



Active Insight: Evidence in Action

Tip #293



No Equipment Needed

Overview

Physical Education does not always require **specialised equipment**. Movement, challenge, decision-making and learning can occur using **games, movement tasks, space and interaction with others**. Teaching without equipment can encourage teachers to focus on **task design, lesson organisation and movement experiences rather than resources**. Some of the most memorable Physical Education experiences require **little more than space, clear instructions and a well-designed challenge**.

Key Teaching Ideas

Start with the **learning intention rather than the equipment available**. Consider what students need to do, demonstrate or apply before deciding whether equipment is required. Use **movement challenges, partner tasks, problem-solving activities and games** that rely on space and interaction rather than resources. Removing equipment can sometimes place greater emphasis on **movement, teamwork, communication, strategy and decision-making**.

Practical Application

- **Use non-elimination tag and chasing games.** Eg: Play variations of tag that focus on evasion, spatial awareness and movement patterns.
- **Use connection games.** Eg: Play Rock, Paper, Scissors challenges, partner tag games or find-a-partner activities that combine movement, interaction and decision-making without equipment.
- **Use partner mirror activities.** Eg: Have students copy and respond to a partner's movements, balances or locomotor actions.
- **Design team problem-solving challenges.** Eg: Ask groups to complete movement tasks or navigate spaces using specific conditions or restrictions.
- **Create movement-based challenges.** Eg: Use jumping, balancing, travelling or sequencing tasks that require students to work individually, with a partner or in small groups.

Next Steps

Explore [Ice-Breakers & Team-Building Games on the playmeo website](#). [Explore Anywhere PD resources](#) to support creative, no-equipment lessons that build engagement, confidence, and purposeful lessons for students.

