

# Equipment List

## Hula Hoops (x2)

30" Kids Hula Hoops.

- Spinning
- Skipping
- Jumping through!
- Learning to roll them
- Use them as targets



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## Pack of Cones

Different colours with endless possibilities!

- Target practice
- Colour matching
- Obstacle courses
- Run around / dribble a ball around them
- Goal posts!



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## Floor Markers (circles)

Flat rubber markers.

- Jump from one to the other.
- Add into an obstacle course.
- The floor is LAVA!
- Can you throw a beanbag to land on one?



## Floor Markers (arrows)

Flat rubber markers.

- Follow the arrows!
- Add into an obstacle course.
- Point to a target.
- Can you run/balance along them?



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## Nerf Vortex Howler

Mini howler can be thrown through the air. Listen for its whistle!

- How far can you throw it?
- Can you aim for a target?
- Play catch with a partner.



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## Skipping Rope

High grip speed rope. Great for use outdoors, skipping on the spot or on the move during a daily walk!

- How many jumps can you do on the spot?
- How many jumps can you do in 30 seconds?
- How fast can you skip?
- Learn new tricks like 'The Cross Over' or 'Double Jump'



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## Tennis Hitting Hands

Wrap the paddle to your hand (velcro strap) and try to hit the ball. Perfect for someone who may struggle to hold a tennis racket or rounders bat. Also good for individuals who struggle with hand-eye coordination.

- Play tennis with a partner.
- How far can you hit the ball?
- Stop the ball as it rolls along the floor.
- Practice your tennis serve!



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## Tennis Rackets (x2)

2 youth tennis rackets.

- Can you balance a ball on your racket and run around your living room?
- How many times can you hit the ball back and forth with a partner? This is called a 'rally'!
- Play a game of tennis.
- Learn to hit a volley (hitting the ball without a bounce).
- Can you knock down some targets by hitting the ball with the racket?



### Primary Skills Racket (x2)

2 smaller rackets for younger children. Can be used with tennis balls, foam balls, beach balls and ping pong balls.

- Can you hit the ball to a partner?
- Can you hit it up to land back on your racket?
- How far can you hit the ball?
- Use it to play rounders, cricket or tennis!



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### Tennis Balls (x2)

Standard, firm tennis balls.



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### Foam Tennis Balls (x2)

Softer tennis balls made with foam.



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### Hitting Tee

A stand to place a ball on top. Great for those with limited mobility or visual impairments.

- Can you hit the ball off the Tee?
- How far can you hit it?
- Aim for a target!
- Rounders!



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### Nest Ball

A ball with gaps, making it easier for someone to catch with limited mobility.

- Can you catch the ball?
- Can you pass it to a partner?
- Can you flick it, drop it or roll it onto a target?
- Can you link your fingers into the holes?



## Beach Ball

24" beach ball, this ball will move slower through the air making catching games easier for those with limited mobility.

- Can you catch it?
- Try some volleyball by hitting the ball to your partner.
- Can you race in your garden whilst dribbling the ball with your wheelchair?



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## Flexi Rings

Great for throwing, catching, flicking, holding onto and squeezing or rolling on the floor. Very sensory and great for those with limited mobility.

- Can you squeeze it with your hand?
- Can you hook it on your foot?
- Try to catch it with one hand.
- Can you pass it to a partner?



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## Football

Youth size football. For outdoor use.

- Try some dribbling around the garden.
- Can you do 10 keepie-uppies?
- Have a football match with a partner.
- How many goals can you score? No goal posts? Use a couple of old jumpers!
- How many goals can you save as a goalkeeper?



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## Rugby Ball

Youth size rugby ball. For outdoor use.

- Play catch with a partner
- Practice kicking from a cone or from hand
- Run around with it and practice evading someone
- Scoring tries!



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## Basketball

Youth size basketball. For outdoor use.

- How many bounces in a row can you do?
- Can you use both hands to bounce, pass and shoot
- How about spinning it on your finger
- Play 1 v 1



## Netball

Youth size netball. For outdoor use.

- Practice your shooting for a hoop, dust bin or marker on the side of your house
- Play catch with your partner- overarm, underarm, chest pass, bounce pass and more!
- Pivot like Ross from Friends. PIVOT!
- Race to see how many shots/passes/pivots you can do in 30 seconds/1 minute/more!



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## Dodgeball

Rubber ball which can be used outdoors or indoors with care.

- Does what it says on the tin - throw at each other and try to avoid the incoming fire.
- Dodge, duck, dip, dive and dodge!
- Play a Wild West-style shoot-out with 1 ball each.



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## Soft Football

Foam ball which can be used outdoors or indoors with care.

- Dribble the ball around your garden.
- 1v1 football match!
- Time for a penalty shootout.
- Can also be used to play catch with a partner or a game of netball.



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## Bean Bags (x6)

Small bean bags, different colours.

- Aim for hoops, a hat or even a saucepan!
- Play catch, juggle or use for target practice (just not at other siblings...!)
- Soft and easy to manipulate with hands.
- How far away can you stand from your partner and play catch?



## Boules Set

Perfect for people of all abilities to play target games individually or with the whole family. Can be used with a ramp, for those with limited mobility, made out of cardboard or drainpipe (if you have any lying around!)

- Aim for a target ball and the closest wins
- Knock other balls out of the way!
- Can you get them all in the washing up basket?
- Tactical and calm game of boules or boccia.



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## Crazy Can Alley

Bring the funfair to your garden (or living room). These are a very visual prompt for success - and so satisfying.

- Can you knock over all the cans?
- How far away can you stand and how few throws can you do it in!
- How high can you stack the cans?



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## Quoits Set

Great to play on your own or with the whole family. Suitable for indoors and younger children.

- Aim for the targets!
- How far can you stand/sit and still hit the target?
- Group the rings altogether or aim for different ones



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## Skittles

Set of 9 plastic skittles and ball.

- Knock them over
- Bowling style / in a line / as many as possible / one ball in each hand / backwards and through your legs / down a home-made ramp

