



Active Insight: Evidence in Action

Tip #292



Essential Equipment for PE

Overview

Access to essential equipment in Years F–6 supports students to demonstrate and practise movement skills across varied contexts. Quality resources enhance engagement, skill development, and lesson flexibility. This approach strengthens learning, supports wellbeing, and enables teachers to deliver inclusive and effective physical activity opportunities consistently. Appropriate and accessible equipment also helps maximise participation, encourage confidence, and support meaningful skill application for students with diverse needs and abilities.

Key Teaching Ideas

Select versatile, durable equipment that supports multiple activities. Ensure sufficient quantities to maximise participation. Organise equipment for easy access. Encourage inclusive use, enabling all students to engage confidently and develop movement skills across varied learning contexts. Use adaptable resources and clear routines to support efficient lesson flow, reduce waiting time, and maintain active involvement throughout physical activity sessions.

Practical Application

- Use cones and markers to define spaces and organise activities clearly
- Provide balls of different sizes supporting varied skill development needs
- Include hoops enabling creative and flexible activity design opportunities
- Use beanbags supporting throwing and coordination skill development activities
- Incorporate skipping ropes promoting fitness and rhythmic movement development

Next Steps

Build a versatile equipment kit. [Active Education Australia resources](#) support flexible, inclusive, and engaging physical education lessons across diverse teaching environments.

