



The School Playground Company

SUBJECT

Outdoor Gym Equipment

HELLO

The School Playground Company combines educational understanding with over 25 years design experience to create stimulating play environments that allow children to learn in an exciting space.

We pride ourselves in working with you and providing a high quality solution, tailored to your needs.

We specialise in School Playground Equipment for Schools and Academies throughout the Midlands including Coventry, Leicester, Nottingham and Birmingham, and our experienced installers are fully insured, and DBS checked.

We're a small, focussed team who believe in doing the job right and pride ourselves on our attention to detail from start to finish, including outstanding after sales service at no extra cost.

SPEAK TO ONE OF OUR EXPERIENCED TEAM

OR VISIT US ONLINE

AND START YOUR PLAYGROUND PROJECT

02475 090 241 07775 777 453

www.schoolplaygroundcompany.co.uk





We are passionate about improving young people's health and well-being and aim to make outdoor exercise accessible and engaging for every child.

We work with you to design an Active Area that's right for your budget and space. Our outdoor gym equipment meets the highest specifications and is compliant to BS EN 1176/77.

Our range of gym equipment offers children varied exercise options, keeping it fun to use as they develop healthy attitudes towards fitness for future years. Each piece of equipment is designed to be engaging for pupils at KS1 & KS2 as they explore their capabilities and develop their gross motor skills.



~~~~~  
**OUTDOOR GYM EQUIPMENT**

## OUR PROCESS

Book an appointment online or over the phone with our friendly team and we will come to you to discuss your ideas and needs for your new playground.

# DESIGN

Our team of talented designers will bring your ideas to life with colourful visuals and plans of your new play area. Once you're happy with your design and quote we'll get building.

## BUILD

Back in the workshop the team will be busy making your new play equipment. While on site we fully manage the project and deliver to you a safe and sturdy playground.

## PLAY

This is where the fun starts. The children can explore and enjoy their new playground. Our outstanding ongoing after sales care means you can rest assured that everything is taken care of.

## WE CAN BUILD YOU A PLAYGROUND THAT'S RIGHT FOR YOUR SCHOOL & YOUR PUPILS NEEDS







## CONTENTS

|                                                              |    |
|--------------------------------------------------------------|----|
| Quality & Safety . . . . .                                   | 6  |
| Potential benefits of an outdoor gym . . . . .               | 7  |
| Multi Gym - ENERGISE . . . . .                               | 8  |
| Multi Gym - ACTIV8 . . . . .                                 | 9  |
| Double Health Walker. . . . .                                | 10 |
| Double Slalom Skier. . . . .                                 | 11 |
| Balance Beams ... Leg Stretch . . . . .                      | 12 |
| Arm & Pedal Bike . . . . .                                   | 13 |
| Rower . . . . .                                              | 14 |
| Double Sit Up Bench ... Double Strength Challenge . . . . .  | 15 |
| Waist Twister ... Tai Chi Discs . . . . .                    | 16 |
| Sky Stepper . . . . .                                        | 17 |
| Horse Rider . . . . .                                        | 18 |
| Table Tennis . . . . .                                       | 19 |
| Performance & Ultimate Packages . . . . .                    | 20 |
| Fitness is Fun & Playground Packages . . . . .               | 21 |
| Physical & Social ... Exercise Packages . . . . .            | 22 |
| Outdoor Fitness, Mini Fitness & All Stars Packages . . . . . | 23 |
| See our work ... What our customers say . . . . .            | 24 |

## QUALITY & SAFETY

### PARTS THAT ALWAYS MOVE INDEPENDENTLY FOR MULTI-USER SAFETY

Our unique approach means that a child never has to step on or off multi-user equipment when it is in motion due to another child's actions – eliminating a major accident risk.

### A HIDDEN SAFETY STOP

This fail-proof stop prevents moving elements from passing a specific point, ensuring that the correct distance of motion is never compromised and eliminating any 'pinch points'.

### A PRE-GALVANISED & POWDER-COATED FINISH

This dual process enhances the longevity of our Gym equipment and helps to resist rusting.

### SECURE GROUND ANCHOR

Our products are securely bolted to our custom anchor, which is immersed in a concrete pad below ground, and allows our Multi-Gym products to be easily installed and exchanged.

25 YEAR

STRUCTURAL GUARANTEE

5 YEAR

PAINT GUARANTEE

2 YEAR

MOVING PARTS GUARANTEE



