

SKILLSHEET

Using non-specialised equipment to improve health and skill-related fitness

You don't necessarily need to own specialised gym equipment such as treadmills or barbells and machines to improve your fitness at home or in your local community. In Chapter 9 we discuss a range of non-specialised equipment that you could find at home or the local playground to develop your health- and sport-related fitness.

The home is one of the important settings in which you can be active along with school, work and the community. A pair of dumbbells can cost between \$20 and \$120. However, instead of using dumbbells you could fill a pair of 2-litre milk or cordial bottles with sand or water as an inexpensive alternative. You could use a variety of household items to make up your own fitness circuit, or games you could play with your family and friends.

Recycled games

The aim of this practical activity is to come up with a range of ideas for activities that you could engage in at home to improve your health and fitness. Your school will provide one or several of the items shown in the table below, or you may need to provide your own. You will notice the items have been classified as either household items, recycled items or inexpensive sporting items. These are just some examples; use your imagination and you will be able to come up with lots more example items.

In pairs or small groups, your teacher may allocate some class time for you to come up with as many physical activities as possible that could be incorporated into either a fitness circuit or backyard game. You need to come up with at least two activities for the fitness circuit and two games. Your teacher will ask each group, either at the end of the lesson or during the next lesson, to present their ideas to the rest of your class. You will need to write down all your ideas and have a few extras ideas in case another group comes up with the same activities.

Examples of non-specialised fitness and play equipment

Household items	Recycled items	Inexpensive sporting items
Blankets	Tyres	Frisbees
Tarps	Boxes	Tennis balls
Brooms	Milk crates	Pool noodles
Broom handles	Chaff sacks	Skipping ropes
Buckets	Ropes	Play balls
Small steps	Milk/cordial bottles	Hacky sacks
Hay bales	Sand	Hula hoops

Questions

- 1 Describe how completion of your circuit could contribute to meeting the physical activity guidelines for your age group.
- 2 Explain how you could measure the intensity of your physical activity during the circuit using the household and recycled items.
- 3 Compare and contrast the advantages and disadvantages of using non-specialised fitness equipment with attending a gymnasium.