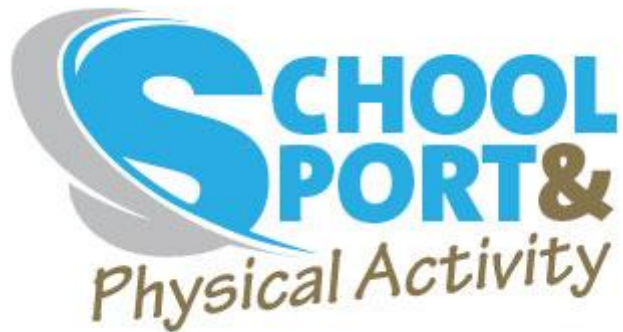


Primary Sports Coaching Limited

Active Lunchtime / Playtime Shopping List

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Foam Street Hockey Sticks – this particular stick is covered with foam from the grip all the way to the head of the stick. The head itself is made of a flexible rubber giving the ideal balance between a realistic hockey stick and a safe alternative for playtimes.

We say, ‘this is the safest and most durable hockey stick available currently. Whilst these sticks are great for playtime we do not recommend them when teaching hockey skills in PE lessons or after school clubs’

Top Tip: Wrap all the sticks in duct tape, cover all the foam. This serves 3 purposes
Durability – without the tape the foam will tear off very easily
Cleaning – the tape is easier to clean and disinfect which is important if bubbles are sharing the same sticks
Colour – the sticks are only available in red. By wrapping the sticks in different colour tape the children playing will be able to quickly distinguish who is on their team



Samba Hockey Goals – These 2.43m wide Samba goals are lightweight enough to carry but also very durable. You can buy smaller goals but nobody likes a 0 – 0 draw!!

We say, ‘have a look at your spare football goals, you can make your own hockey nets. You will just need 6 corner pieces, 4 straight connectors, 4 small pieces and 6 long pieces. If you have some but not all you can order individual pieces from Samba directly.’



Plastic Air Flow Balls – these balls are great for hockey, throwing/catching, scoops and more.

We say, ‘you can buy a cheaper version of this ball but they split down the middle very easily. This ball is chosen by our coaches as they are durable, especially for games such as hockey.’

Low compression tennis balls - Ideal for children as the low compression gives the ball a lower bounce, slowing the game down. This allows more time to move into position and play the ball. Can be used for tennis, cricket, catching/throwing. The softer ball is safer at playtimes meaning less injuries and damage to school windows.

We say 'tennis balls go missing so quickly, investing in a few buckets is worth it to maintain consistency and quality in your provision'.



3 Metre Foldaway Tennis Net – This Slazenger tennis net folds out in seconds. The elastic cord runs through the poles meaning no lost pieces or pieces in the wrong place. The nets can be folded away by children or adults. Continual folding does cause the elastic to wear and snap faster than being left up all the time. Leave the nets up somewhere safe, they will last longer.



Plastic Tennis Racket - This plastic Primary Tennis Racket has a quality lightweight feel about it and is ideal for children before they move onto a strung racket. Length 48cm.

We say, ‘these rackets can be used effectively in both key stage 1 and key stage 2. We find strung rackets lose their grips quickly and leave sharp ends. Plastic rackets restrict the distance a child can hit the ball’



Basketballs - The Masterplay® Cellular Basketball is suitable for indoor/outdoor use; a very durable cellular rubber, nylon wound training basketball in easy eye tracking colours. The ball has exceptional grip properties and a soft touch.

We say, 'there are cheaper alternatives on the market, however this ball keeps its shape and stays pumped up much longer than the less expensive basketballs. The balls come in two sizes, size 3 and size 5. We recommend size 3 for Key Stage 1 and size 5 for Key Stage 2 children.



Basketball / Netball Net - A very stable multiple-target stand with four rings/nets set at different heights for beginners. The highest ring at 1.5m has a standard basketball diameter of 45cm, whilst the three lower rings at 110, 120 and 136cm have a standard netball diameter of 38cm, and these turn into the metal frame for easy storage.

We say, 'This net is great for EYFS and Key Stage 1 children who often struggle to have any success in the big nets at schools'.



Footballs - The Mitre® Tactic Football is the ultimate training ball from Mitre®; its 18-panel hand stitched rubber laminate construction helps to keep shape and responsiveness on any surface.

We say, 'the tough rubber coating means that the Mitre Tactic is far more durable than most other balls on the market that tend to rip on concrete surfaces'.

Football Association Guidance states that up to and including year 5 children should use a size 3 football. Year 6 children should use size 4 footballs.



Dodgeballs - The balls are soft, safe and ideal for indoor and outdoor play. Excellent value. The skin coating of these soft balls enables them to be wiped clean and helps to prevent picking.

We say, 'Dodgeball is a winner for both 'sporty' and 'non-sporty' children. Dodgeball at lunchtime is a great way to engage lots of children.'



Badminton net - self-supporting and can be height-adjusted for short tennis. Lightweight and assembled in seconds, it has a 3m long net & folds away into a duffle bag for easy storage. Suitable for outdoor as well as indoor use.

We say 'this set can easily double up as a volleyball net and can be lowered to become a tennis net'.

'The elastic cord inside the poles keeps the set connected meaning you don't have to figure out where each piece joins when you set it up. The elastic cord can become weak and break if the set is constantly taken down and put back up. Try and find somewhere to store so you can leave the net up between usage.'



