











3-in-1 Field Cart (Discus-Shot-Javelin)

Store all the equipment you require for field events on this cart.

Made of heavy steel pipe. Suitable for 12 javelins, 12 shots and 30 discus.

Comes with durable wheels.

Activo® Equipment Bag

This equipment bag is all you need for your kit!

Top features an all round opening, with two end pockets, one full length side pocket and one half length side pocket. Includes a retractable handle and two sturdy wheels. Base is reinforced for durability.

Dimensions:

Main Compartment:

100cm (L) x 40cm (W) x 40cm (H)

End Pockets x 2: 5.5cm deep

Half Side Pocket: 45cm x 24cm x 5.5cm

Full Length Side Pocket: 90cm x 24cm

x 5.5cm

Activo® Foldable Ball Cart

This popular heavy duty ball cart can be folded when not in use.

Portable, stores between 15-20 balls.

Dimensions: 60cm (L) x 60cm (W)

x 60cm (D)

Full height: 100cm

Ball Bag with Carry Strap

Reinforced vinyl and mesh bag with a comfortable shoulder strap.

Drawstring closure.

Able to fit between 10-12

basketballs.

Big B Shelving System

This 3-tier heavy duty shelving system allows you to organize and access your equipment with ease. You can make up your own configuration with plastic crates that come in 4 different colours.

For added stability, each tier is specially constructed for the crates to "sit in" nicely. The system comes with 9 storage crates. Additional crates can be purchased separately.

Construction: Heavy duty powder 25mm coated steel tubing weighing 26kg

Dimensions: 130cm x 60cm x 125cm



Deluxe Jump Rope Rack

A perfect addition to your Physical Education (PE) store!

The deluxe jump rope rack comes with 4 extensions, allowing you to hang 20 ropes on each arm.

Will not rust, corrode, chip or peel.

Industrial quality wheel with stopper adds to the rack's convenience and durability.

Deluxe Portable Ball Cage

This portable ball cage is constructed from welded heavy duty steel tubes. The ball cage features a half cover lid for extra safety.

- Fits 20 to 30 balls or other equipment too.
- Powder coated for durability with top opening and lockable lid.
- Collapsible for easy storage when not in use and easy transport.

Dimensions: 90cm x 75cm x 64cm



Deluxe Portable Ball Cage Cover

High quality nylon canvas cover helps to keep rain and dust away from your ballcage! Fitted with two handles for easy removal too!



Transport all your heavy gym mats with the Activo® Gym Mat Cart!

Transports between 9 - 11 mats.

Rust-resistant and comes with industrial wheels with step-locks to prevent rolling. Slim and able to fit through standard doors and corridor.

Dimensions: 120cm x 60cm (W) x 90cm



Pictivo



Javelin Cart

Steel construction with a powder coated finish.

Holds up to 18 javelins.

Size: 80cm (L) x 50cm (W) x 93cm (H)



Hold-Em-All Trolley Cart

One cart to hold them all!

Hold all your rackets, bats, sticks, balls, shuttlecocks and more in this multipurpose cart.

Re-configure it to suit your needs!

Dimension:

113cm (Height to Handle) x 93cm (L) x 63cm (W)







Store your equipment and lock them up!

3-tiered shelves and additional 3 multi-purpose crates which can hold small items.

Suitable for Indoor Sports Hall or facilities with shared users.

Lock-Em-Up Storage Cage

Dimensions:

136cm x 68cm x 158cm (H)

Impact resistant and easy to lift. Ideal for regular storage and organization in the PE store and for transporting

Available in 4 colours - red, blue, yellow and green.

Dimensions:

600mm x 420mm x 340mm

Steel constructed with durable power-finish. Dimension: 218cm (H) x 93cm (L) x 63cm (W)

The MX AllPlay Cart was developed to fit almost everything you would need to conduct a PE lesson. Its versatile design and robust swivel wheels (with pedal locks), makes transporting and storing your PE equipment easier and more convenient! The top cart holds 20 official basketballs while

the 4 removable crates keeps smaller equipment

organized and accessible. The optional hoop and

If you are short of space and require a cart that can

hold all your equipment, this AllPlay Cart is your

rope extension holds about 20 hoops and more

Net weight of steel frame: 22kg

ropes and so much more!

than 40 jump ropes.

solution!



Holds up to 80 tennis balls. Folds down flat when not in

Size: 35cm (H) x 30cm (W)

Poly Drum Carry Bag

polyester with mesh panel,

Durable and lightweight

zippered opening.





NAZRUL - Ball Master

"How can you store and organize more than 200 balls according to their sizes, and in an accessible manner?"

That was the challenge posed by a PE teacher to us, and after more than a year of development, we finally came up with the solution!

Each of the top four tiers can fit balls from size 1 to 7. The removable crates at the bottom tier fits smaller sized balls such as floorballs, tennis balls and softballs (even a ball pump!).

No more flimsy PVC pipe construction! The Ball Master is constructed of steel with durable power-finish.

Dimension: 147cm (H) x 135cm (L) x 67cm (W)

Net weight of steel frame: 40kg





Slalom Poles Carrier Bag

Sick and tired of fumbling over your slalom poles? No need to fret over how to transport your slalom poles! This carrier bag is able to carry between 15 to 18 slalom

poles, and fits poles up to 170 cm in height.

Comes with a carrier strap for easy transport.



The Supa Hoops Carry Bag fits a dozen 76cm (diameter) supa hoops.

Bag has a shoulder strap for easy carrying or hanging in your PE storage room.



Utility Bibs Hanger

Just slot in and carry! Each hangar can fit up to 15 bibs.

Octivo



CONES

15" Sports Cone

Each 15" sports cone has 3 holes down one side that allows poles to be fixed between two cones to make jumping hurdles.

Poles can be slotted into the holes at three heights. Poles are sold separately.



Training 'Hat' Cone 9"

Suitable for physical education (PE) lessons and any sport or fitness activity. Height of cone: 9" Sold as a stack of 20 pieces with a cone stand.

Colours may vary.



Flexi Cones

The soft vinyl walls of the cones will collapse immediately upon impact and pop back to original shape again, making it safe for younger users.

Dimensions: 5.7" high and 5.5" diameter

Sold as a set of 6 - red, yellow, blue, green, purple





Saucer Cones

Bright and colourful saucer cones for multiple activities and games. Each cone is 9" in diameter and 2" high.

Pack of 50 comes with a carry rack and bag.

- Soft & flexible
- Ideal for marking out boundaries, drills etc
- Comes in 5 colours.







'Feet' Floor Markers

Teach cartwheels and movement skills easily with these floor markers.

'Hand' floor markers measures 19cm long.

'Feet' floor markers measures 22.5cm long.



Line **Markers**

These colourful marking lines are great for setting up temporary courts and marking boundary lines. Combine with marking corners, discs and directional markers to create exciting drills and obstacle courses.

