

Equipment List – 12+





Equipment packs: Each table contains items worth different points totals. Please chose items that add up to 7 points.

Table A = 1 point. Table B = 2 points. Table C = 3 points. Table D = 4 points.

For example, you could choose 3 items from Table A (3 items x 3 points =3) and 2 items from Table B (2 items x 2 points = 4). So 3+4 = 7 points. Or, you could order 1 item from Table C (3 points) and 1 from table B (4 points). So 3+4 = 7 points.

All packs come with 10 cones as standard. But you can also order more from the list below.

Please note, equipment may be slightly different than pictured, and if equipment is out of stock, we will choose a suitable alternative or contact you. Also, unless otherwise stated below, only 1 piece of equipment will be provided per box.

TABLE A = 1 point	
<p>Hula hoops – 24 inch x 2</p> <ul style="list-style-type: none"> -Spinning -Skipping -Jump through -Roll them -Use it as a target 	<p>Cones x 20</p> <ul style="list-style-type: none"> -Goals -Obstacle course -Run/Dribble in and out of them -Target practice 
<p>Skipping rope</p> <ul style="list-style-type: none"> -Skip on the spot or on the move -How many skips can you do? How many can you do in 30 seconds? -How fast can you skip? 	<p>Flexi Ring x 4</p> <p>Lots of possibilities – throwing, catching, flicking, squeezing, rolling. Hook it on your foot, catch with one hand, throw it to a partner.</p> 

Tennis balls x 3

- Throw, catch, roll. How far can you throw? How high can you throw?
- Play 1 knee, 2 knee... so many possibilities



Foam Tennis balls x 3

Softer tennis balls made with foam

- Throw, catch, roll. How far can you throw? How high can you throw?
- Play 1 knee, 2 knee... so many possibilities



Flexi Ball x 1 – 7cm

- Gaps in the ball make it easier to catch.
- Can you catch the ball and throw it to a partner?
- Can you hit a target?



Beach ball – 41 cm

- Great for volleyball or catching



Basketball

- Dribble it, pass it, shoot against a wall
- Play catch with a partner, practise how far you can throw it



Frisbee x 1

- Throw and catch to a partner
- Roll along the floor



Bean bags x 6

- Balance it on your head and walk/run around
- Throw it in hoops, a bucket, or whatever you can find
- Play catch or juggle
- How far can you throw it?



Skittles set

- Knock over as many skittles as you can
- Space the skittles out to make it harder
- Play against a partner



Hydro Catch – 2 Velcro catchers and 1 ball

- Throw to a partner, how many can you catch in a row?
- How many can you throw and catch to yourself?
- How high can you throw?



Small audible balls x 3 – with bell inside

- Roll the ball and try and score. Can you defend it? Try it with a blindfold.
- Throw and catch the ball



Push Up bars

- 2 angles push up bars with comfortable non slip foam grips
- Great for strengthening arms, chest and shoulders
- The bar helps reduce stress on wrists and forearms



Stop watch

- Time your workouts. Try and beat your times and get quicker
- Displayed minutes and seconds



Stress Ball

- Yellow smiley squeezers
- Throw it, hit it, squeeze it to relieve stress or anxiety



Mini loop bands x 1 – choose between light, medium, strong, extra strong

- 30cm long
- Resistance bands can effectively improve muscle strength, flexibility and stability.



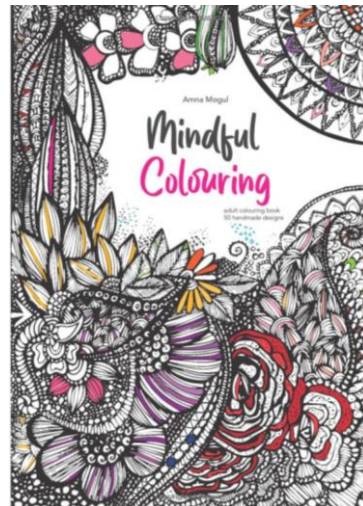
Crayola Super Tips Felt Tip Colouring Pens

- Create thick or thin lines
- Great to go with the above colouring books



Mindful Colouring

- 50 handmade designs
- Great way to express your creativity as well as for stress relief.



Enchanted Forest: An Inky Quest & Colouring Book – Mindfulness Colouring

- This colouring book takes readers on a quest through an enchanted forest to discover what lies in the castle at its heart.



