# **Active Play Circuits** for schools

Building more active, resilient kids

a_space

**aspace.com.au**

**Creating healthier, more playful and inclusive communities**

# Active Play Circuits

## Addressing an emerging crisis

It’s well known that physical activity is vital for developing healthy, happy kids. However, physical activity levels amongst children have been declining for years.

Contributing factors include reduced phys-ed and sport in many schools, increased screen time, and COVID. Apart from the physical health impact, reduced physical activity is impacting children’s resilience and mental health.

To address this emerging crisis, a_space recognised the need to revolutionise what playgrounds look like in schools. Our team applied decades of experience and researched social trends to envision a solution that would engage and drive improved health outcomes. This has led to the creation of an innovative range named **Active Play Circuits.**

a_space


# What are **Active Play Circuits?**

Active Play Circuits are a new form of school playground configured to promote strength, mobility, dexterity, problem solving and resilience.

Inspired by the enormous popularity of the Australian Ninja Warrior series, each Circuit is arranged with a clear start and finish containing a series of obstacles in between.

## Designed to challenge and inspire

Active Play Circuits are designed to provide a fun challenge. The challenge inspires kids to improve. For some it will be mastering individual obstacles, for others it will be achieving a ‘personal best’ time. Through taking on this fun challenge, kids naturally build strength, agility, co-ordination, stamina and resilience.

## Innovation, safety and quality

Active Play Circuits are manufactured in Australia by a_space and designed to comply with the Australian Playground Safety Standard AS4685. Created with quality, hard wearing materials, the equipment is built for rugged use and to last for years.

### Australian Made

Proudly designed and produced in Australia.

### Tried & Tested

Each obstacle is rigorously tested for durability and usability.

### Built to last

Locally sourced steel and aluminum are specified and fabricated to withstand the harsh Australian climate

# Active Play Circuits
# For schools

## A ready made PE class!

Active Play Circuits have been developed adopting key principals from the Australian Physical Literacy Framework and giving consideration to Australian Curriculum Guidelines for Movement & Physical Activity.

With physical education declining in many schools, Active Play Circuits can help to fill the gap. Teachers without phys-ed training can help drive increased physical activity by scheduling organised Active Play Circuit time. Further structure can be built into Active Play time with the following activities:

### Mastering individual obstacles.

Divide a class equally amongst the obstacles and have each group tackle their assigned obstacle for 3-5 minutes before rotating groups to the next obstacle.

### Staggered obstacle run throughs.

Send kids off at 20-30 second intervals to move through each obstacle in the course. Allow kids to walk through or around obstacles they find particularly challenging.

### Active Play competitions.

Use a stopwatch to time kids individually as they tackle their Active Play Circuit. Consider recording these times and sharing results (either privately or amongst the class) to help drive improvement and enjoy the satisfaction of getting faster over time.




a_space

# Active Play Circuits
# Benefits

Every Active Play Circuit is the result of careful planning to ensure they are widely accessible yet challenging enough to keep kids engaged. The sequencing of obstacles in each circuit delivers fun while building strength and stamina.

The following selection of circuits have been developed to allow for different space availability and budgets.

If you don't see a standard Circuit that meets your specific requirements talk with us and we'll customise a Circuit for your application.

Alternatively, you can bring students into the selection process by having them vote for their favourite obstacles to deliver a truly unique circuit. Details of individual obstacles are provided following the popular standard circuits across the next four pages.


## Benefits of Active Play Circuits

- **Sequencing and Memory**
- **Motor Planning**
- **Bilateral Co-ordination**
- **Tactile Play**
- **Sensory Input**
- **Social Development**
- **Problem Solving**
- **Strength and Balance**
- **Replay Values**
- **Upper Body Strength**
- **Resilience**
- **Cardiovascular Fitness**

a_space

## Strive **Circuit**


**Obstacle Events**
6

**Age Range**
5-12

**Max Fall Height**
1885mm

**Area Required**
8.8m x 12.6m

**Highlights**

- Sequencing and Memory
- Motor Planning
- Bilateral Coordination
- Cardiovascular Fitness