Non-slip rubber allows for use both indoors and outdoors.

Measures 35cm in length.

Sold as a set of 4 - red, yellow, blue and green.



FLOOR MARKERS



Markers are ideal for setting up activity courses in the gymnasium or classroom environment.

Use with other markers to organize and create a vibrant PE lesson! Sold as a set of 4 - red, yellow, blue and green.

Rollout Line - 5m

PVC line that can be rolled out for quick and easy game set ups or line markings. Can be used indoors or outdoors or cut to any length desired.

The weighted line is 3mm thick and 38mm wide and designed to roll out flat on any hard surface.

Available in 4 colors - red, blue, purple and green.



Point-Me-To Arrow Markers

These arrow markers add colour and definition to activities needing direction and movement. Anti-skid bottom keeps it where you put it!

Sold as a set of 6 - red, blue, yellow, green, purple and orange.

Dimensions: 34 cm x 15.8 cm





Spot Markers

These 9" spot markers are a great organizational tool for any gross motor activity or physical education class.

The spot markers are versatile and are excellent targets, markers, bases and 'personal space' designators.

Dimpled on one side and smooth on the other with 'non Slip' formulation keeps it where you put it on any smooth indoor surface.

Sold as a set of 6 - red, yellow, blue, green, purple and orange.



Badminton Net

Standard nylon Badminton Net. Great for schools and



Funny Eyes Blindfolds Set

Made of comfortable fabric with funny eyes print.

Velcro straps allow blindfolds to be adjustable.

Sold as a set of 6.



Electronic Whistle (Three Tone)

practice!

Loud consistent sound every time. Three tones with maximum 125 DB ± 5%

4 x CR2032 Batteries are included. Comes with a drawstring bag.

Size: 13.65cm x 3.8cm Colours may vary.



Portable Score Flipper

Portable, economical, and easy to use. Numerals are screen-printed on vinyl and can easily be seen from a distance.

Scores from 0-99. Folds flat for storage.

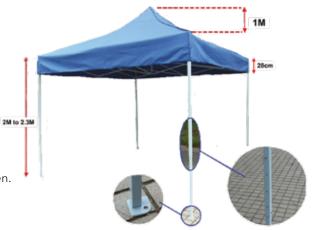


Mobile Tent

Available in the following sizes:

- 2m x 2m
- 3m x 3m
- 3m x 4.5m
- 3m x 6m

Available in red, blue, dark blue, maroon and green.





Post Padding

Post pads made with high quality foam covered with vinyl. Vertical split with velcro join for full height of the pad to secure pad to pole.

Available for basketball posts, netball posts and rugby posts.

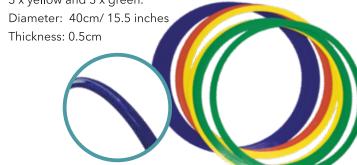
Fastfoot Flat Agility Rings (Set of 12)

Flat, Flexible and Seamless!

Durable and colorful hoops are molded one-piece construction with slight ridges that provide extra strength. Hoops are strong yet flexible. Can be used for many activities - hoops, step thru's, targets, obstacles, agility rings and more.

These hoops are ready to use for setting up movement patterns for stepping, hopping and jumping!

Sold as a set of $12 - 3 \times red$, $3 \times blue$, 3 x yellow and 3 x green.



Hoops

Flat Hoop

These extra strong flat hoops are perfect for target and obstacle course.

These hoops have ridges for added strength, making it sturdy yet flexible.

Diameter: 55cm



Supa Hoops

No Inserts! No Staples!

Supa Hoops are seamless making them more durable and safer than regular hoops with inserts or staples.

- Tube thickness of 18mm
- Diameter of 76cm

Available in 4 colours red, blue, yellow and green.



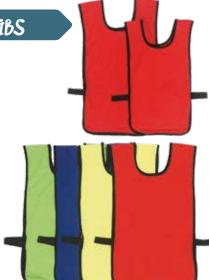
SASHES & BIBS

Activo® Game Sashes

These colourful game sashes are suitable for physical education classes and any sport or game activities.

Adjustable Velcro strips to suit all sizes.

Available in 6 colors - red, blue, green, yellow, purple and pink.



Activo® Sports Bibs

Made of cotton with triple-stitched elastic sides. Very durable!

Available in 2 sizes:

- primary school size 50cm (L) x 30cm (W)
- youth/adult size 60cm (L) x 35cm (W)



Customised Bean Bags for NSG D-Division Multi-Skill Event

This year, the NSG has introduced the Multi-Skill Event (MSE) for the SPSSC Track and Field Championships, D-Division. In this event, bean bags will be used.

Boys - 330a Girls - 220g

Each bean bag is accurately weighted and weight specification printed.

Event Equipment

Customized

Track & Field

D Div

Multi-Skill

Customised Storage Cart for NSG D-Division Multi-Skill Event

NSG has introduced the Multi-Skill Event (MSE) for the SPSSC Track and Field Championships, D-Division.

Bean Bags and 44 cm height Hurdles are included in this event.

To keep your equipment organised, we have designed a customised storage cart, specially for storing the equipment for this event. This storage cart will not only keep your equipment tidy and neat, but is also portable, allowing you to transport the equipment to the field or hall easily.

Wheels come with a safety lock too!

Customised Weighted Hurdle for NSG D-Division Multi-Skill Event

This year, the NSG has introduced the Multi-Skill Event (MSE) for the SPSSC Track and Field Championships, D-Division. These new hurdles are included in this event.

It's not simply about the correct specifications, the durability and design safety matters too. Our hurdles are appropriately weighted at the bottom to add stability.

Height of hurdle: 44 cm





RUN, JUMP, THROW



Activo® International Hurdle (IAAF Certifed)

This hurdle is framed by strong 50mm square steel tubing for durability and performance. Extra strength ABS Gateboard makes it almost unbreakable!

- PVC coated counter weight meets precise official pullover force for all five heights.
- Ideal for all levels of competition.
- Easy to stack design allows hurdles to be neatly placed or stored.
- Adjusts to 30, 33, 36, 39 and 42".

Activo® Regular Tip Javelin

Durable javelin constructed with hard aluminium.

The Activo® Regular Tip Javelin is best suited for school compeitions. training and PE.

Activo® Rubber Training Discus

Strong, durable and one piece solid construction rubber discus with coloured center.

Will not damage or leave mark on the floor.

Available in

- 1kg
- 1.5kg



Activo® X Hurdle

Lightweight, Compact and Versatile!

Adjusts from 9" to 42".

Powder coated heavy steel frame and high impact ABS crossbar makes for a long lasting easy to use training aid for plyometric and hurdling drills.







Turned iron shots, precisely machine turned for accurate weight and diameter specifications.

Economy Cast Iron Shot

Cast iron unturned shots with accurate weight.

Best suited for PE classes or training.



500 gm



Elementary Practice Shot 500g

Lightweight, colorful PVC-coated shot put that is designed with younger track and fielders in mind!

