

# Get Set!

## Stuff You'll Need!

*"In selecting play equipment, remember that the most inspiring, durable and valuable play element of all cannot be bought. It comes in the form of other children - playmates."*

(Terry Orlick)

Make it easy, put together a playground bag/box filled with play equipment. Always consider the abilities of the players, everyone's safety and the amount of support and/or supervision the players may need.

### Ropes

- Use a rope that is the right length for the player. The ends of the rope should reach the player's armpits when they are standing on the center of the rope.
- Skipping ropes vary in length: single 213 cm (7 feet), double 487 cm (16 feet).
- Yogi ropes – form a loop. The most useful length is 244 cm (8 feet). The shortest rope to use is 145 cm (58 inches).



### Balls

- Before selecting balls consider how they will be used in the game and the abilities of the players.
- Consider size, shape, degree of softness, bounce-ability.
- Playground utility balls – vary in size from 18 – 22 cm (7 – 8 1/2 inches) and may be already inflated or need inflating.
- Wall bouncing balls – 6.5 cm (2 1/2 inches) diameter, high bounce quality.
- Other possibilities – beach balls, foam footballs, hacky sack (foot bags), koosh balls – about 9 cm (3 1/2 inches) diameter, soccer balls, tennis balls.



### Boundary markers

- Pylons, bean bags or whatever you like as long as there is no danger of injury if a player falls on them.



### Other stuff

- Hula hoops, bean bags, sidewalk chalk, hopscotch markers, tape/rope for marking boundaries, tag flags.



### Equipment

- Use whatever you already have. Contact parents for resources/ideas. Try some creative fund raising.