

ACTIVE HOME ENTERTAINMENT CENTRE GUIDE

What's your perception of a modern "home entertainment centre" – big, flat screen TV, cable TV, video game console, stereo surround sound system, DVD player/recorder etc?

That sounds so expensive... and so inactive. Compile your own Active Home Entertainment Centre at a fraction of the cost!

Here are some ideas, a checklist if you like, to get you started:

1. You might like to get the kids to make an ACTIVE Home Entertainment Centre Wish List.
2. Then sit down with them and see which items you may be able to get for free, which you can afford now and which might need budgeting for a birthday, Christmas or other special occasion.
3. To acquire your wish list: talk to family, friends and neighbours; check out garage sales, newspaper and Internet ads; and visit sports stores, toyshops and department stores.

Free or cheap household items:

- Rolled up newspapers, cardboard tubes or ruler – bat, stick, racquet
- Cardboard boxes, plastic bottles, containers, shoes – markers, obstacles, targets
- Rolled up socks – ball
- Brooms, mops – obstacles, hurdles, limbo bar
- Chalk, masking tape – hopscotch & other game courses, targets etc.
- String, elastic – elastics & other jumping games
- Balloons, scrap paper (scrunched up & bound with masking tape) – indoor balls
- Watch – stopwatch

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Approx. \$1 – \$50 items:

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|---------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Bats – baseball, cricket, softball | <input type="checkbox"/> Sticks – hockey |
| <input type="checkbox"/> Racquets – badminton, squash, tennis | <input type="checkbox"/> Balls – soccer, footy, tennis |
| <input type="checkbox"/> Marker cones | <input type="checkbox"/> Portable goals |
| <input type="checkbox"/> Portable stumps | <input type="checkbox"/> Hoops |
| <input type="checkbox"/> Skipping rope | <input type="checkbox"/> Disc (frisbee) |

Approx. \$50 – \$100 items:

- Basketball/Netball stand, hoop, backboard
- Croquet set
- Pogo Stick
- Roller skates/In-line skates/Ice skates
- Skateboard

Approx. \$100+ items:

- Play equipment – swings, seesaw, slippery dip, climbing etc.
- Skateboard ramp
- Soccer table
- Table tennis set
- Trampoline
- Weight training equipment – bars, dumbbells, benches, weights
- Dog, lead, toys etc
- Physically active electronic games, eg. Nintendo Wii

Variouly priced family outing items:

- | | |
|--------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Walking/Running shoes | <input type="checkbox"/> Kite |
| <input type="checkbox"/> Bike/Skooter | <input type="checkbox"/> Camping equipment |
| <input type="checkbox"/> Fishing rod & equipment | <input type="checkbox"/> Snorkelling set (mask, snorkel & fins) |
| <input type="checkbox"/> Bodyboard, leash & fins | <input type="checkbox"/> Surfboard & legrope |
| <input type="checkbox"/> Skimboard | <input type="checkbox"/> Golf clubs & equipment |

Q4: Family ACTIVation Pack



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