



Active Insight: Evidence in Action

Tip #292



Essential Equipment for PE

Overview

The equipment used in Physical Education can influence **how students access learning and experience success within activities**. Providing a **range of equipment options** allows teachers to adjust challenge without changing the learning focus. Different **sizes, shapes, weights and types of equipment** can create multiple entry points within the same activity. Rather than every student using identical equipment, a varied equipment selection allows students to use equipment that matches their current skill level and experience.

Key Teaching Ideas

Challenge the idea that **every student needs to use the same equipment** to achieve the lesson focus. Start with the **learning intention** and consider what equipment options could help students access, practise and demonstrate the learning. Different equipment can change the **speed of an activity, the level of challenge, the type of movement required and the likelihood of success**. Encourage students to **explore equipment choices and reflect on how different equipment influences performance**.

Practical Application

- **Provide striking options.** Eg: Use bats, paddles, tennis racquets and oversized striking implements within the same striking and fielding lesson and discuss how each changes the challenge.
- **Vary the object being struck.** Eg: Offer balloons, beach balls, foam balls, tennis balls and larger playground balls, then ask students which equipment helped them achieve the lesson focus and why.
- **Create equipment investigation stations.** Eg: Have students trial different equipment options and compare how each influences movement, control, accuracy or power.
- **Offer choice with justification.** Eg: Ask students to select equipment for a task and explain how their choice supports success in the activity.
- **Modify equipment before modifying the activity.** Eg: Change the size, weight or type of equipment and observe how performance changes before adjusting rules or task conditions.

Next Steps

Build a versatile equipment kit. [Active Education Australia resources](https://www.activeeducationaustralia.edu.au) support flexible, inclusive, and engaging physical education lessons across diverse teaching environments.