Use these easy-to-handle shot puts to teach the sport, or practice throwing skills.

Suitable for use both indoors and outdoors.

Colours may vary.



Elementary Discus 500g

Soft & safe practice discus, ideal for young throwers.

Made from soft, lightweight materials with safety in mind.



Indoor Shot Put

Indoor shot put made from non bouncy PVC. Ribbed surface provides increased grip.

Suitable for indoor use and on artificial turf.



Elastic Foam Crossbar

A MUST HAVE!

Made of elastic cord with 6" x 1" foam sections, overall length 15 Foot.

This crossbar does not fall off due to contact or wind. Use in place of regular crossbars when possible to lessens breakage and replacement costs. Helps prevent injuries & beginners fear of hitting the regular crossbars!

Suitable for both high jump and pole vault. Please note there is a \$10 delivery charge for this item.



Kids Handling Discus 500g

The main training benefits of these disks are the 3 handling possibilities they can offer:

- Area 1: handling through the hole (for kids at a beginners level).
- Area 2: handling on fingers marks (for kids at an intermediate level and for training).
- Area 3: competition handling.



Open-Reel Measuring Tape

- Heavy duty high impact ABS frame with comfortable hand grip.
- Fibre-coat coating prevents wear and adds strength.
- English scale on one side and Metric scale on the other side.
- Common zero at metal end for easy measuring.
- Highly visible numbers and gradations.

Available in 50m.





FeiLu Comet Metered Javelin (IAAF Certified)

PE STAPI

For the serious competitor!

Tip: For greatest success, choose a javelin that has a meter rating slightly above how far you throw. As the meter rating increases the javelin becomes stiffer - this cuts down on the vibration during flight, resulting in longer throws.

These metered Javelins are made of a special aluminum alloy that gives them the benefit of both steel and aluminum i.e. the flexibility of aluminum with the stiffness of steel, yielding a javelin that flies great!

Olympic Mark Starting Block

Full aluminum construction for the serious athlete.

Centre rail made of 82 mm heavy slotted Aluminium Channel with thick ribs to slip in anchor plates for ensuring better ground stability. Measurement marks on the centre rail allows for consistent positioning of paddles.

Paddles can be adjusted at 5 different angles and are extra broad for more sturdy positioning.

This is a very high end, high quality starting block at a great price.



Start Clapper

Made of wood for the best sound with dual colour painted for visual start signal.









- Made of sturdy polyethylene plastic with a durable soft rubber tip. Flies just like a real javelin.
- Develop correct throwing technique.
- Provide basic fundamentals and mechanic associate to any overhand throws, i.e., Badminton, Volleyball, Softball and Handball
- Official event in the Special Olympics worldwide, USA Track and Field, Kids Athletics & Junior Olympics
- Can be used in variety of games and activities which promote proper technique.
- Can be thrown indoors and out. Safe and no marking floors/walls.



1. Turbojav (The Original!) (300/400 Gram)

3000

• Official mini-javelin of the USATF and Junior Olympics programs.

400g

- Excellent "overload" training tool for your young athletes.
- The additional weight assists building additional strength in the specific throwing motion, and makes the 300 gram Turbojav feel "light" for meets.

2. Long Tom (500/600 Gram)

The Long Tom is 42" long, so it gives a feel of the real javelin technique more closely than the shorter 300G and 400G Turbojavs.

500g

- It makes a great training aid for all throwers
- Used the world round in many programs and associations.

600g

- Equals the weight of the full-size women's javelin and makes an excellent, inexpensive training tool for all throwers.
- gives the Junior Olympian an ideal transition tool to the real javelin they throw in the later divisions.



3. Spier (700/800 Gram)

The Spier is the latest addition to the Turbojav line-up. Measures 1.8m long in height. Practice can now be done with a heavier implement that also weighs the same as competition javelins. The longer design of the Turbojav will also help with point control.

Get immediate feedback when you throw the turbo javelin as it will wobble if you throw it incorrectly. If thrown correctly, the javelin will fly straight in a tight spiral and fly far. If it wobbles, it stalls in the air from turbulence and drops like a rock. This feature emphasizes and helps you understand that you must throw it with your shoulder and not your elbow.

Excellent choice for all levels from beginners to advanced alike.

Agility Hurdles 12"

Excellent tool to encourage good running technique and jumping skills!

- Teach correct stride technique.
- Improve lateral speed.
- Perfect arm control.
- Plyometric /Jump training.

These durable heavy duty PVC pipes will tip easily if stepped on to ensure safety. Sold as a set of 6 (of the same height). Available in orange only.



Agility Ladder (Multi-colour Rungs)

Excellent PE play tool for basic movement skills, balance, agility, running, coordination jumping and fitness activities. Great for guickness training.

The slats can be set to suit all ages and ability - beginner, intermediate, advanced and athlete.

Set the rung spaces to suit the ability of students or your training goals. Complete hundreds of running and jumping patterns on the Agility Ladder.

Heavy duty flat PVC ladder; suitable for training on flat surfaces. Attractive multi-colour rungs makes them easy to spot. Colour of rungs may vary.

Available in 4m.

Dancing Scarves

Brightly coloured scarves can be used for all sorts of activities. Also slow moving in the air, allowing catching games for small children.

Available as a set 6.

Dimensions: 66cm x 66cm





Test your Agility, Balance and Coordination with this All in One Agility & Plyometric Set!

Each 15" cone has 3 holes down the side. Simply fix in a pole between two cones to make jumping hurdles. Jumping hurdles can be adjusted to 3 heights. Or insert poles into the 15" cones and use clips to hold poles across as a bar.

Absolutely Versatile! You can form endless obstacle courses with the poles, cones and clips!

All in One Agility Cone & Pole Set consists of:

- 12 x 15" Sports cone
- 6 x 100cm pole
- 12 x 160cm pole
- 12 x Multi clips



Basic Multi-Link Set

Create different obstacles! Climb, crawl and jump through the many different configurations!

- The Multi-Base has a hole in the top to allow multi-poles to be inserted and is made from hollow impact resistant, unbreakable plastic with rubber bung in base. Can be filled with sand or gravel for extra stability.
- The Poles come in 2 different lengths. They are high visibility and can be used to form obstacle courses, slalom poles, hurdles and hoop targets.
- The Supa Hoops are brightly coloured and have a larger diameter than standard hoops allow them to fit into a multi-post clip to create targets and obstacle courses.
 They can also be used individually for rolling and movement activities.
- The Multi-Clips allow you to attach multi-posts together or attach multi-hoops to posts at any angle to create games such as limbo, hurdles and targets.

The Basic Multi-Link Set consists of:

- 8 x 160cm Poles
- 4 x 100cm Poles
- 8 x Multi-Bases
- 4 x Supa Hoops
- 8 x Multi-Clips





Dino Egg and Spoon Set

Double the size, double the fun!

