

boks

BOKS BURSTS RECOMMENDED EQUIPMENT LIST

BOKS BURSTS RELY MOSTLY ON BODY-WEIGHT ACTIVITIES,
WHICH MEANS YOU NEED VERY LITTLE MATERIALS TO RUN THE PROGRAM.
HOWEVER, HERE ARE SOME HELPFUL ITEMS TO HAVE ON HAND:



Red Cups
(16oz/pack of 50)



Deck of Cards



Balls
(7cm sold in pack of 4)



Paper Plates
(22.85cm in pack of 100)



Bean Bags
(12 in a set)



Cones/Pylons
(9inch – pack of 6)



Large jumping elastics



Fidget spinner



Timer
(7.5 cm side)



Skipping rope
(individual – 2.15m)



Chalk
(set of 24)

* Items may not be exactly as shown



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**Dice
(foam)**



**Sharpie
(black)**



**Hula hoops
(individual - 61 cm)**



Haki sac



**Coloured tape
(red)**



**Hands
(pack of 6)**



**Feet
(pack of 6)**



**Juggling Scarves
(set of 12)**



Dice with pockets

