






Virtual Active

Equipment Checklist

Along with an area where you can move around and have space to get active please use the below list as a guide to the resources/equipment you will need

	Equipment required	
Week 1	Pillow (to use as target) Balloon/Ball or Rolled up socks	
Week 2	2 pillows or pieces of paper Balloon/Ball or Rolled up socks	
Week 3	5 Pieces of different coloured paper Balloon/Ball or Rolled up socks	
Week 4	Balloon	
Week 5	pieces of paper Ball or Rolled up socks	
Week 6	4 pieces of different coloured paper Balloon/Ball or Rolled up socks	