

ACTIVE HOME ENTERTAINMENT CENTRE GUIDE

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

Why not challenge the practise of modern home entertainment being centred around expensive, electronic, non-active equipment and 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

Approx. \$1 – \$50 Items:

- | | |
|---|---|
| <input type="checkbox"/> Bats – baseball, cricket, softball | <input type="checkbox"/> Hackie Sack |
| <input type="checkbox"/> Sticks - hockey | <input type="checkbox"/> Soccer trainer |
| <input type="checkbox"/> Racquets – badminton, squash, tennis | <input type="checkbox"/> Softball stand |
| <input type="checkbox"/> Balls – soccer, footy, tennis | <input type="checkbox"/> Stilts |
| <input type="checkbox"/> Marker cones | <input type="checkbox"/> Tennis trainer |
| <input type="checkbox"/> Portable goals | <input type="checkbox"/> Totem tennis set |
| <input type="checkbox"/> Portable stumps | <input type="checkbox"/> Volleyball set |
| <input type="checkbox"/> Hoops | <input type="checkbox"/> Pool toys – inflatables, diving games etc. |
| <input type="checkbox"/> Skipping rope | <input type="checkbox"/> Bocce set |
| <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 – fit, Sony Playstation EyeToy, Xbox 360 Dance Dance Revolution etc.

Variously Priced Family Outing Items:

- Walking / Running shoes
- Kite
- Bike / Scooter
- Camping equipment
- Fishing rod & equipment
- Snorkelling set (mask, snorkel & fins)
- Bodyboard, leash & fins
- Surfboard & legrope
- Skimboard
- Golf clubs & equipment