Adult Colouring Books – set of 2 – Anti-Stress -Colour Therapy Patterns

- Quality adult colouring books
- Both books contain 24 amazing designs to colour.
- New method for Coping with Stress, colouring pages for peace and relaxation



TABLE B = 2 points

Floor markers – 6 pack (may come in different shapes and colours)

- Obstacle course
- Aim bean bags at them
- Use them as goals



Vortex Aero Howler

See how far you can throw the howler and listen for the whistle! Aim for a target or throw it to your partner



Tennis racket x 2. Plus 2 x tennis balls

- Balance the ball and run around
- How many times can you hit the ball back and forth with a partner?
- Learn to hit a volley (hitting the ball without a bounce)
- Can you knock down a target by hitting a ball with the racket?



Football

- Play a football match, practice your shooting, dribbling or your goal keeping skills
- How many keepie-uppies can you do?



Tennis hitting hands x 2, plus 2 balls

- Perfect for beginners. Wrap the paddle on your hands and hit the ball.
- How far can you hit the ball?
 - How many times can you pass to your partner in a row?



Basketball net and ball set

- Hang the hoop on a door or wall with the mental clip or door racket
- This is a foam ball, so you may want to order the basketball in table A as well
- Who can score the most baskets?
- How many times can you dribble?



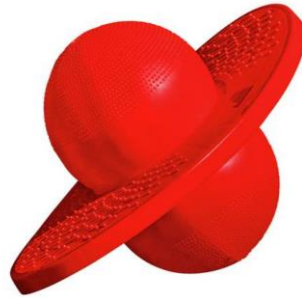
Netball

- Play catch with your partner – chest pass, bounce pass, overarm, underarm
- Shot into a hoop, or a mark on the side of the house



Pogo Ball

- Practice your balance and bouncing with this pogo ball
- How many times can you bounce? How long can you balance for?
- How far can you bounce?



Badminton set – includes 2 rackets and 2 shuttlecocks

- How many times can you hit the shuttlecock back and forth to your partner?
- Can you balance the shuttlecock on your racket while walking/running round?
- How many times can you hit the shuttlecock up in the air in a row?



Dodgeball x 2

- Dodge the ball and aim it at your partner
- Practice throwing and catching



Foam javelin

- See how far you can throw the javelin



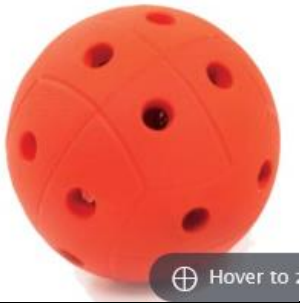
Boules

- Aim for the small target ball and the closest one wins
- Knock the other ones out the way



Large audible ball – with bell inside

- Roll the ball and try and score. Can you defend it? Try it with a blindfold.
- Throw and catch the ball
- Can you dribble the ball, follow the bell



Rounders bat and ball

- Bat and bowl with a partner
- See how many times you can hit the ball up in a row



Volleyball

- Can you serve, dig, set and spike?
- Pass to your partner or throw and catch



Table tennis – 2 bats and 2 balls

- How many times can you hit it back and forth to your partner?
- Use the kitchen table or the wall!



Resistance band – Light, medium or strong

- Ideal for use in pilates and resistance workouts.
- Around 150cm long



Power grip – extra light, light, medium, strong, extra strong

- Provide resistance to help develop muscles and strengthen the forearms, wrists and fingers.



Kettlebell – 4kg or 6kg

- Can be swung for an intense cardio workout and used for different weight bearing exercises.
- Can exercise the whole body in very little space
- Different weight sizes available in different tables



Water woggle

- Great to help float or swim
- 165cm long



1kg dumbbells x 2

- Great for a range of weight bearing exercises
- Flat bottoms prevent these weights rolling away



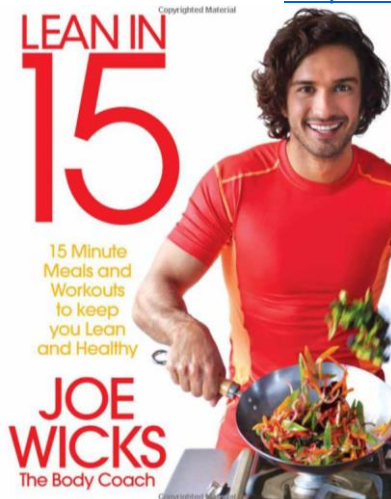
5 Ingredients -Quick and Easy Food

- Discover how easy it is to cook a delicious, healthy meal with just 5 simple ingredients.