Jumbo sized eggs and spoons are a great way to develop motor skills! No mess, inflatable rubber eggs, watch children have a great laugh playing!

Dimensions: Eggs are 20 cm high.

The Dino Egg and Spoon Set consists of:

- 6 x Jumbo sized Dino eggs
- 6 x Jumbo sized spoons



MOVEMENT & BALANCE

Elbow and Knee Pads

These elbow and knee pads are durable and resistant to repeated skids on all surfaces.

Machine washable and fits snugly for sport performance.

Available in one size, better suited for youths and adults.

Flat Hoop

These extra strong flat hoops are perfect for target and obstacle course.

These hoops have ridges for added strength, making it sturdy yet flexible.

Diameter: 55cm

Fastfoot Flat Agility Rings (Set of 12)

Flat, Flexible and Seamless!

Durable and colorful hoops are molded one-piece construction with slight ridges that provide extra strength. Hoops are strong yet flexible. Can be used for many activities - hoops, step thru's, targets, obstacles, agility rings and more.

These hoops are ready to use for setting up movement patterns for stepping, hopping and jumping!

Sold as a set of 12 - 3 x red, 3 x blue, 3 x yellow and 3 x green.

Diameter: 40cm/ 15.5 inches

Thickness: 0.5cm



This is a fast paced activity that develops reflexes, quickness, agility, conditioning and balance...all while kids are having FUN!

"Heavy duty" and bright velcro flags break away easily by means of a tug, making them ideal for youth rugby and football players.

- Adjustable 2" Nylon Belt
- One size fits all!
- 2 Flags per Belt

Sold as a set of 24 flags (12 red and 12 yellow) and 12 belts.

Colours may vary.



SUITABLE FOR SPEED SCHOOLS

'Hands' and 'Feet' Floor Markers

Teach cartwheels and movement skills easily with these floor markers.

'Hand' floor markers measures 19cm long. 'Feet' floor markers measures 22.5cm long.

Colours may vary.

Sold as a pair.



Corner Markers

Markers are ideal for setting up activity courses in the gymnasium or classroom environment.

FLOOR MARKERS

Use with other markers to organize and create a vibrant PE lesson!

Sold as a set of 4 - red, yellow, blue and green.



PVC line that can be rolled out for quick and easy game set ups or line markings. Can be used indoors or outdoors or cut to any length desired.

The weighted line is 3mm thick and 38mm wide and designed to roll out flat on any hard surface.

Available in 4 colors - red, blue, purple and green.



Line Markers

These colourful marking lines are great for setting up temporary courts and marking boundary lines. Combine with marking corners, discs and directional markers to create exciting drills and obstacle courses.

Non-slip rubber allows for use both indoors and outdoors.

Measures 35cm in length.

Sold as a set of 4 - red, yellow, blue and green.



These arrow markers add colour and definition to activities needing direction and

movement. Anti-skid bottom keeps it where you put it!

Sold as a set of 6 - red, blue, yellow, green, purple and orange.

Dimensions: 34cm x 15.8cm



Spot Markers

These 9" spot markers are a great organizational tool for any gross motor activity or physical education class.

The spot markers are versatile and are excellent targets, markers, bases and 'personal space' designators.

Dimpled on one side and smooth on the other with 'non Slip' formulation keeps it where you put it on any smooth indoor surface.

Sold as a set of 6 - red, yellow, blue, green, purple and orange.





Evasion Belts

The Activo Evasion Belts promote MAXIMUM participation and fun!

- Using running and agility the leader (mouse) must try to get far enough away from the chaser (cat) to break the Velcro tab connecting them together.
- The mouse scores a point every time they escape and the belts are broken.
- The cat must run FAST to keep the belts intact.
- Swap positions for the chaser to become the leader and try to beat their score!
- 3 connection points for adjusting length of belts to vary difficulty.

Available in 2 exciting colours - Fluorescent Green and Orange!



Funny Eyes Blindfolds Set

Made of comfortable fabric with funny eyes print.

Velcro straps allow blindfolds to be adjustable.

Sold as a set of 6.



Fidget Box

This set consist of sensory stimulating toys that would help teachers manage fidgety students to keep their hands and feet occupied and yet stay focus at the same time. This set is perfect for students who struggle with staying focus, students with autism and students with high sensory needs. Use during circle time, at calming corner, sensory play area and individual work area in the classroom. Relief anxiety, restlessness and classroom stress with these fidget toys!

Set includes:

- 1 x Gyro Fidget Spinning Top
- 1 x Calming Motion Timer
- 1 x Chewy Tube
- 2 x Lead Up Bean Bags
- 2 x Intactskin Softball
- 2 x Rubber Quoits
- 1 x Kooshball
- 1 x Wobbleboard



The Hippo Hopper provides great vestibular input and helps improve sensory integration, coordination, balance and motor skills. In addition, this is a great way for kids to release energy! Inflatable bouncer, simply inflate with a regular foot pump and inflatable nozzle. Suitable for pre-schoolers.

Height of hippo: 9 inches



The only one in Singapore!

Get everything you need to play a modified game of Goalball!

Goalball is a great inclusive game for everyone. Once the blindfolds are on, everyone is playing at a level playing field.

Kit includes:

- 2 x Lead Up Goalball Balls
- 6 x Lead Up Goalball Position Mats (3 orange, 3 blue)
- 6 x Goalball For All Blindfolds (3 orange, 3 blue)
- 1 set High Ball Line

For more information about goalball, please visit www.goalball.sg.

Micro Hurdles

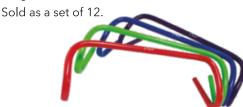
One of the gross motor development milestone for a child is jumping. Encourage children to jump with these safe, colourful and low in height micro hurdles.

Durable PVC pipes will tip easily if stepped on to ensure safety. Bright colours makes them easy to spot and attractive for children.

Jumping cues for children:

- "Bend knees"
 - Start with their knees crouched
- "Swing arms backward & forward"
 - to lift body up & forward
- "Push off with feet together"
- "Bend knees when landing"

Height of hurdles: 15cm



MOVEMENT & BALANCE



Activo® Foam Balance Beam

Made of quality canvas cover and high density P.E. foam. Weighted for stability.

Perfect for pre-school play, beginner's gymnastics and PE lessons!

The perfect training aid for all ages to build confidence and skills required to progress to the real beam.

Dimensions: 2m (L) x 15cm (H) x 15cm (W)



Roll, tumble, stretch or flip on this rainbow gym mat! Fold it and keep away when you are done with practise!

No where else can you find this special colour combination! The bright coloured panels are sure to motivate young learners and best of all, safety is not compromised! High density layered polyurethane foam provides extra cushioning for tumbling and protective landing. Light enough for a child to carry.

Dimensions: 2.4m x 1.2m x 5cm (thickness)







Activo® Foam Tunnel

Climb through or sit in the tunnel, or place it on the side for climbing on and over. The two halves can be separated into two half size tunnels for crawling under too!

