



Tools of the Trade: Equipment

Equipment is an integral part of a physical activity program. Although it need not be the fanciest and most expensive, equipment should be durable enough to withstand a few years of playing. When sharing equipment us a checkout sheet and simply write down the item and cross it off when it's returned. Of course it would be ideal to have your own classroom set. You may want to use the CATCH PE Activity Box Inventory card as an equipment check out tool.

Recommended equipment includes the following:

- **Beach Balls**- One per child is recommended.
-16" multi-colored vinyl balls are ideal for a variety of skills and games. Limited flight and speed provides successful hand/eye skill development.
- **Beanbags**-One beanbag per child is recommended.
-Purchase beanbags of various colors. Beanbags can be purchased inexpensively (approximately \$1) or made for even less. If making beanbags, use a strong, brightly colored material and any type of dried bean. Tight, double stitching will minimize breaks and spills. A good size for small hands to throw and catch is 5 x 5 inches. Beanbags can also be purchased in geometric shapes (square, triangle, rectangle, and circle) and with numbers and letters of the alphabet.
- **Close Line Clips/ "Magic Clips"**- One per child is recommended.
-Purchase clips of various colors or rubber bracelets (e.g. Livestrong bracelets) of various colors and good quality or they will break.
- **Cones**- 12 to 15 cones per class are recommended.
-Cones can be used to mark boundaries, to designate min-activities, or identify stations. Small cones (approximately 9" tall) that are brightly colored (orange or yellow) are recommended. They are inexpensive, lightweight, easy to see, and take up very little storage space.
- **Fleece Balls**-One per student is recommended.
-Fleece balls are soft and durable. Purchase 4" fleece balls in various colors to be used in skills, games, and teaching colors.
- **Deck Rings**-One disc per child is recommended.
-Deck rings are great for many things such as: tossing, catching, and rolling to another person. Purchase 6" deck rings in rainbow colors to facilitate activities and game playing.

- **Dino-Skin Foam Balls**-One ball per child is recommended.
-Purchase 7" diameter high-quality Dino Skin balls. Balls come in bright neon colors.
- **Drum**-One per teacher is recommended.
-A handheld drum is perfect for keeping rhythm or signaling your class for activity.
- **Equipment Bags**-The number of bags needed is determined by the amount of equipment.
-Purchasing mesh or other types of bags for storing and transporting equipment is a must. They are inexpensive, lightweight, and should be carried, not dragged. Be sure the ties are easy to open and close.
- **Jump Ropes**-One jump rope per child is recommended.
-Purchase ropes that are durable. Solid vinyl speed ropes of 7' length are recommended. Tying knots or looping on end around the student's hand can shorten ropes. Jump rope racks may also be purchased for easy storage.
- **Lollipop Paddles**-One paddle per child is recommended.
-Purchase the polyethylene 7" long handle lollipop paddles. They are lightweight, pliable, and safe.
- **Playground (Kick) Balls**-One ball per child is recommended.
-Playground balls are made of durable, low-bounce rubber and come in a variety of colors. The 8 1/2" 3-ply playground ball can be used for a variety of activities. By purchasing quality playground balls from the start, you will avoid the usual problems of punctures and lopsidedness.
- **Plastic Hoops**- One hoop per child is recommended.
-Purchase 30" Heavy-Duty, No-Kink Hoops of various colors. They can easily be incorporated into games and activities.
- **Parachute**- One chute per class is recommended.
-A traditional parachute with a "super-chute grip" makes it easier for students to grip. You will need a chute that is large enough for the whole class to fit around the outside. Each student should have approximately 2' of space on the edge. For example, if you have a group of 12 students, the circumference should be no less than 24 feet around.
- **Juggling Scarves**- One scarf per child is recommended.
-Juggling scarves are slow moving and can be used in a variety of activities and games. Purchase 17" scarves of various colors.
- **Spot Markers (poly spots)** - One per student is recommended.
-Polyvinyl markers are soft, flexible, and don't slip. Purchase 9" round markers of various colors. Spot markers also come with numbers, and in a star shape.

- **Music**- A variety of music can be used for rhythmic activities or any activity. The CATCH Early Childhood Activity and Healthy eating Behaviors Activity Box does include a CD of music for specified activities. There are also music suggestions on several activities. However, choose the music that is right for you and your students.
- **Portable Cassette/CD/IPOD Player**
- Additional Equipment (if possible):
 - Rubber ducks, chickens, pigs
 - Noodles
 - Floor targets
 - Bean bag launchers
 - Beanbag Target Game Vinyl Floor Mat
 - Large pictures of various animals