## Perseverance **Circuit**


**Obstacle Events**
8

**Age Range**
5-12

**Max Fall Height**
1920mm

**Area Required**
9.7m x 15.3m

**Highlights**

- Motor Planning
- Tactile Play
- Upper body Strength
- Sensory Input



a_space

# Endeavor **Circuit**


**Obstacle Events**
9

**Age Range**
8-18+

**Max Fall Height**
2330mm

**Area Required**
8.2m x 22.0m

**Highlights**

- Sequencing and Memory
- Upper Body Strength
- Replay Values
- Tactile Play

# Ninja **Circuit**


**Obstacle Events**
10

**Age Range**
5-12

**Max Fall Height**
2330mm

**Area Required**
9.2m x 15.7m

**Highlights**

- Resilience
- Cardiovascular Fitness
- Social Development
- Bilateral Coordination

# Gladiator **Circuit**


| | |
|---|---|
| **Obstacle Events**<br>13 | **Age Range**<br>8-18+ |
| **Max Fall Height**<br>2330mm | **Area Required**<br>13.5m x 14.5m |

**Highlights**

- Sequencing and Memory
- Cardiovascular Fitness
- Bilateral Coordination
- Resilience

# Evolve **Circuit**


| | |
|---|---|
| **Obstacle Events**<br>13 | **Age Range**<br>8-18+ |
| **Max Fall Height**<br>2360mm | **Area Required**<br>11.4m x 15.6m |

**Highlights**

- Motor Planning
- Upper Body Strength
- Bilateral Coordination
- Sensory Input

## Achieve **Circuit**


**Obstacle Events**
14

**Age Range**
5-18+

**Max Fall Height**
2330mm

**Area Required**
10.5m x 22.5m

**Highlights**

- Sequencing and Memory
- Motor Planning
- Resilience
- Strength and Balance

## All Rounder **Circuit**


**Obstacle Events**
14

**Age Range**
8-18+

**Max Fall Height**
2330mm

**Area Required**
9.3m x 25.2m

**Highlights**

- Social Development
- Bilateral Coordination
- Problem Solving
- Cardiovascular Fitness

# Active Play Circuits
# Individual Obstacles

Circuit configurations can be customised for various areas, budgets, and needs. For schools, students can be brought into the selection process by voting for their favourite obstacles to deliver a truly unique circuit.

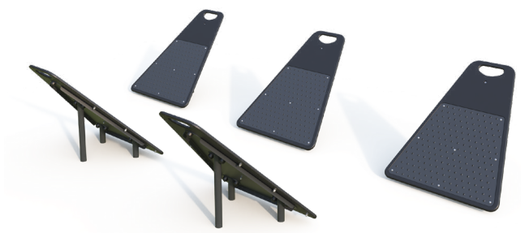
Contact us to obtain voting sheets for your school.


a_space

## **Benefits** Key

- Sequencing and Memory
- Motor Planning
- Bilateral Co-ordination
- Tactile Play
- Sensory Input
- Social Development
- Problem Solving
- Strength and Balance
- Replay Values
- Upper Body Strength
- Resilience
- Cardiovascular Fitness