Dimensions - 100cm (L) x 50cm (H) x 50cm (W) per half



Activo® Gym Wedge Mat (Foldable)

Gymnastic incline wedge
mat with extremely
tough vinyl-coated
polyester fabric.
Suitable for teaching
progressions to tumbling, uphill
vaulting and gymnastics conditioning.

Foldable, easy to move and store.

Dimension of mat when laid out: 155cm (L) x 77cm (W) x 40cm (Highest height)

Activo® Trapezoid

Multi-coloured foam vault box.

It can be separated into 4 sections with triple top.

Teach vaulting, landing and jumping with this versatile foam trapezoid. Versatile and durable. It allows children to learn a whole range of movements.

Dimension: 1.25m (H)



Activo® Gymnastics Mat with anti-slip bottom

High density layered polyurethane foam provides extra cushioning for tumbling and protective landing. The mats are light enough for one person to easily

move them into position. Great for tumbling, rolling or fitness exercises.

Features anti-slip bottom and velcro sides to allow you to combine several mats.

Available in 4 colours- red, blue, yellow and green.

Dimensions: 2m x 1m x 5cm (thickness)



Kids Kip Bar Set

This heavy duty kip bar set is ideal for young gymnasts. Do away with the hassle of assembly and spend more time on training and play!

A-frame legs provide a sturdy base and can stack them aside when not in use. Great for preschoolers and young children to swing and kip on!

Comes in a set of 4 heights:

Red-100cm (H) x 240cm (W)

Blue - 90cm x 215cm

Yellow - 80cm x 185cm

Green - 70cm x 150cm

Foldable Balance Beam

The portable gym experience!

Trying to strike a balance between limited space and introducing gymnastics? Frustrated when space wins out every time? Our all new foldable balance beam is the perfect solution! Stable yet soft, anyone from young beginners to aspiring athletes can learn safely. Conveniently fold and store it after you're done to free up the area for other activities. Get it now while stocks last!

Made of a solid wood core for stability with a foam layer and anti slip stoppers for safety.

Available in Cherry red, Magenta, Sky blue and Royal blue.

Dimensions

- 2.1m (L) x 5cm (H) x 9.5cm (W)

Folded for storage

- 1.05m (L) x 10cm (H) x 9.5cm (W)

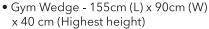


Gone Wild Gym Play Set

Let kids' imagination go wild with this gym play set!

Get them climbing over mountains, crawling through a tunnel, balancing on a bridge or dipping into a pool with this gym play set. Children can develop balance, coordination and agility while getting creative with their imagination! These soft yet stable pieces helps you create a fun yet safe area for children to tumble and climb.

Dimensions:







JUMP ROPES



Quality SkipFit Licorice Rope

This is the official training rope for The SkipFit® System!

A great rope at an awesome price! Perfect for school, gym use and fund raising. Licorice cord that easily straightens. Comes with snaplock technology to allow for length adjustments.

Length of cord: 9 feet (adjustable).

Long Handle Freestyle Rope

Same cord as the SkipFit Rope but the handles are a whole lot longer for freestyle tricks. Suitable for skipping enthusiasts who are looking at perfecting their skipping tricks and stunts.

Comes with snaplock technology to allow for length adjustments.

Length of cord: 10 feet (adjustable).



Step N Count Mat

Made of heavy duty PVC fabric, suitable for group activities and games.

Dimensions:

210cm (L) x 138cm (W).







Lead Up™ Balance Buckets

Improve balance while having fun with these durable, colourful plastic buckets!

Buckets are connected by braided rope.

Buckets can be stacked for storage.

Dimension: 12.7cm x 30.5cm



Lead Up™ Balance System

A MUST for Sensory and Balance Play at Pre-Schools!

Unlike older designs where different sections had to be used to form circular or straight paths, the new Lead Up balance beam sections are versatile and the same sections can be used to create both straight and circular paths.

Set of 12 S-Shaped Sections measuring 30cm by 12cm.





Great way to get your class in on the balancing fun!

Strong plastic tubs, connected by braided nylon rope. Increase or decrease the distance between the tubs to create your own balance and obstacle trail!

Each set features 4 straight tubs and 2 with a slight incline and decline. Tubs are stackable for easy storage.

Dimensions: 10cm (H) x 10cm (Width of tub)



Lead Up™ Macaron Balance System

A MUST for Sensory and Balance Play at Pre-Schools!

Unlike older designs where different sections had to be used to form circular or straight paths, sections of the new Macaron balance system are versatile. The same vibrant pastel coloured sections can be used to create both straight and circular paths.

Set of 8 S-Shaped Sections measuring 35cm x14cm.

Comes with removable anti slip stoppers for extra safety.



Lead Up™ Play Tunnel

Explore and learn though this brightly coloured arc tunnel. The tunnel is constructed with 2 nylon mesh panels for visibility.

Dimension: 240cm x 71cm



Play N Learn My Colours Cube

These are no ordinary foam cubes! Each face shows a different colour, with text in both English and Mandarin/ Chinese! Have children play and learn about colours with these multipurpose and bilingual foam cubes!

Sold as a set of 6.

Dimensions: 30cm x 30cm x 30cm



Play N Learn to Count Numbered Cube Set

The building blocks to math begins with being able to count! Teach children how to count with these multipurpose foam cubes. Get creative! Design numeracy games or use these cubes as obstacle course markers and get the children moving while learning their numbers!

Sold as a set of 10 - from numbers 1 to 10.

Dimensions: 30cm x 30cm x 30cm







Create your own games and obstacles!

Practice the underhand toss, crawl through "tunnels" and jump over barriers!

Fun-Link Set consists of:

- 4 x 40cm poles,
- 2 x 100cm poles,
- Multi-link base x 6,
- 2 x Supa Hoops,
- 4 x Pole Connectors,





Sensory Stepping Stone Balance Pods

This set of 6 balance stones is designed to improve body awareness and stabilization. These balance pods are great for many therapeutic needs such as coordination,

balance, gross motor, visual perception, concentration and much more.

For advanced balance & coordination opportunities, the sensory stones can be flipped over so that the flat surface is on top.

Each pod is 13.5cm (W) x 8cm (H).



Sensory Movement Set

We have way more than the

basic 5 senses! We use some senses like proprioception - body awareness- and equilibrioception - sense of balance-without even realising it. All these senses help contribute to having good gross motor skills.

Help your students develop or regulate these senses with the sensory movement set. Watch as they experience the world with heightened senses!

Set includes:

- 1 x Lead Up Play Tunnel
- 1 x Sensory Pod Set
- 1 x Sensory Pod S
- 1 x Wobble Board
- 1 x Weighted Reaction Ball
- 1 x Mini Goalball





The heavy duty base allows you to set up agility pole drills indoors or on artificial surfaces. Base can be filled with sand or gravel for extra stability.

