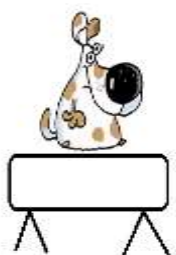


# EQUIPMENT



## EQUIPMENT and developmental function of:

### 1. Wall Bars:



- Muscular strength to lift one's own weight
- Balance
- Muscular Endurance
- Confidence

### 2. Low Bench:



- For jumping down from or over
- For vaulting from side to side
- Use as an incline (raise one end)
- Use in place of a balance beam for balance activities

### 3. Painted Lines on Floors:



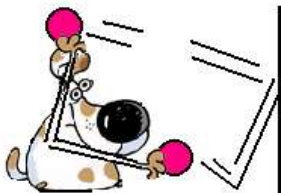
- Use to aid in maintaining a straight pattern in walking or running.
- Balancing Activities
- Boundaries
- Traffic play
- "Ditch" to jump over

### 4. Balance Beams:



- Balance activities

### 5. Wall Space for Ball Play;



- Ball skills and games
- Develop eye-hand co-ordination

### 6. Mirror



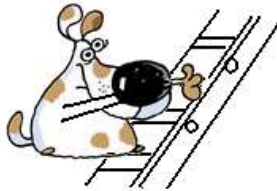
- Body awareness
- Use for feedback (the children can see what they are doing.)

7. Footprints:



- To correct uneven steps, feet turning outwards, shuffling, etc.)
- Vary stride
- Balance

8. Ladder



- On floor - walk between rungs to learn to lift feet.
- Run between rungs (development co-ordination and agility)
- Against a wall or climbing apparatus – climbing up or down; walking across hanging by the arms.

9. Trampoline and mattresses:

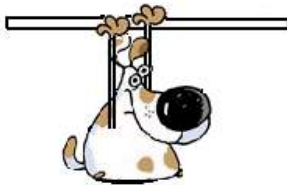


- Good for balance and improving strength
- Good for developing body awareness
- Good for developing trunk control.

10. Climbing Frames:

- Develop good hand grasp skills
- Helps to develop self-reliance and confidence.
- Helps encourage creativity and allows the children a degree of risk.

11. Suspended Beam:



- Arm and grip strength
- Endurance

12. Rope:



- Arm and grip strength
- Swinging

13. Skipping Ropes:



- Skipping
- Jumping over
- Helps to develop rhythm

14. Balls:



- Ball skills – eye-hand/foot co-ordination
- Games
- Balance while sitting on large ones

15. Musical Instruments:



- Rhythmic movements
- Change speed and direction, stop, go, etc.

16. Bean Bags:



- Used as balls (can be easier to grip)
- Foot exercises (pick up with bare feet)
- Balancing on Head

17. Hula-Hoop:



- Jumping through
- Skipping
- Instruction in body awareness
- Spatial concepts (in, out, beside etc)

18. Sandbags:



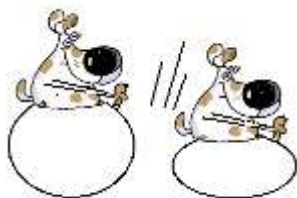
- Increase strength and duration of hand grasp.
- Teach technique of lifting

19. Medicine Ball:



- Strengthening arm and shoulders

20. Bouncing Ball with Handles:



- Balancing
- Strengthening leg muscles

21. Outdoor Equipment:  
(swings, slides, tires,  
teeter-totter)

- Balance
- Confidence
- Motor planning experiences

22. Parachute:



- Space and body awareness
- Bilateral activities
- Arm strengthening
- Balance and co-ordination

23. Scoops and Paddles:



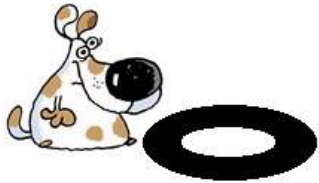
- Eye-hand co-ordination

24. Scooter Board:



- Trunk strengthening
- Balance

25. Inner Tubes:



- Eye-hand Co-ordination (target or rolling)
- Balance (stepping on, over, jumping  
On, over, from)

26. Target Games:



- Eye-hand co-ordination

27. Floor Hockey Sticks:



- Ball handling
- Eye-hand co-ordination

