



Equipment List

Hula Hoops (x2)

30" Kids Hula Hoops.

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



Pack of Cones

Different colours with endless possibilities!

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



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?



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.



Skippping 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'



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!



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 pining 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!



Tennis Balls (x2)

Standard, firm tennis balls.



Foam Tennis Balls (x2)

Softer tennis balls made with foam.



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!



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!



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.



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.



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.



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?



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



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



Updated 26/04/2020