Simply insert the poles and you will be ready for zig-zag slalom drills or any other agility activities

Sold as a set of 6.



No Inserts! No Staples!

Supa Hoops are seamless making them more durable and safer than regular hoops with inserts or staples.

- Tube thickness of 18 mm
- Diameter of 76 cm

Available in 4 colours - red, blue, yellow and green.



Teamwork Caterpillar

Navigate through obstacle courses with this Teamwork Caterpillar! Made from a tough, durable vinyl, the Teamwork Caterpillar can withstand the toughest of obstacle courses!

Wobble Balance Board

Have lots of fun rocking and balancing on the Wobble Balance Board. Build core strength and coordination, and flip it over for some tactile fun!

Dimensions 56cm (L) x 19cm (W)

Colours may vary.











Aluminium Tennis Net System

Fabricated from sturdy aluminium, this clever system assembles in just minutes. No tools required. Suitable to use on any surface. Great for any modified tennis program.

Perfect net barrier for used on a badminton court for games such as mini-tennis and paddle ball.

Dimensions: 6m (W) x 80cm (H)

Activo® Badminton Racket

Economic and durable badminton rackets made of iron alloy with string tension of 16 +/- 2(lbs).

Best suited for beginners and PE lessons.

Junior Badminton Racket

Lightweight and durable, the junior badminton racket is suitable for children's use. Taking into account a child's proximal-distal development, using a short shaft badminton racket helps a child achieve higher success rate while striking.

Dimensions: 58cm in length.

Badminton Net

Standard nylon Badminton Net. Great for schools and practice!





Bean Bag Scarves

Use for juggling and tossing activities. Beginners enjoy early success with these bean bag scarves.

Each set consists of 6 different coloured scarves.

Weight: 45g

Catch Ball

This innovative ball is inflatable and is a great way to develop focus, hand/ eye coordination, memory, so-cial function and maths with safety in mind.

Each one of the six soft, vinyl catch ball spikes has a number on the tip and a different colour on each spike. Play point scoring and maths games or invent your own. Get creative!

Dimension: 30cm from spike to spike.



Great for preschoolers learning the ABCs!

Get creative with this set of 26 bean bags marked A-Z in uppercase and lowercase

Dimensions - 9cm x 9cm, 85q Sold as a set of 26.



Coloured Plastic Shuttlecocks

Colourful plastic training shuttlecocks.

Sold as a set of 12.



Deluxe Beach Ball

Colourful 6-panel beach ball is great for use at the beach or for PE lessons with young learners.

Teach catching and tossing with this slow flying beach ball and increase the success rates of catching!

- Light-weight
- Easy to inflate and deflate
- Colourful glossy panel
- Dimension: 60cm in diameter



Cube Foam Toss

These three-dimensional cube shaped foam are perfect for tossing and catching activities. Lightweight and colourful, great for children.

Dimensions: 6cm x 6cm x 6cm Sold as a set of 6 - red, blue, yellow, green, purple and orange.



Lead Up™ Easy Grip Ball

Increase Success and Play with Easy Grip Balls!

The wall of each ball is formed from foamed vinyl: a vinyl that is stronger than a coating and will not change properties with wear. Trapped within the vinyl are microscopic air bubbles; providing an unparalleled, high-tactile surface.

In addition, the triangular texture makes it easy to grip and increases catching and bouncing success, making it the BEST playground ball for PE! Bounce, toss, hit and catch this ball easily! Non-sting and safe for young catchers.

Dimension: 20cm in diameter





Develops hand/eye coordination, motor skills, and visual/perceptual control. Printed on heavy-duty vinyl for long wear and easy clean-up.

Dimensions: 1m x 1m Bean bags sold separately.





New plastic construction makes these floorball balls more durable than those of the first generation and still properly weighted for accuracy and multiple usage.

Dimensions: 7cm in diameter



Foam Can Toss

Build up the pyramid of cans, take aim and try to knock them down! Set includes ten foam cans numbered 1-10 and six balls & a carrier bag.



provide hours of fun both indoors or outdoors. Durable and colorful foam construction.

Set consists of:

- 1 base with 4 x extensions
- 6 x Big Rings (11cm diameter)
- 6 x Small Rings (15cm diameter)



Foosball + Teamwork Parachute!

Team up and play a game of parachute soccer! Maneuver a ball or bean bag into your opponent's goal! Perfect for kids' parties, PE, teambuilding activities and even 'drinking games'!

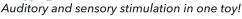
Dimensions: 180cm x 150cm Comes with 18 handles. Ball and/or bean bag sold separately.



Foxtail Ball

These foxtail balls are excellent for young throwers and catchers to track the flight path of the ball. Eye-tracking is enhanced by the complementary color of the tail. Have fun watching these colourful foxtail balls 'flying' around! Sold as a set of 4.





Jingle Animals

Jingle jingle! The bell sounds in these jingle animals are

sure to provide children with lots of fun! These are also great to stimulate hearing for children with hearing

Sold as a set of 8 - 2 per animal:



Jumbo Bat

Extra big barrel for more success!

Jumbo the Fun! Oversized plastic bat that allows for an easier hit, making it suitable for young players. A must-have for beginner batters!

Dimension: 70cm in length

Colours may vary.



Fidget Box

This set consist of sensory stimulating toys that would help teachers manage fidgety students to keep their hands and feet occupied and yet stay focus at the same time. This set is perfect for students who struggle with staying focus, students with autism and students with high sensory needs. Use during circle time, at calming corner, sensory play area and individual work area in the classroom. Relief anxiety, restlessness and classroom stress with these fidget toys!

Set includes:

- 1 x Gyro Fidget Spinning Top
- 1 x Calming Motion Timer
- 1 x Chewy Tube
- 2 x Lead Up Bean Bags
- 2 x Intactskin Softball
- 2 x Rubber Quoits
- 1 x Kooshball
- 1 x Wobbleboard



Lead Up™ Batting Tee

The Lead Up Batting Tee is made of heavy-duty molded rubber home plate, has a height-adjustable sleeve-in-sleeve support and large flexible tip.



Lead Up™ **Bean Bags**

A must for all PE and Play classes for developing throwing and catching!

These PVC bean bags are filled with synthetic filler and are more durable than regular cotton bean bags.

We have them in two sizes regular and mini. Mini bean bags are perfect for small hands.

Dimensions:

Regular Bean Bags measure 11cm x 11cm, while mini bean bags measure 9cm x 9cm. Supplied as a set of 4 colours - blue, red, green, yellow.



Lead Up™ **Floorball Sticks**

Great for developing object control, balance and hand to eye coordination.

Available in two lengths.

Dimensions: Junior length 70cm and Senior 90cm

Available in 4 colours - red, blue, yellow and green.



Lead Up™ Foam Bat

Lightweight, neoprene foam bat, great for teaching beginners batting.

