ability levels by making games and activities simpler or more complex. Equipment does not need to be expensive or specific, and often basic equipment that has multiple uses is the best option.

## What equipment does PISE use?

The equipment we use for many of our activities can be used in multiple contexts and develops transferrable skills for many different activities. Below are the items that we would recommend and allows you to facilitate many different activities:

- Foam balls (approx. 6 inches in diameter)
- Foam blocks
- Nylon scarves
- Bean bags
- Hoops (of different sizes)

This equipment provides the basis for activities that create engagement, success and confidence. For example, the nylon scarves can be used to adapt throwing and catching activities to make them easier as the scarf moves more slowly than a ball. Alternatively, you can make catching more difficult using the scarves by providing the learner with two or more. Hoops of different sizes can be placed at various



distances to create different levels of challenge. For example, in a jumping activity larger hoops that are close together would be much easier to jump in to compared to smaller hoops that were farther apart. Foam blocks are a diverse addition to any equipment room that can be used for balance by standing on, throwing and kicking by using them as targets, catching by having an irregular shaped object to catch and many other activities.

## Other equipment

While the equipment mentioned here may not be accessible right away, the equipment that is available can also serve many purposes. To utilise items that you already have, think outside the box as to how that item may be used. For example, badminton birdies are a great way to change a throwing and catching activity, or make very difficult targets when throwing or kicking. Tennis balls can be used for bouncing and kicking skills, making a much more difficult alternative to traditional balls used for the same skill such as soccer balls and basketballs.

## Contact us!

If you would like to know which specific equipment we buy and where we get our equipment from, please contact us.