## TACKLES OBESITY & RELATED DISEASES



Nearly 1 in 3 UK children aged 2 to 15 are currently overweight or obese, storing up future health problems. Appropriate levels of physical activity help to maintain a healthy body weight.



## IMPROVES ACADEMIC PERFORMANCE

Recently published university studies indicate that even a slight amount of physical activity can boost a child's classroom performance and results by up to 20%.



## INCREASES VITAMIN D ABSORPTION



Preventable Vitamin D related diseases such as rickets are making a comeback. Time spent outdoors is essential for absorbing Vitamin D – also known as the 'Sunshine Vitamin'.



## BOOSTS THE CURRICULUM



The PE Curriculum requires 120 minutes of weekly exercise – easily achievable with an outdoor Gym. Enhance other lessons too, like Maths, by charting progress.



## BUILDS SPORTS CAPACITY



Outdoor Gym equipment and training lets you add to the physical activity your school offers – making improvements to benefit both current and future pupils.



## POTENTIAL BENEFITS OF AN OUTDOOR GYM

### INTEGRATES SOCIAL GROUPS

Our Multi-Gyms encourage self-expression, self-confidence, social interaction and integration as pupils exercise together in lessons and breaks.



### PROMOTES INDEPENDENCE



Our Gym equipment entices children off screens and helps them to become independent and resilient, as they learn to push their boundaries and assess risk.



### ENGAGES EVERY CHILD

Our accessible equipment lets children of varying abilities and fitness levels take part in cardiovascular exercises, with some items suitable for children who are wheelchair users.



### BUILDS HEALTHY BODIES & MINDS

Physical activity contributes to developing healthy bones, muscles and joints; heart and lungs and coordination and movement control. It can also help manage anxiety and depression symptoms.



## MULTI GYM - ENERGISE



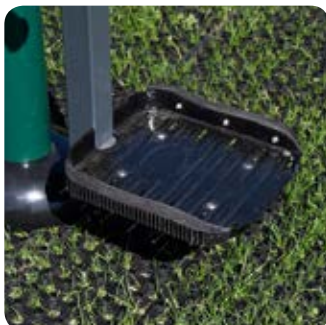
Product code: Outdo-Child-Combi-Energ

Suitable for simultaneous use by up to 4 users below 140cm / 4'7" in height.

A self-contained unit with a single safety zone, the Energise Multi-Gym gives teachers and supervisors much greater control during PE lessons and break times, whilst still providing space for up to four children to exercise and play at any one time.

Ideal for a cardio workout that emulates power walking and slalom skiing, the Energise features a Single Slalom Skier at each end, flanking a Double Health Walker.

Within this small multi-gym, the Slalom Skier lets children flex their imaginative, as well as exercise skills; while the Health Walker ensures that no child is left behind, as children move at their own pace.



### BENEFITS & FEATURES

- Exercises designed to target flexibility and gross motor skills in a supportive environment.
- A sociable form of physical activity to set good habits for life.



## MULTI GYM - ACTIV8



Featuring a Double Health Walker and two Slalom Skiers for larger movements, coupled with a Double Waist Twister plus a Tai Chi element for coordination and Arm Pedal Bike set-up for wheelchair users.

With a minimal footprint and installation, the Activ8 Multi-Gym provides a cost-effective solution to physical fitness and co-ordination. The modular arrangement allows for the exchange or addition of other equipment at a later date.

Up to two wheelchair users can access this equipment simultaneously with the Arm Pedal Bike and Tai Chi Disc sections.



**Product code:** Outdo-Child-Combi-Activ

Suitable for simultaneous use by up to 8 users below 140cm / 4'7" in height.

### BENEFITS & FEATURES

- A versatile set of exercises suitable for children at various abilities.
- Opportunities to practise coordination skills as well as increase physical activity.

## DOUBLE HEALTH WALKER



Product code: Outdo-Child-DBLHe

Dimensions: 1177 x 615 x 2017 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

The much loved Double Health Walker allows two users to take part in a light cardiovascular workout together. Children can set their own pace whilst working on their balance and flexibility.

Try incorporating this 'outdoor walking machine' into lessons or encourage children to let their imaginations run riot, thinking of the way that robots walk!



### BENEFITS & FEATURES

- The chance to go at their own pace.
- Improved balance and flexibility.
- Cardiovascular exercise.
- Social interaction.
- Our unique "safety stop" system.



## DOUBLE SLALOM SKIER



Product code: Outdo-Child-DBLSL

Dimensions: 1150 x 855 x 925 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

The Children's Double Slalom Skier simulates the leg movements of the sport, making it a great opportunity for children to flex their imaginative skills whilst exercising in a local outdoor environment. Focus on fun cardiovascular exercise rather than competition.