Dimension: 27 inches in length



Lead Up™ **Foam Frisbees**

Lead Up Foam Frisbees are made from closed cell, high density foam. Ideal and safe for children.

Dimension: 22cm diameter Sold as a set of 6- red, blue, yellow, green, purple and orange.





Goal Ball Originally played by the visually

handicapped, Goalball is now enjoyed by both the blind and sighted!

Lead Up™

Lighter and more user-friendly than the official Goalball, the Lead Up Goalball (23cm) weighs 600g weight making it the perfect choice for training for all levels!

Its integral-skin PU shell provides both structure required for full-court rolling and shock absorption on capture or impact. Most importantly, the jingling of the 3 sleigh bells inside can be clearly heard through its six ports through-out the balls entire roll cycle. Price is for 1 ball.

Lead Up™ **Intactskin Softball**

Safe practice softball with tough and durable cover.

Lightweight ball that can be thrown and hit like the real ball.

Safe, stingless and ideal for beginner players.

Suitable for both indoors and outdoors.

Available in 4 colours

EROUP.

- red, blue, yellow and green.

The only one in Singapore! Get everything you need to play a modified game of Goalball!

Goalball is a great inclusive game for everyone. Once the blindfolds are on, everyone is playing at a level playing field.

Kit includes:

WEETINGS

- 2 x Lead Up Goalball Balls
- 6 x Lead Up Goalball Position Mats (3 orange, 3 blue)
- 6 x Goalball For All Blindfolds (3 orange, 3 blue)
- 1 set High Ball Line

For more information about goalball, please visit www.goalball.sg.



Lead Up™ **Mini Goalball Ball**

Just like the official ball, but junior-sized! Meet the Lead Up Mini Goalball Ball! Rubber surface for good grip and bells that jingle when the ball rolls. Great for junior players!

Diameter 20 cm, weight 1.25 kg



Lead Up™ **Mini Tennis Ball**

A premium quality ball that combines friendly softness with durable construction!

Moulded foam has a tough, protective outer skin that resists wear-and-tear and is easy to clean. The Lead Up Intact Skin Mini Tennis Ball is made with a density which enables it to replicate an actual mini tennis ball action.

Diameter: 3 inches





Portable target toss game with printed numbers.

Dimensions: 4ft x 4ft.

Bean Bags sold separately.



Lead Up™ Paddle Bats

Solid moulded bat with flow through air holes. Wrist strap for security or for hanging up.

Great for use with the Lead Up Intactskin Softball and Intactskin Mini Tennis Ball.

Dimension: 39cm in length Sold as a set of 4 - Red, blue, purple and green.



Lead Up™ **Porcupine Ball**

These highly tactile spiky balls are easy to catch, hold and throw! Add variety to tossing and catching activities! High bounce and safe to play!

Available in red or yellow colour.

Dimension: 7 inches in diameter



Ready, get set, step and launch!

Step N Launch is a great equipment for developing hand eve coordination and motor skills. Place a ball on one end and step on the other to launch the ball in the air. Suitable for encouraging independent play. Dimensions:

62 cm (L) x 10cm (W) x 6.5cm (H)



Highly visible sports balls in junior sizes making them attractive to children and suitable for lead up games!

Each ball is built tough with the walls formed from foamed vinyl which is stronger than a rubber coating and will not absorb water or peel off.

Trapped within the vinyl are microscopic air bubbles that provide a high-tactile surface for easy grip.Inflated through a standard athletic ball valve.

Available as Basketball, Soccer Ball and Rugby Ball.



Play soccer just about anywhere:

Setting up small sided scrimmages, games and training has never been easier! The new mesh design allows wind through to provide extra stability. Velcro fasteners hold the goal in folded position.

- Goals are 1.5m wide by 1.1m high by 1.1m deep.
- Folds down to a 1 inch flat oval
- Includes a polyester carrying bag with anchoring pegs

Available in 4 colours - red, green, yellow, blue.



The Lead Up Sof Bat is a lightweight foam bat which absorbs impact and reduces flight of ball.

This bat allows for more success yet offers the heft and feel of a real bat.

Made from extra-durable foam with rugged, PVC core.

Dimension:

29 inches in length

Portable Net System

Sturdy, portable net system that is fast and easy to set up. Weighted base makes this net system sturdy and durable. Takes less than 5 minutes to set up with an easy snap lock system. Use it for badminton or tennis!

Comes with a carry bag.

Size: 320cm (L) x 160cm (H)





PE Dept Synthetic Leather Softball

Cork centered and weatherproof cover.

Available only in fluorescent green colour.

Ideal for amateur competition and training.



Stitched bean bag style, multi-colored vinyl juggling ball.

Easy to juggle as they do not bounce out of the hands.

Dimension: 6cm in diameter Sold as a set of 3.





Brightly coloured scarves can be used for all sorts of activities. Also slow moving in the air, allowing catching games for small children.

Each scarf is 66cm x 66cm. Available as a set 6.



Premium Juggling Rings

Made from durable plastic in three bright colors.

Dimension: 32cm in diameter Sold as a set of 3 rings.





Highly durable, plastic plate molded with a peak center.

Great for hand/eye co-ordination.

Plates are 24cm diameter and the sticks are 49.5cm long.

Sold as a set of 4 plates and 4 sticks.



These pyramid shaped foam are perfect for tossing and catching activities.

Lightweight and colourful, great for children. Supplied as a set of 6.



These light ultra safe quoits can be used with mini cones or to play ring toss games, throwing and catching games or jugaling.

Sold as a set of 4 - red, yellow, blue and green.



Sensory **Movement Set**

We have way more than the basic 5 senses! We use some senses like proprioception - body awareness- and equilibrioception - sense of balancewithout even realising it. All these senses help contribute to having good gross motor skills.

Help your students develop or regulate these senses with the sensory movement set. Watch as they experience the world with heightened senses!

Set includes:

- 1 x Lead Up Play Tunnel
- 1 x Wobble Board
- 1 x Sensory Pod Set
- 1 x Weighted Reaction Ball
- 1 x Mini Goalball

REACTION BALLS





Lead Up™ **Foam Reaction Ball**

Drop or throw it to the ground, then start chasing it as it bounces!

It is not known the path of the Reaction Ball until it hits the ground. This challenges reactions hands and foot speed. The Reaction Ball is perfect for improving hand eye coordination, reaction time and first-step quickness.

Safe to use on any surface. But not designed for use on grass

Dimensions: 9cm in diameter



Toss N Learn Grid

Fine tune gross motor and cognitive skills as you toss beanbags into the mesh pockets of the Toss N Learn Grid

Dimensions: 90cm x 90cm





Lead Up™ **Giant Foam Reaction Ball**

Huge foam reaction ball, great for kids!

PU covered foam makes this a safe, fun, reaction ball while still providing all the challenges that irregular bounce provides.

Dimension: 20cm in diameter



Two-sided Smiley Face Target

Sturdy Two-sided Smiley Face Target features a face configuration on both sides, made from different shapes. Aim and toss into the different shapes and you can have two teams playing at once!