## Junior Quin **Steps**



Area Required 6.4m x 5.4m

Max Fall Height 750mm

## Parallel **Bars**

Area Required 5.2m x 3.8m

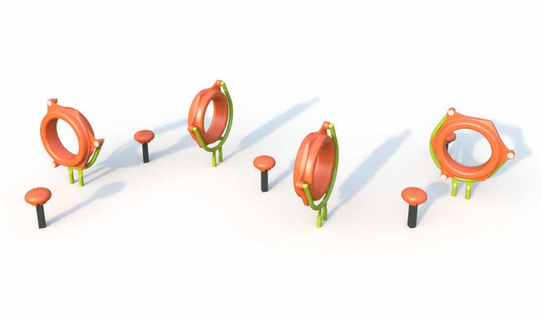
Max Fall Height 1000mm

## Over Unders **Set of Four**

Area Required 4.2m x 5.7m

Max Fall Height 1017mm

## Slinks and **Steppers**



Area Required 8.1m x 5.7m

Max Fall Height 1060mm

## Half Hoop **Tunnel**

Area Required 6.2m x 4.2m

Max Fall Height 800mm

## Half Hoop **90 Degree**

Area Required 5.2m x 5.2m

Max Fall Height 913mm

## Pole **Forrest**

Area Required 6.25m x 5m

Max Fall Height 1000mm

## Monkey Bar
## with Ladder

Area Required
6.72m x 4.72m

Max Fall Height
1685 - 2085mm

## Monkey Bar
## 90 Degree

Area Required
5.72m x 5.72m

Max Fall Height
1685 - 2085mm

## Hang
## Tough

Area Required
6.1m x 4.6m

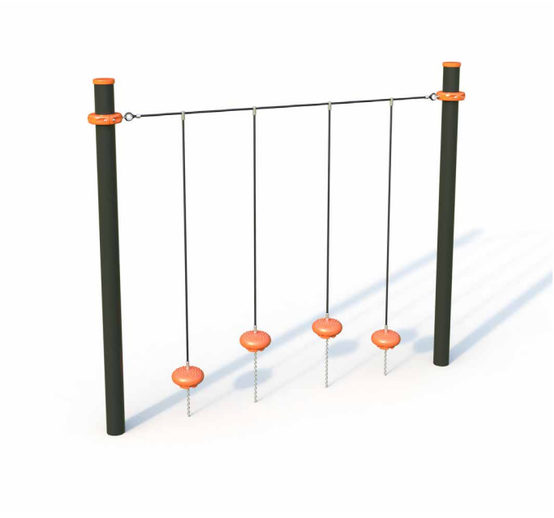
Max Fall Height
1720 - 2120mm

## Monkey
## Rings

Area Required
3.45m x 6.45m

Max Fall Height
1500mm

## Hopping
## Islands



Area Required
3.25m x 6.25m

Max Fall Height
595mm

## Chasm
## Crossing

Area Required
3.76m x 6.45m

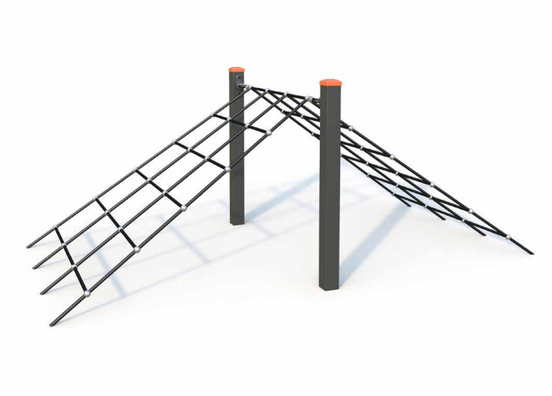
Max Fall Height
265mm

## Trail
## Crossing

Area Required
4.53m x 7.23m

Max Fall Height
2075mm

## Commondo
## Scaler



Area Required
5.8m x 4.5m

Max Fall Height
910mm

## Low Cargo
## Net

Area Required
6.25m x 6.25m

Max Fall Height
405mm

## Ascend
## Climber

Area Required
7.5m x 7.1m

Max Fall Height
2285mm

## Web Wall
## Net

Area Required
4.8m x 7.8m

Max Fall Height
2525mm

## Spiders
## Web

Area Required
4.2m x 6.4m

Max Fall Height
2180mm

## Net Web
## Ring

Area Required
4.4m x 5.8m

Max Fall Height
2330mm

## Net
## Climber

Area Required
5.7m x 4.4m

Max Fall Height
2330mm

## Net
## Ladder

Area Required
4.37m x 5.6m

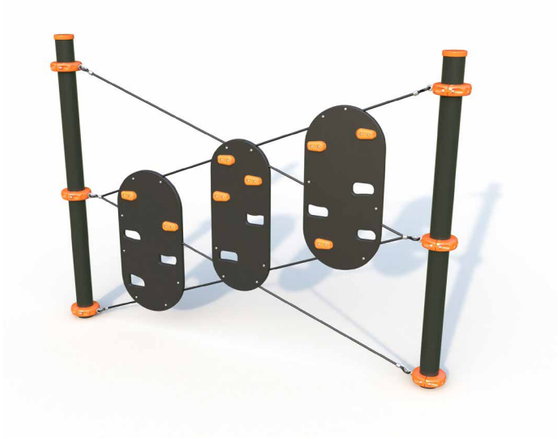
Max Fall Height
2330mm

## Rockwall
## Climber

Area Required
4.4m x 5.6m

Max Fall Height
2330mm

## Rockwall
## Boards



Area Required
4.3m x 7.3m

Max Fall Height
2150mm

## U-Shape Net
## Bridge

Area Required
5.5m x 4.5m

Max Fall Height
1733mm

## Net Climber to
## Sliding Pole

Area Required
4.3m x 4.25m

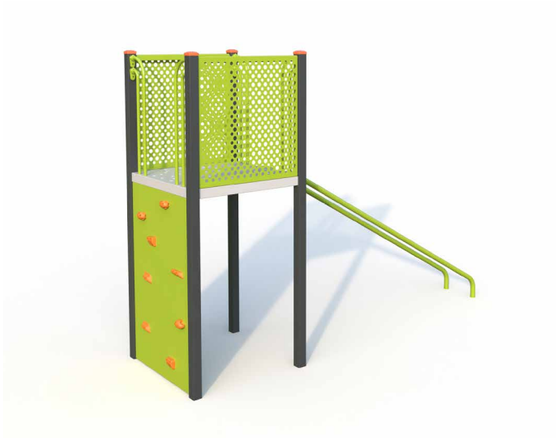
Max Fall Height
1430mm

