

## Handling apparatus guidelines

### **An Example Apparatus Handling Policy**

**“Pupils should be taught how to lift, carry, place and use equipment safely”**

The practice of leaving apparatus out for a series of lessons should be avoided if at all possible for three reasons.

- The apparatus may not be suitable to the theme being taught.
- The children may not have adequate **safe** space to carry out the warm up/floor-work, which is a necessary prelude to apparatus work.
- The height of cross poles, ladders and other apparatus may not be applicable to the age range that is following another into the gym.

**Trained** children are able to move quite complex apparatus arrangements in a short time.

The number of children required to lift and carry pieces of apparatus will vary according to their age, size and strength/ability.

When planning the layout, consider the order of getting out and putting away apparatus. Although mats are often put out last and put away first, sometimes it saves congestion if some groups get out the mats, whilst others get out apparatus e.g. tables and stools followed by planks and benches.

**Insist that children sit down off the apparatus when they have finished setting it out and never touch, or use it, until checked by the teacher.**

When lifting and lowering apparatus the knees should be bent and the back kept straight. The strain is on the thighs rather than the back.

#### **Mats**

2-4 children.

2 lift together, or 4 with heavy mats and younger children.

Thumbs on top, walk sideways.



#### **Benches**

4-6 children.

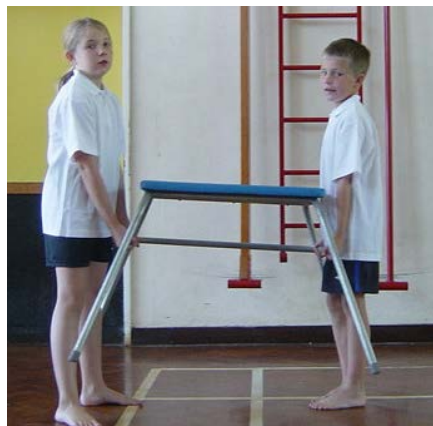
Carriers stand either side.

### **Nesting Tables**

2-4 children.

Carriers stand either side.

Movement is sideways.



### **Planks, Poles & ladders**

4-6 children (As for benches).

The equipment is placed on the floor. If the item is to be inclined, and fixed below head height, 2 children lift one end over the bar and secure the screws onto it. It may be necessary for the teacher to assist children, especially if the item is to be fixed above head height.

### **Ropes**

2 children.

Ropes are guided out safely to the end of the track-way. They should never be knotted.