Can be disassembled for easy storage. Comes with carry bag.

Dimensions: 94cm x 71cm



Lead Up™ **Sensory Reaction Ball**

Why get a regular reaction ball when you can get one with eye-catching fillings?

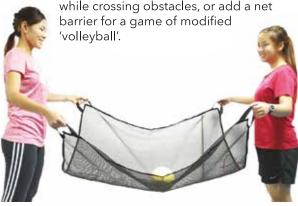
Play with it as you would a regular reaction ball! The eye-catching fillings are a great visual stimulation. Kids want to keep throwing or rolling it just to watch the fillings swirl!

Dimension: 9cm in diameter



Partner up and have players learn to cooperate!

Toss a ball or bean bag between chutes while crossing obstacles, or add a net barrier for a game of modified







The ability to catch requires the development of eye-tracking skills and confidence. The use of velcro covered paddles and specially covered, low-bounce tennis balls, helps to simplify this learning process.

They significantly improve catch success ratios so keep players involved longer.

Made of fabric with velcro stitched on one side and an adjustable wrist strap. Comes with a ball that sticks on the velcro mitt.

Simply use it like you would for softball!



These weighted dumpling shaped bean bags can be used for throwing and catching activities. Appropriately weighted to improve focus for sensory challenged kids, these bean bags help to promote increased body awareness, sensory processing and motor control.

Comes in two weights - 220g and 330g.





TURBOJAVS

- Made of sturdy polyethylene plastic with a durable soft rubber tip. Flies just like a real javelin.
- Develop correct throwing technique.
- Provide basic fundamentals and mechanic associate to any overhand throws, i.e., Badminton, Volleyball, Softball and Handball
- Official event in the Special Olympics worldwide, USA Track and Field, Kids Athletics & Junior Olympics
- Can be used in variety of games and activities which promote proper technique.
- Can be thrown indoors and out. Safe and no marking floors/walls.

1. Turbojav (The Original!) (300/400 Gram) 300g

• Official mini-javelin of the USATF and Junior Olympics programs.

400g

- Excellent "overload" training tool for your young athletes.
- The additional weight assists building additional strength in the specific throwing motion, and makes the 300 gram Turbojav feel "light" for meets.

2. Long Tom (500/600 Gram)

The Long Tom is 42" long, so it gives a feel of the real javelin technique more closely than the shorter 300G and 400G Turbojavs.

500g

- It makes a great training aid for all throwers
- Used the world round in many programs and associations.

600g

- Equals the weight of the full-size women's javelin and makes an excellent, inexpensive training tool for all throwers.
- gives the Junior Olympian an ideal transition tool to the real javelin they throw in the later divisions.

3. Spier (700/800 Gram)

The Spier is the latest addition to the Turbojav line-up. Measures 1.8m long in height. Practice can now be done with a heavier implement that also weighs the same as competition javelins. The longer design of the Turbojav will also help with point control.

Get immediate feedback when you throw the turbo javelin as it will wobble if you throw it incorrectly. If thrown correctly, the javelin will fly straight in a tight spiral and fly far. If it wobbles, it stalls in the air from turbulence and drops like a rock. This feature emphasizes and helps you understand that you must throw it with your shoulder and not your elbow.

Excellent choice for all levels from beginners to advanced alike.



How you THINK when faced with obstacles dictates how resilient you are...

"Do your thoughts help you cope with challenges or, do they make you feel vulnerable to stressors?"

"Do you overcome challenges by focusing on what you have control over, or what you don't?"

Resilience is a skill that can be learnt, and the Paralympic sport of Goalball provides a thriving context for your team to learn the thinking skills associated with Resilience. Your team would be guided by our blind athletes (No kidding!) as they physically and emotionally cope with the challenges of playing a game without their sense of sight.

The learning doesn't stop after the game ends. They will also learn to apply the same thinking skills associated with Resilience and the Growth Mindset to work context, and to Life.

- Experience how the Growth Mindset can help you overcome the challenges of playing a game blind.
- Interact and learn from a visually-impaired athlete on how she makes full use of what is within her control to overcome her daily challenges
- Practise shaping your Mindset for daily growth through the ESL (Effort, Support, Learning)
 Reflection Method
- Learn and experience playing a Paralympic sport and have fun!



CONTACT:

W: www.controllables.sg

E: team@athlete.sg T: 65-92214705

Resilience in Sports and Life...

We want to equip student athletes with resilience skills to cope with setbacks and competitive stress, not only in Sport, but in Life.

THIS IS NO EASY TASK!

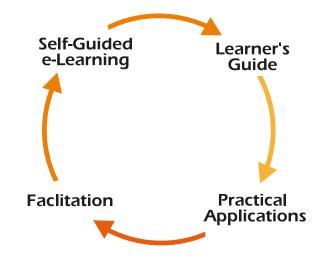
- The overly competitive nature of youth sport often sending mixed or unhealthy messages about winning.
- Coaches are great technicians but may not be adept at teaching resilience skills.
- You'd be hard pressed to find extra time for a structured psychological skills program!

SportsLife™ Fundamentals is a self-guided modular e-program for students and educators.

- Youth athletes can immediately practice and apply resilience skills both on and off the field.
- Coaches and teachers will be able to facilitate the learning and transfer of resilience skills as part of their coaching practices.
- The outcome is a structured psychological skills program that can be integrated with CCAs and takes up minimal or no extra curriculum time.







Indeed, Sport can play an impactful role to develop Resilience in our youth and to positively shape their future.

BUT,

Sport merely provides an opportunity, the teaching of Resilience and other life skills through Sport has to be deliberate!

Take the next step and contact us today to find out more about **SportsLife™ Fundamentals!**

Coach Hansen

www.mentaledge.sg

Email: hansen@mentaledge.sg



By Activo

PE STORAGE

y Activo

Solutions



Keep every item in its place and fully utilize corners of the room. Portable crates for accessibility.

OUR PE STORAGE EQUIPMENT ARE DESIGNED WITH THE PE TEACHER AND **STUDENTS IN MIND!**





- √ ACCESSIBLE Our PE storage equipment are all designed within reach. No need for unnecessary climbing to get your equipment!
 - Unsure how to fully utilize your PE storage space? Give us a call and we will be happy to come by for a no-obligations meet up!

Email team@activo.sg or call 93858991.



One school's novel use of our Big B Shelving System to create a Lost and Found corner for students.



Our gym mat cart can be modified for you to transport not just gym mats, but other gymnastics equipment too!



Our shelvings come with extensions for equipment such as hula hoops, ropes and sashes. They are all installed above eye-level for safety.



Fully utilize all available space! Even under the stairway!



View Samples?

We understand that teachers would like to assess the suitability of the equipment for their students. We will be happy to bring samples to your school for your consideration!

Just drop us an email or give us a call to arrange!