

LEAPS

learning eating active play sleep



Active Play Equipment Substitutes

The LEAPS Active Play Kit has some great equipment for running games and activities but if you don't have these – check out our list below of things that you could use instead:

Markers

Markers are useful for setting up targets or goals, outlining the playing field, and creating obstacle courses. Suitable replacements include plastic cups and bowls, soft toys, yogurt containers, empty bottles (half fill with water to make them more stable), shoeboxes, lunchboxes, bins or buckets. If a playing area or field needs to be marked, try drawing the lines on the ground with chalk or using long ropes to outline the space.



Balls

Children can practice their throwing and catching skills without using balls. Suitable substitutes include blown up balloons, beanbags, cushions, toys eg. teddies, scarves and light pieces of fabric.



Skittles/bowling set

Substitute water or juice bottles for traditional skittles. Fill the bottles with various amounts of water to increase the challenge.



Beanbags

Fill a balloon up with sand, rice or other fine ingredients in the desired size and tie securely. Alternatively use scraps of fabrics to make beanbags by sewing a small square or rectangular pouch, filling the pouch with dried beans, rice or sand and sewing closed securely.



Balance beam

Place a skipping rope on the ground to represent a balance beam, mark a line on the ground with chalk or make a low beam with bean bags in a long line. Alternatively, a long plank of wood, or large wooden blocks lined up provide balancing opportunities.

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Target practice



Child sized basketball or netball hoops can be purchased but it is easy to provide target practice inexpensively by placing a hoop on the ground, marking a circle on a wall or floor with chalk, using baskets or buckets, or placing a folded towel or blanket onto the floor for children to practice their aim by throwing balls or ball substitutes.

Bats and racquets

Create bats by using rolled up newspaper bound with masking tape, cardboard tubes or a pool noodle cut to an appropriate length. Educators can create a makeshift tennis racquet by spreading a wire coat hanger apart into a round shape and stretching pantyhose over.



Crawling Tunnel



Children have lots of fun creating their own crawling tunnels by using large cardboard or plastic boxes, chairs, piles of cushions or small stools to form the sides of the tunnels and then draping sheets or blankets over the top to enclose.

Active play equipment for children doesn't have to be expensive. Instead you could talk with the children about all the different ways that everyday items can be used or recycled to use in games or activities. This can help children to learn new skills and games that they can use in their own home while playing and being active. You can support them by telling their parents about the new games and activities they have learnt and can try at home.