



PE store essentials for Primary PE

<p>Hoola Hoops: use them as targets, bases, goals, obstacles, for skipping, rolling and hoolaing!</p>	<p>Ball selection: football, netball, rugby, air flow, tennis, foam, high bounce, pom pom balls, ribbon tail balls and balloons.</p>	<p>Skipping ropes: improves coordination and enhances cardiovascular fitness while strengthening muscles.</p>
<p>Bean Bags: to practice throwing, catching, sliding and rolling skills.</p>	<p>Swim Noodles: versatile use in tag games, teambuilding activities, balance challenges and competitive challenges.</p>	<p>Cones: bases, goals, place markers, and gates.</p>
<p>Quoits: practice throwing skills, relay pass, speed bounce and balance challenges.</p>	<p>Juggling scarves: improve hand eye co-ordination, throwing and catching, and multi-sensory.</p>	<p>Throw down spot sets: place markers, targets, stepping stones, entrance points, and flat gate markers.</p>
<p>Hurdles: bone strengthening, develop rhythm, and timing</p>	<p>Rackets/ paddle boards/bats: develop hand eye co-ordination, agility, bone strengthening.</p>	<div data-bbox="1541 852 1906 1198" data-label="Image"> </div> <p data-bbox="1518 1219 1957 1358"> www.daviessports.co.uk/ www.decathlon.co.uk/ Sports Equipment (newitts.com) eCatalogue 2021 - bishopsport.co.uk </p>
<p>Parachute: encourages co-operation, non-competitive, reinforces turn taking and following directions.</p>	<p>Bibs/team kit: team identification, develops sense of pride and belonging.</p>	



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