

Physical Activity  
Playbook:  
Curriculum for  
2-2.5 year olds and  
young 3 year olds

EQUIPMENT LIST



## Equipment to Purchase

For every 10 children	Quantity	Source	Description
6-foot table	2		
Balance Beam	1-2	<a href="#">Play with a Purpose</a> <a href="#">Amazon</a>	Play with a Purpose Create-a-Beam system, a folding balance beam or a traditional Balance Beam. Alternative: 2x4
Bath Scrubbies	6	Dollar Tree	
Bean Bags	2 sets	<a href="#">Amazon</a>	15 per set
Bubble Blower		<a href="#">Amazon</a>	
Bubbles		<a href="#">Amazon</a>	We highly recommend Pustefix Bubbles. They are more pricey but the bubbles last longer than the others.
Cardboard Bricks	1 set	<a href="#">Amazon</a>	Not necessary, can substitute hoop holders or small cones, but a nice alternative if you have them in your classroom
Clothespins	1 package of 100	Dollar Tree, Hardware store, grocery store	
Collapsible play tunnel	1	<a href="#">Amazon</a>	
Cones, small	4 sets	<a href="#">Play with a Purpose</a>	9" Rainbow. Alternative: any smaller cone about 6-9"
Cones, medium	1 set	<a href="#">Play with a Purpose</a>	12", 6 per set. Alternative: any larger cone that has a hole in the top. You will only need 2-3
Dowel	3	Hardware store, craft store	1"x36-48"
Double-sided tape	1	Craft store	
Egg Carton	1		Cut in half lengthwise, top and bottom
Foam Footballs	2 sets	<a href="#">Amazon</a>	8 per set. Keep an eye out at Dollar Tree for these
Hoop Holders	1 set	<a href="#">Play with a Purpose</a>	
Hula Hoops	2 sets	<a href="#">Play with a Purpose</a>	Rainbow Durahoops 24", 6 per set. Note: we have tested a lot of hula hoops. These do not kink or break (we even drove a car over one. Nothing happened!)
King-sized sheet	1	Target, Walmart, Big Lots	Alternative: parachute, but a sheet is much better
Laundry bag	1-2	<a href="#">Target</a>	Not necessary but helpful for carrying balls
Low cones	1 set of 50	<a href="#">Amazon</a>	

## Equipment to Purchase

For every 10 children	Quantity	Source	Description
Mega Cuff	1-2	<a href="#">Home Depot</a>	Not necessary, but helpful for keeping and carrying Hula Hoops
Newspaper	5 sheets	Craft store	
Paint pots or tins	1 set	Dollar Tree, Craft Store	
Painter's Tape	2 rolls	Hardware store, craft store	
Paper towel tubes	2-3		
Ping pong balls	1 package	<a href="#">Amazon</a>	
Poly Spots	3 sets	<a href="#">Play with a Purpose</a>	9" per set, assorted colors. These are the most versatile of all the spots we have tried. They are sturdy and non-stick so they can be used as a pizza or a safe spot to jump onto on the floor.
Pom poms	60	Craft store	Small enough to fit easily through a paper towel tube
Pool Noodles	6	Dollar Tree, <a href="#">Amazon</a>	Cut in half to create two short noodles
Pool Noodles	4	Dollar Tree, <a href="#">Amazon</a>	Cut crosswise into donuts about 2" thick
Reusable grocery bags			Not necessary but helpful for storing and carrying poly spots
Rope	15 feet with loop	Hardware store	<a href="#">Home Depot</a> . The loop is very handy.
Scarves	1 set	<a href="#">Amazon</a>	24 per set
Sled	1	<a href="#">Amazon</a>	
Small Playground balls	2-3 sets	<a href="#">Amazon</a>	6 per set
Sponge balls	4 sets	<a href="#">Oriental Trading</a>	12 per set
Squigz	1 set	<a href="#">Amazon</a>	50 pieces
Sticky Notes	1 package	Office supply store	
Sturdy string	2-3' long each	Craft Store	1 for each bug plate in Equipment to Create
Tennis Balls	3 bags	<a href="#">Amazon</a>	12 per bag
Tub	2-3	<a href="#">Dollar Tree</a>	With low sides

## Equipment to Create

For every 10 children	Quantity	Description
Animal Cards	1 set	See Resources
Balance Beam (Alternative)		1 2x4 cut into 3 or 4-foot sections
Bug Plates	1 each for 1/2 class	Print out and affix bug images to small paper plates then attach to each plate
Cardboard for Carnival Balls		Piece of cardboard approximately 3-4' wide and long with a hole in the middle. The hole needs to be big enough for a tennis ball to easily fall through
Color Turnover Cards	2-3 per child	4x6 cards, made of 2 colors: one color on one side, another color on the other side
Holiday Cards, Seasonal Cards	1 set	Using the internet or some other source, find pictures of seasonal or holiday items: sleds, hot cocoa, snowflakes, mittens, hats, scarves, ice skates, etc. Or witches, pumpkins, ghosts, spiders, etc.
Pivot to Play <sup>®</sup> Body Mimic Cards	1 set	See Resources
Pivot to Play <sup>®</sup> Yoga Cards	1 set	See Resources
Upbeat Music		Something the children recognize and is age appropriate that'll really get the bodies moving. We like "Move It" From "Madagascar" and "I am Gummy Bear" by Gummibar
Various random items		See lesson plan