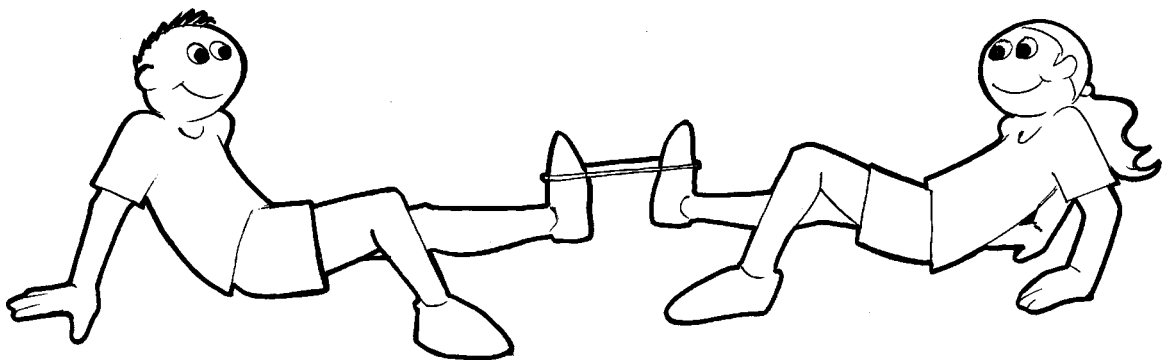


Treasure Chest of Equipment



A TREASURE CHEST OF EQUIPMENT

It is not always necessary to have expensive equipment to provide learning opportunities for children. The following teaching aids can be used to provide the necessary repetitions in games requiring equipment that is not usually used in specific sport programs.

The “Treasure Chest” that helps make sport fun, active and safe.

- Aluminium pie plates as rackets to strike balloons
- Balloons
- Bats to strike objects, use plastic bats or christmas paper tubes and balloons
- Batting t’s made from traffic pylons; plumbing pvc pipe with piece of flexible radiator hose at top
- Beach balls
- Bean bags
- Belts, old ties or ribbon for flags in tag games
- Cap or old shirt to identify “it” in tag games
- Carpet squares for bases, safe/starting/quiet spots
- Frisbees for markers or as rackets for balloons
- Garbage cans for targets
- Hacky-sack for soccer volleying
- Indoor softball/baseballs (have a softer core) – more appropriate for all softball/baseball programs for children 10 and under than standard balls
- Laundry baskets for targets or for carrying equipment
- Light weight ball suspended from a string with velcro to enable it to be hit from the string on contact
- Nerf or foam balls
- Paddles made out of coat hangers shaped into paddles, old pantyhose stretched across and tape around the handle (hanger hook that has been bent flat)
- Pails for tossed objects
- Plastic balls
- Plastic jugs (bleach, detergent, milk bottles) for markers or targets
- Playground balls
- Playing cards as “stepping stones” for jumping
- Pucks for markers
- Punch balls
- Puppets or stuffed animals to draw quiet children out or gain group attention
- Ropes or sticks across pails, pylons, chairs to make a low net
- Rubber balls
- Soccer balls
- Socks rolled up for throwing
- Spectator bleachers as balance beams or objects to jump down from
- Tennis balls
- Volleyballs or basketballs
- Walls – when possible, to provide rebounds to get additional repetitions
- Whiffle balls
- Whiffle balls suspended from shoelaces or strings as objects to strike
- Yarn balls



Suggestions:

- Soccer dribbling and trapping can be done with smaller balls.
- Amount of equipment required by having 2-4 stations, requiring different equipment, operating concurrently. Players then rotate stations.
- Pinnies to identify teams are easy to make and can be used as flags in tag games as well.