## Scaling Wall to
## Sliding Pole

Area Required
5.8m x 5.2m

Max Fall Height
2230mm

## Rockwall to
## Slide & Glide



Area Required
6.2m x 4.4m

Max Fall Height
1600mm

## Net Climber to
## Slide & Glide

Area Required
6.2m x 4.4m

Max Fall Height
1600mm

## Tarzan to
## Slide & Glide

Area Required
8.7m x 4.5m

Max Fall Height
1600mm

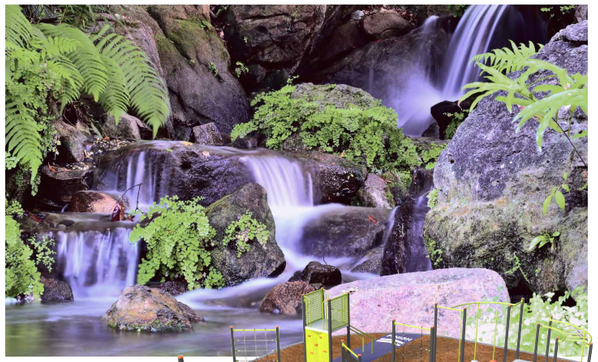
# Colour Themes
# Active Play Circuits

Coinciding with our uniquely Australian design aesthetic.

We have developed three themes based on aspects of our local environment. Each theme provides a contemporary perspective and can be applied to any of our ‘Active Play Circuits’.

## Rainforest

The rainforest’s green glow and brilliantly contrasting cool tones have inspired a modern colour scheme that speaks of the vibrant Australian landscape.

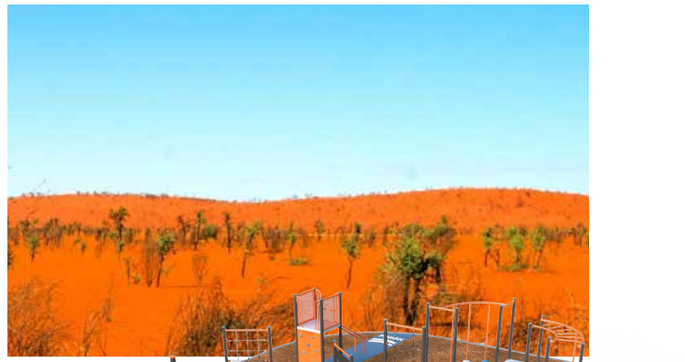



## Daintree Shades

Taking its cues from the rich, lush foliage of the Daintree Rainforest and surrounding waterways, this palette offers a relaxing, tonal balance between blues and greens.


## Desert Sky

Distinctive blue hues evocative of the colour of an expansive Australian sky strike a harmonious balance with contrasting earth and orange tones to create an inspired landscape aura.






a_space

# Surfacing Options
## Active Play Circuits

Active Play Circuits are available with a range of surfacing options to serve different budgets and requirements.

Mulch or sand enables a higher proportion of equipment to be included relative to a project budget.

Contact us to find out more about the available options and pricing.





a_space

# Active Play Circuits
## Helping Kids with Cancer


LITTLE BIG STEPS

Little Big Steps is a charity that provides exercise programs and services to improve the outcomes of children living with cancer.

a_space have partnered with Little Big Steps to support the great work they do. With every Active Play Circuit installed a_space will provide a financial contribution to this wonderful charity.

To learn more about the impactful work by Little Big Steps visit **littlebigsteps.org.au**

Helping kids with cancer to get moving

a_space


a_space

1800 632 222
aspace.com.au
info@aspace.com.au