

Area Required 8.0 x 7.0 M

Colourbond Roof

Fireman's Pole

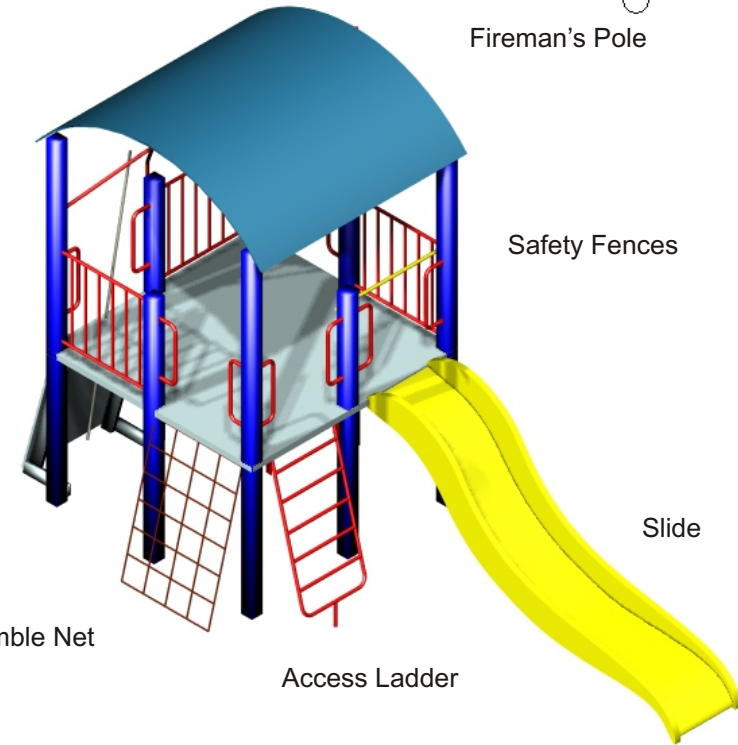
Rock Climbing
Abseil Wall

Safety Fences

Scramble Net

Access Ladder

Slide



FITNESS and DEVELOPMENT

The general aim of these designs is to promote physical fitness for all children and to help improve motor skills of children experiencing mild to moderate delays in physical development, particularly for children in the 4 to 12 year age group.

These activities generally address the following:-

- Develop muscle strength, breathing and endurance;
- Refine balancing skills;
- Develop body co-ordination;
- Encourage bilateral and reciprocal arm movement;
- Provide a variety of sensory experiences (tactile, vestibular, proprioceptive and visual stimuli);
- Improve perception of space, body awareness and judgment (position, direction, size and space).

Should any child be experiencing difficulties, please consult professional assistance.



Play Fort 2

1/04/05

Copyright 2005

Sam Mawhinney Bsc App (Hms) (Uq)