

PHYSICAL EDUCATION EQUIPMENT

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“It doesn’t matter how many resources you have if you don’t know how to use them”

Equipment wishlist

When was the last time you conducted a stocktake of what’s in your PE shed/cupboard? This is a great activity to involve a group of students in. Make a list of what you have, and possibly the condition it’s in (for example, good/needs repair/broken). Then decide on the action plan to store, fix, cull or replace with new equipment.

We’d recommend the following equipment for primary/intermediate schools:

- Multipurpose – Hoops, cones, frisbees, marking spots, bands/bibs, skipping ropes, bean bags, blindfolds, pool noodles, quoits, flags, foam vortex
- Large balls – rugby, volley, netball, football, basketball, dodgeballs
- Smaller balls – tennis, hockey, softball, foam, cricket
- Other balls – odd shapes, textures, materials
- Bats/sticks/racquets – cricket, tennis, softball, padder tennis, table tennis, hockey
- Batting tees, wickets, goals, nets
- Parachute
- Buckets

Have you ever thought of using a rubber chicken as a piece of PE equipment? Rubber chickens can be bought at dollar-type discount shops. Watch out for the squeaky ones!

- Visit this link to learn how to play ‘Chuck the Chicken’. So much fun!

<https://www.youtube.com/watch?v=c38xSw1fyeA>

- For ideas on how to break the game into progressions visit this link:

<https://www.youtube.com/watch?v=BUvxkXLgSRQ&t=117s>

- Type in ‘**rubber chicken activities**’ into the *YouTube* search bar to find all sorts of ways to put them to good use in physical education.



Photo credit: T. Cotter 2021

What to consider when getting new equipment

- **How much is enough?** Students can freely participate in learning when their access to equipment is not restricted. It doesn't have to mean one piece for every child in all circumstances, but we do want to reduce them only having one turn or opportunity to interact and then having to wait for their next turn.

For example: running multiple small sided games at once, having multiple batting stations in a game rather than just one, playing games where all students have a piece of equipment e.g. enough racquets and balls for each child.

- **What resources and equipment are needed to make play and games more accessible for all students?** We want all students to have the confidence to participate in physical education, no matter what the activity is.

For example: Having a range of equipment available to strike with so that students can choose, rather than only having access to a set piece of equipment e.g. tennis racquet, softball bat, paddle tennis bat, and a hockey stick.

- **What other types of equipment will encourage creativity?** Children love variety and playing with different equipment. Using different and unconventional equipment (such as bean bags, juggling scarves, rubber chickens) can spark excitement and fun. You can also encourage creativity by using traditional equipment in non-traditional ways.

For example: asking students to create a game based on a story you have read with no equipment or asking them to create a game you can play in pairs with one pool noodle, playing a "hockey" based game with netballs and tennis racquets, playing a fielding game with rubber chickens.

- **How can you modify equipment?** Primary aged students shouldn't be using adult-sized or adult-weighted equipment. Adapt and modify equipment to meet the needs and abilities of the children. Not only does this raise their excitement and interest levels in the activities, but it also makes the skill learning more accessible.

For example: in athletics quoits can be used in place of discus, bean bags for shot puts, or soft toys for relay batons.

Where to go to purchase equipment

Sports Distributors are Physical Education New Zealand's preferred supplier of physical education equipment. Schools earn a rebate on all purchases, and when they order online and use the coupon reference **"PENZ"** Physical Education New Zealand receives a rebate too, that we can use towards gear for workshops and prizes etc.

www.sportsdistributors.co.nz