Specially designed support rails mean two users can face each other as they 'ski' independently.!



### BENEFITS & FEATURES

- Improved balance, coordination and flexibility
- A fun source of vital cardiovascular exercise.
- Social interaction.
- Imaginative play.
- Our unique "safety stop" system.





## BALANCE BEAMS

As well as traditional balance exercises, this three-piece unit can be used for sit-ups and hops, alternatively, they're also ideal for combining imaginative play with outdoor fitness on the playground.



### BENEFITS & FEATURES

- Improved balance and coordination.
- Simple, gentle cardiovascular exercise.
- Versatile play options.
- Teamwork and social interaction.

**Product code:** Outdo-Child-Balan

**Dimensions:** 1200 x 114 x 377 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

## LEG STRETCH

Stretching exercises are a particularly important element of fitness and our Children's Leg Stretch is the perfect piece of equipment to promote best practice amongst our children.



### BENEFITS & FEATURES

- The best start to any exercise activity.
- Improved flexibility and balance.
- Three levels of stretching exercises.
- Social interaction.

**Product code:** Outdo-Child-LegSt

**Dimensions:** 1135 x 811 x 932 mm

Suitable for up to three (3) users below  
140cm / 4'7" in height.

## ARM & PEDAL BIKE



Product code: Outdo-Child-Arman

Dimensions: 1098 x 535 x 988 mm

Suitable for one (1) user below  
140cm / 4'7" in height.

Perfect for use by children in KS1 & KS2 the Arm & Pedal Bicycle is simple to use and highly beneficial. With separate arm and leg functions, children can practice their coordination whilst turning the handles with their arms and cycling with their legs.

No in-built resistance makes this popular piece of equipment an outdoor exerciser for any fitness level. We also supply a seatless option for wheelchair users.



### BENEFITS & FEATURES

- Improved balance, flexibility and coordination.
- Simultaneous exercise for the upper and lower body.
- The option of either warm up activities or light cardiovascular exercise.
- The opportunity to set their own pace.
- Our unique "safety stop" system.

## ROWER



Product code: Outdo-Child-Rower

Dimensions: 1076 x 770 x 1033 mm

Suitable for one (1) user below  
140cm / 4'7" in height.

A rowing machine is a well known piece of fitness equipment loved by gym goers and home fitness enthusiasts.

Our Children's Rower has the functionality of a rowing machine plus the added benefit of being in an outdoor environment. The resistance in the unit is created entirely by the child's own body, which makes this great cardiovascular exercise for children to build up to.



### BENEFITS & FEATURES

- Improved co-ordination and flexibility.
- A fun source of vital cardiovascular exercise.
- The choice between a gentle warm up or more of a challenge.
- Exercise for the whole body at once.
- A unique "safety stop" system.



## DOUBLE SIT UP BENCH

The Double Sit Up Bench is designed with comfort in mind to encourage children to push themselves should they want to try sit ups, leg raises and fitness activities in the outdoor environment.

### BENEFITS & FEATURES

- Social interaction.
- A choice of exercises.
- A physical challenge



Product code: Outdo-Child-SitUp

Dimensions: 650 x 1366 x 1400 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

## DOUBLE STRENGTH CHALLENGE

This piece of outdoor gym equipment allows children to challenge one another to a little competition. Alternatively, they can use the Strength Challenger one at a time to stretch out their arms and shoulders as a gentle warm up activity. Imaginative games can also be built around the wheels.

### BENEFITS & FEATURES

- Arm and shoulder stretch exercises.
- Social interaction.
- Friendly competition.
- A unique "safety stop" system.



Product code: Outdo-Child-DBLSt

Dimensions: 1284 x 423 x 602 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

## WAIST TWISTER

The Children's Waist Twister is a great starting point to warm up and perfect for all abilities. Children can develop their balance and maintain their flexibility by positioning themselves on the twist board platform for gentle outdoor exercise.

### BENEFITS & FEATURES

- A fun warm up activity.
- Improved balance, flexibility and coordination.
- Social Interaction.
- Stretches at their own pace.
- Our unique "safety stop" system



Product code: Outdo-Child-Waist

Dimensions: 650 x 1070 x 1186 mm

Suitable for up to three (3) users below  
140cm / 4'7" in height.

## TAI CHI DISCS

Tai Chi Discs are based around an ancient martial art. Designed to increase flexibility in the arms and shoulders these fun spinners also improve coordination and mental agility.

### BENEFITS & FEATURES

- