All of the equipment in the Lending Library is interchangeable; this list simply reflects the area in which each piece is most commonly associated with

**School – Age Equipment**
(Kindergarten through High School)

**Team-Building Equipment:** helps teachers engage students in a large variety of activities that get them to work together and think critically to problem solve.

**Brick Works:** 50 white “bricks” and 50 black “bricks” that can be used to build mazes, or to get from point A to point B in a make-believe scenario or as part of an obstacle course; can also build different structures with the bricks. Enhances teamwork skills among groups participating. *Recommended for 1st grade and up.*

**Co-Oper Band:** Great tool to use to develop trust among a group; enhances group work, while calling on individual creativity; students must learn to rely on each other as well as the stretchy band in order to succeed. *Recommended for Kindergarten and up.*

**Co-Oper Blanket:** Promotes trust, balance, risk-taking, individual confidence, and group compliance in order to enjoy and explore in the activity. Up to 15 children can be involved at one time, and the stretchy fabric makes it easy to promote strong bodies. Great activity for improving group trust and understanding. *Recommended for 1st grade and up.*

**Group Loop:** Great tool to enhance community, teamwork, leadership, and creative problem solving in all types of settings. *Recommended for 1st grade and up.*

**Jurassic Eggs:** Several critical thinking and problem solving scenarios can be created using this piece of equipment. Requiring the students to work together as they escape the poisonous venom off the coast of Costa Rica, or to transport the “eggs” without using their hands, there are many situations to choose from and create for the group. *Recommended for 3rd grade and up.*

**Match Mates:** Great active learning activity to help gain class engagement, while learning new words, math problems, shapes, etc. 6 yellow vests and 6 red vests to use. *Recommended for grades K-5th.*

**Maze-N-Moves:** Great for large groups, present different mazes for the students to navigate through together, build creations with the pieces, several different ways to interpret the directions and adapt them to every age level. This is also a great resource to use in teaching cause-and-effect lessons. *Recommended for Kindergarten through High School.*

**Nebula Track:** Three different length strips, with handles on each side for group purposes, goal is to work together to get an object from one end to the next; can create different patterns and mazes with the sheets. *Recommended for 2nd grade and up.*

**Nuclear Waste Transfer:** Exciting scenario for students and adults to work through together in an effort to remove “nuclear waste” without spilling, shaking, or fumbling. Enhance communication in groups and teaches everyone the importance of working together. *Recommended for 2nd grade and up.*

**Pharaoh’s Stones/Roller Problem Kit:** This activity truly hone in on problem solving and critical thinking in students. It emphasizes the thinking process, the social structure of the group, and the statement of the problems. Different levels of difficulty can be used, and scenarios can be altered for each group. *Recommended for 5th grade and up.*
Rolling River Raft and Balls: Several emergency scenarios are created for this activity, in order to require the group to think differently. The key characteristics that this game calls on are group cooperation, balance, critical thinking, and planning. Great activity to spark new ideas in students and cause everyone to work together to solve the problem. Recommended for 5th grade and up.

Stride-R Boards: Two large wood boards with strings attached for holding, the object of the activity is for several people to stand on the two board and move them in unison from one destination to another, or in some type of challenging motion. Must work together and discuss to be on the same page and to be successful. Recommended for 3rd grade and up.

Super Fling-IT: Similar to the parachute; 8-16 kids can use it at one time (depending on age of children), the goal is to “fling” the ball into the air and catch it on the net. Comes with one ball and activity guide. Recommended for pre-school to older adult.

Team Tracks: Two yellow strips, with handles for grabbing, several kids stand on the strips and have to move the tracks in unison. Can be used to move from one location to another, to perform different activities/movements, and has even been used in a step routine. Calls on communication and coordinating skills. Recommended for 2nd grade and up.

Ultra WebGame Cube: Highly interactive team-building activity, that involves many challenges which can only be solved through communication and reliance on one another. Comes with game ideas and mazes to create in your environment. Recommended for 4th grade and up – even great in worksite settings.

Skill Building Equipment:

12 Burlap Bags– For potato sack races, part of an obstacle course, or any other creative idea! Great for all ages!

Archery Kit- All items needed to teach archery to all ages and all skill levels. (Gopher) Recommended for 4th grade and higher

Beach Balls– An assortment of sizes and colors; easy to blow up and safe to play with in classrooms, gyms, indoors, and outdoors! A piece of equipment that can be used to facilitate motor development skills in pre-school age children, including overhand toss, underhand toss, catching, and hitting. Can be used to incorporate physical activity in the classroom, during discussion times or as part of a learning experience in math class. Make-up your own activities that will be re-created and remembered! Appropriate for all ages.

Class Badminton Pack- Complete badminton system that can be used to teach badminton to 24 students. (6 nets with storage bags, 24 racquets, and 96 shuttlecocks) (Gopher)

Class Plus Parachute Play Pack- All the equipment and instruction needed to perform 26 great parachute activities. (24-30 students) Great for grades K-8

Class Plus Ultrafit Resistance Tubing Pack-Teaches a full range of resistance exercises with Ultra-fit Tubing with Foam-Covered Handles. (32 tubes- 8 light, 16 medium, and 8 heavy)(3 charts) and (Tube-mover Cart) Recommended for ages 8 and up to work on strength training

Class Tennis Pack- Complete system provides all the components to teach tennis basics to up to 24 students. (6 nets and storage bags, 24 racquets, 144 tennis balls, 8 rolls of floor tape, and teaching manual) (Gopher) Great activity for all ages!

Cones– Orange set of eight cones and black set with numbers 1-9 may be used for obstacle courses or to set up for stations. All ages.
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CupStacking— Players compete to quickly stack the cups from pyramids into stacks and back into pyramids. Challenge one another or try to see who’s the fastest! This kit includes 30 sets of 12 cups with a clip-on carrying handle, rules, and an instructional DVD. (30 students) (Gopher) Good for all ages, but usually utilized in K-8.

Elementary and Middle Class Plus Skate Pack—Includes a three-part curriculum aligning with NASPE standards. Pack includes helmets, pads, instruction DVD and skateboards. (24 students) Grades 4-12

EDGE Disc Golf— Disc golf is a fast growing outdoor activity that can be enjoyed by everyone. Similar to golf, the object of disc golf is to complete each hole in as few throws—or strokes—as possible. Instead of using golf clubs and a golf ball, disc golfers use a flying disc to traverse the hole. Each hole starts with a teeing area and is completed once the disc lands in the "hole", which is a disc-catching target. While disc golf can be played with just one golf disc, the discs are designed to fly with different characteristics. Different discs can be used to hook and curve around obstacles, roll on the ground, or fly over trees. (Dependent upon number on disc)- The unit includes 9 portable targets with 60 differently-sized discs.

Fitnessgram— It’s the only health-related fitness assessment to use criterion-referenced standards, called Healthy Fitness Zones, to determine students’ fitness levels based on what is optimal for good health. These standards are backed by the highly respected FITNESSGRAM Scientific Advisory Board. FITNESSGRAM was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness that have been identified as important to overall health and function: aerobic capacity; body composition and muscular strength, endurance, and flexibility. (Unlimited) (Human Kinetics) Can be used for Grades K-12

Floor Tennis— Four ping-pong paddles, balls, and a net. Easy to set up and best used inside on open floor. Great for ages 2nd and up.

Frisbees— Different sizes and weights; good for outdoor use with all ages.

Geocaching: is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. (2 sets of 25 individual units) (1 set of 15 – Garmin) Grades 3 and up.

GeoFitness— is an innovative fitness and learning leader, providing fun, safe and easy methods and products to encourage learning, physical activity and fitness. GeoFitness, Dance and Learnercise products are movement-based products and curriculum that are developmentally appropriate, easy to use, and cost effective to increase fitness and academic achievement. (24 individual mats) Grades K-8, though usually utilized in K-5 settings.

Gopher Balls of Different Sizes and Different Colors— Great for any activity! Textured, easy to hold, and always enjoyable! Everybody loves ‘em!

Horseshoes Set— 4 red and 4 blue horseshoes, with 2 rubber mats and 4 stakes. Fun and easy to use for kids of all ages!

Hurdles— Small, plastic, and low hurdles that are great for helping young children learn to jump over and up. Best for pre-k to 3rd (but can be used for older kids, just not as hurdles and more as part of an obstacle course or station).

Jump Ropes— Different colors, sizes, and weights to use with all ages.
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**Juggling Kit**- Scarf play and scarf juggling are an important part of virtually every comprehensive elementary physical education program. (108 scarves/ 36 sets of 3) (36 students) (Sportime) *Recommended for grades 3-8*

**Lacrosse Sticks**—Four plastic, light-weight, and easy-to-hold and -to-use sticks. *Great for 1st through 8th graders!*

**Obstacle Course!**—Create different activities by building your own obstacle course, using an assortment of items, including hoops to jump through and over, hurdles, cones, and spots. Easy to use indoors and outdoors. *Pre-k to high school love this! (note: for high school students, some of the items may be too small; may need to modify activities)*.

**Orienteering Kit**—Kits include 24 Brunton® Classic Compasses with instruction manuals for students, instructor study guide, reproducible student workbook, Brunton® Overhead Instructor Compass (6" x 9"), 35-minute DVD, poster, and soft-sided carry case. Also includes *Map & Compass Curriculum CD* covering basic orienteering, GPS use, map making, and more, plus course outcomes, tests, and other materials for K-6, junior high, high school, and adult ed. (24 compasses) *Recommended for all age groups above 2-3 grade.*

**Putt-Putt Greens with golf balls**—Great activity to enjoy indoors or outdoors. Easy to set up and use. Comes with a pack of golf balls. *Great for all ages, but most appropriate with K-8.*

**Skilltastics**—is a series of standards-based, fitness and sport-specific activity kits that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time. Skilltastics is an attitude, a methodology that allows ALL children to have a positive experience in being physically active! (Unlimited) (Sandy Spin Slade) *Can be used for pre-K to upper grades*

**Spooners**—Balance trainer that simulates board-sport movements, but doesn’t require the advanced skill. *Fun activity for ages 5 and up!*

**Socci**—is an individual fitness activity, social game, and a competitive sport which takes soccer skills to a new level. Combining elements of soccer, basketball, and hackysack, the ball is played in the air, from the first bounce, and by non-consecutive ground passes. If the ball stops it is dead. Socci is non-contact. Defense may take the ball away from offense when no contact occurs on the play. This creates a balance of power between offense and defense. Contact fouls result in the player who fouled leaving the field for the duration of the next live ball (POWER PLAY). (Unlimited) (Socci) *Can be used for K-12, easily modified to fit all ages.*

**Tic-Tac-Toe Bean Bag Toss**—Two large boards with tic-tac-toe patterns; four different-colored bean bag sets to toss toward the goals for a game of fun and friendly competition! Great for working on underhand tosses and teaching patterns with young children; a great game for small group work in large classes! *Fun for all ages.*

**Yoga Cards**—Each card pack includes 24 different Circuit Cards that show the main pose on one side, and two alternative poses on the opposite side. Each card includes a motivation word or statement that can help the student work their pose to their own comfort level. (20-30 students) (Sportime) *Good for all ages, K-12*

**YoYos**—*Great for grades K-12.*

**Active Learning Equipment:**

**CATCH Kid Club Kit**—Healthy activities for after-school and community programs. Now the healthy lessons of CATCH come in an easy-to-implement format designed especially for after-school, youth-organization, and community-recreation programs. You receive over 300 detailed cards organized by activity in a storage box. *Wonderful resource for all ages.*

**Heart rate Monitors**—Mio Classic Junior—Easy-to-use armband monitor features heart rate training and calorie tracking. (24 students) *Grades 4-12*
**Pedometer Kits:** Easy-to-use pedometer kit that will motivate students to move more. (18 pedometers/kit) *User must weigh at least 80 pounds for pedometer to register steps.*

**SPARK** is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment. (Unlimited) (Sportime) *Different SPARK books for different grade levels. In our library, we have early childhood ages 3-5, K-2 PE specific book, 3-6 grade PE specific, 6-8 grade PE specific, and afterschool ages 5-14 specific.*

**Stopwatches:** 2 sets of six stopwatches can be incorporated into most activities to train students to monitor the amount of time they are physically-active. Also can be used in many of the activities in the library to add a competitive component. *Easy to use for all ages!*

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**Pre-School Items**

The majority of these items can be interchanged among pre-school age children, these are simply the age groups that they are most commonly used with – feel free to use them in all classrooms!

**Infants:**

- 5-in-1 Adjustable Gym
- Baby Beads and Bell Shakers (set of 6)
- Bumbo Baby Seat (2)
- Cage Bells (set of 6)
- Games to Play with Babies (2 copies)
- Lady Bug, Fish and Snail Shakers (set of 6)
- Luv U Zoo Jumperoo
- Magic mirror cube
- Mini 4’’ Rainboshakers (set of 6)
- Mirror Climber
- Play With Me Pal
- Shape mirrors (set of 4) 2 sets
- Sit-U-Up
- Treetop Friends Activity Mirror

**Toddlers:**

- Bilibos (10)
- Color Push Roller
- Corn Popper
- Different types of balls
- Ergo Baby Jogger (3)
- Games to Play with Toddlers (2 copies)
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- Games to Play with Two Year Olds (2 copies)
- Multi-sensory balls (set of 4) 2 sets
- Musical Rollers (3)
- OBall Collection (set of 4) 2 sets
- OBall Roller
- Pull Toy Set
- Push and Pull Kit
- Rhino Skin Softi Balls (set of 6) 3 sets
- Sing and Move with Kindermusik (set of 3 CD’s)
- Stack-Up Shape Sorting Blocks
- Toddlers on the Move CDs
- Walker Wagon with wheels

Three years and Up:

- Bean Bag Activities CD
- Color and Shapes Activity Spots
- Fitness and Fun CD Collection
- Grid Blocks – 32 piece set
- Hopscotch Carpet (2)
- MegaBlocks
- Music for Dance, Movement, and Exercise CDs (7)
- Out and About with Music
- School Ball Set
- Small Soccer Pop Up Goals (2 goals)
- Step A Logs
- Stepping Buckets
- Yoga Kit for Kids

**CATCH Kit** — Activities designed to get the preschoolers up and moving in the classroom, comes with over 300 cards with ideas of ways to implement, touches on nutrition but focuses on physical activity. Great resource.
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Staff Wellness RLL Items
(We have two sets of each kit)

Cardio Kit

- Fit Deck Cards (Stairs)
- Pedometers
- Richard Simmons: “Sweatin’ to the Oldies”
- Small Trampoline – great, exciting, creative, and new cardio workout that can be done inside
- Spooners (from Lending Library)
- Stopwatches
- Walk Slim – 5 Miles DVD
- Weighted Hula Hoops- (Two) 2.5 pound weighted hula hoops to help you strengthen your core inside, outside, and all over the place!

Flexibility and Balance Kit

- Fit Deck Cards (Bodyweight Training)
- Jillian Michael’s Yoga Meltdown DVD
- Yoga Cards (from Lending Library)
- Yoga for Beginners DVD
- Yoga Mats- Twelve 24” x 68” x 3 mm studio-quality yoga mats with a non-slip surface; great for stretching, balancing, yoga, and Pilates practice

Strength Training Kit

- 2 lb Dumbbells – 1 set, great for walking with, or for doing light weights
- 3 lb Dumbbells – 1 set, great for walking with, or for doing light weights
- 5 lb Dumbbells – 2 sets of 5 lb dumbbells for your workout needs
- 5 lb Kettlebell’s – 2 of these, on for each hand, or for you and a friend to share in your new found strength!
- 8 lb Kettlebell – great in several types of workouts to increase strength
- 10 lb Kettlebell – great for using in all different types of workouts
- Fit Deck Cards
- Jillian Michael’s 30 Day Shred DVD
- Jillian Michael’s Ripped in 30 DVD
- Jillian Michael’s Shred it With Weights DVD
- Resistance Bands
- Weight Ball - 5 pound weighted workout ball to help get your core and upper body strength in great shape!
BLUE Books
BLUE Books are found in each kit for every user to track activities. One book per person, PLEASE. BLUE Books include a fitness test, logs to track your daily activities, examples of weight training, balance, and flexibility exercises. Complete the survey on page one in the BLUE Book. Return the completed survey to the Be Active-Appalachian Partnership and receive a stopwatch, resistance band, and stopwatch.

DVD Player – comes with remote and can be borrowed with a variety of DVD’s

DVD’s- we have several DVD’s to help guide you through your workout needs in each kit and available separately

- Jillian Michael’s 30 Day Shred
- Jillian Michael’s Killer Buns and Thighs
- Jillian Michael’s Ripped in 30
- Jillian Michael’s Shed and Shred
- Jillian Michael’s Yoga Meltdown
- Richard Simmons Sweatin’ to the Oldies
- Ultimate Power Yoga
- Walk Slim: 5 Really Big Miles
- Yoga for Beginners