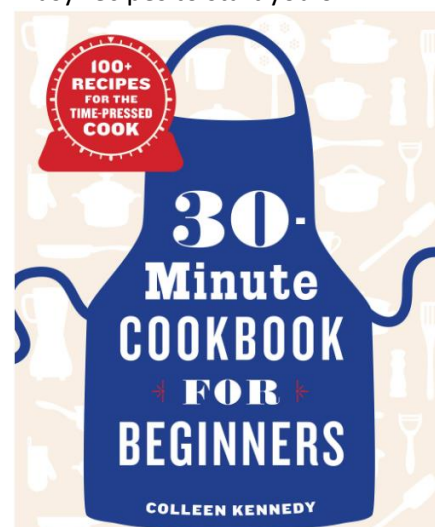
Lean in 15: 15-minute meals and workouts to keep you lean and healthy

- Start your journey to better health and fitness now with the Body Coach.
- More info on available [recipes here](#).



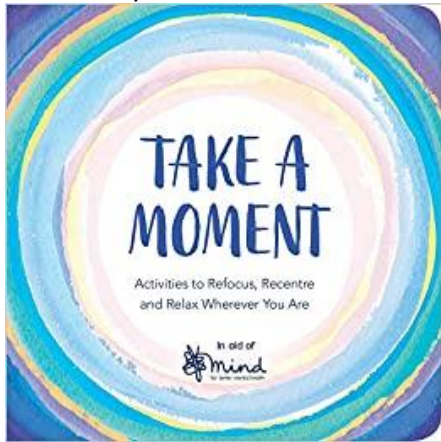
30-Minute Cookbook for Beginners

- 100+ recipes for the time-pressed cook
- Easy recipes to start you off



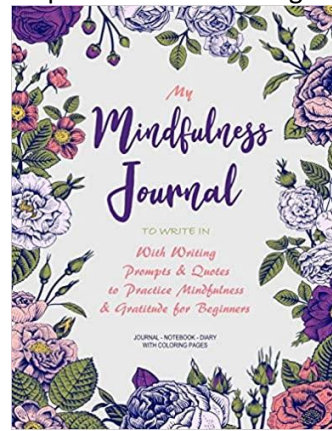
Take a Moment: Activities to Refocus, Recentre and Relax

-Short simple techniques will help you take a moment and find calm wherever you are and whenever you need it.



My Mindfulness Journal to Write In

-Lots of space to write down all your thoughts and ideas
-Explore creative writing with this journal



The Wellbeing Journal: Creative Activities to Inspire

-Includes activities, colouring, drawing prompts, contemplative quotes and lots of space to write about your own thoughts, feelings and experiences

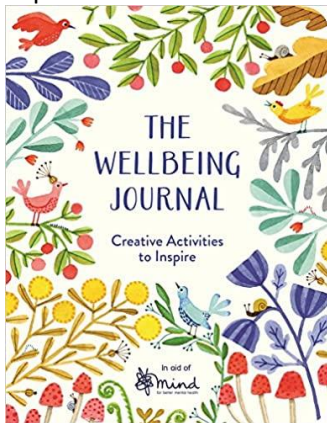


TABLE C = 3 points

2kg dumbbells x 2

-Great for a range of weight bearing exercises
-Flat bottoms prevent these weights rolling away



Ab mat

-Can be used for core training, knee support



Cricket set – Bat, ball and stumps

-Play a game of cricket! Practice batting and fielding. Can you hit the stumps with the ball?



Exercise mat

-Great for any floor exercises, such as pilates, yoga, fitness classes, etc.
-Non slip surface on the bottom of the mat



Exercise ball

-Great for building core strength, balance and coordination.



Wrist weights – 0.5kg, 1kg, 2kg

-Great for increasing the intensity of your workout
-Can be worn on wrists or ankles



TABLE D = 4 points

Doorway Gym bar

-For use high up the door frame for pull ups
-For use low down for sit ups or an ab workout
Quick set up



Activity and sleep tracker

-Dynamic heart rate monitor, sleep sense, colour touch screen
-Item you receive may be different and have different features depending on availability



3kg dumbbells x 2

- Great for a range of weight bearing exercises
- Flat bottoms prevent these weights rolling away



4kg dumbbells x 2

- Great for a range of weight bearing exercises
- Flat bottoms prevent these weights rolling away



Kettlebell – 8kg or 10 kg

- Can be swung for an intense cardio workout and used for different weight bearing exercises.
- Can exercise the whole body in very little space
- Different weight sizes available in different tables

