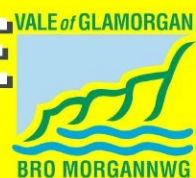




VALE ON THE MOVE ACTIVE AT HOME



EQUIPMENT LIST PRIMARY /SECONDARY PHYSICAL ACTIVITY

2 table tennis bats, 1 net and 1 table tennis ball



2 plastic tennis bats and 1 foam ball

2 bean bags

1 skipping rope (Choking risk: Don't leave young children alone)



1 small ball

1 x frisbee



1 x tennis ball

2 resistance bands (for the adults to use)



More information:

Follow the Vale Council's Healthy Living (sport development) Team on social media or via the website for many more ideas..



@valesportsteam1



@valesportsteam1



@Vale Healthy Living
Team

Website: bit.ly/2UdgZoe