Shuttlecocks – You can spend a fortune on shuttlecocks but they all eventually break, go missing or end up on the school roof!! These shuttlecocks are cheap and cheerful, they do the job and are durable.

Top tip – badminton rackets tend to bend and break easily, especially at lunchtimes. They can also be difficult to use for beginners. Use tennis rackets, they will last longer and the children will have far more success.



Volleyball – We choose this ball as it has a soft textile cloth making it low-sting. Ideal for teaching the early skills.

For younger children we recommend purchasing balloon balls, as they move slowly through the air.

Skipping Rope – This 50 metre roll of rope allows you to cut customised lengths of rope. Having this option means you can set up skipping areas with short ropes for individuals and long ropes for group skipping activities.



Wiggle Walker - The Wiggle Walker (Balancing Board) is great fun to use and is ideal of improving balance and co-ordination. Simply move your weight from one side to the other and rock like a see-saw and 'Wiggle Walk'.



We say 'These are great for your KS1 and EYFS children who will have a great time balancing and moving with the wiggle walkers. They are durable and will easily survive daily usage'.



Cricket Stumps – There are a few varieties of kwik cricket sets on the market who all do a similar job. I like this set because the yellow makes them stand out in a busy playground.

Top tip: Place 4 cones around the stumps to create a 3 x 3 yard box. This is a good visual guide to stop other children walking into an area where they may be hit by the bat.

Cricket Bats – We choose these particular bats as they are lightweight but durable.

We say ‘look out for wear and tear at the bottom of the bat which can become sharp and a hazard’





Plastic Stilts - Made from a sturdy plastic with a non-slip rubber rim and with nylon cord handles. A simple but excellent way to develop co-ordination and balance.

We say 'The stilts are well suited for EYFS, KS1 and even Lower KS2 children who lack confidence with balance and coordination. We find that equipment like stilts allow children - who don't enjoy team sports - to be stimulated through physical activity.

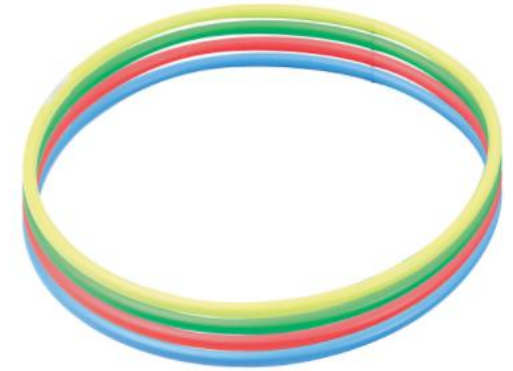
High Stilts - These robust High Stilts are height adjustable and are made from plastic. Height 1.5m, Step height adjustable 18 – 48 cm.

We say 'the high stilts provide the next challenge for KS2 children when they have mastered the low stilts. The children enjoy the risk of being off the ground and testing their balance and coordination.



Deluxe Hoops - The highly popular Deluxe Hoops offer a thicker construction than found on standard Hoops thereby providing a more robust product for a wide range of play activities.

We say 'these particular hoops will last much longer than the standard hoop. Children can create many fun activities with hoops which are an essential tool in any active lunchtime and PE set.'



Ball Launcher - Moulded plastic ball launcher suitable for practising both catching and hitting with either a bat or racket. Excellent for developing hand eye co-ordination. Complete with a ball.

We say 'the ball launcher is another brilliant tool to engage KS1 and lower KS2 children. The ball launcher is very durable, just have plenty of spare air flow balls'.



Scoops - A set of 4 scoops complete with colour coded airflow balls. Made from durable plastic. Ideal for use in the playground and helps children's hand-eye co-ordination.

We say 'I haven't been to a school where the KS1 children don't enjoy using scoops and balls on their own, in pairs or groups. Just make sure you have plenty of spare air flow balls'.

Pedal Go - The Pedal Go is designed to introduce young children to the art of pedalling either forwards or backwards, providing a perfect foundation for both balance and gross motor skills before using a bicycle.

We say 'the pedal go's are a fun addition rather than an essential to any active lunchtime. The children, especially in KS1, love the 'different' piece of equipment.





Swingball - This classic swingball set comes complete with a spike base (only for use on grass or sand) and two swingball bats.

We say 'If you are lucky to have grass at your school this is a worthwhile investment. There is another product which can be used on any surface, this is okay if you don't move it around too much. Given the choice we opt for this version that sticks into the grass'.

Bag with wheels - Hugely popular Bishop Multipurpose Holdalls made from blue nylon; featuring zip closure, a padded adjustable shoulder strap and supplied complete with a strengthening base board and protective studded feet. A pair of wheels at one end to help transportation. 110cm x 35cm x 50cm



Lastly and some would say most importantly, don't forget to order an...

Electric pump – Save your back and arms by making the best purchase you will ever make...!!! A great value item, capable of inflating a basketball in approximately 20 seconds, or providing a pressure of 80psi; mains powered and able to run for approaching 2 hours with an automatic reset thermal overload protector.

We say 'if you are pumping up 30 basketballs you will be so glad you made this purchase. Don't forget to buy plenty of replacement needles...!!'



Active Lunchtimes Shopping List



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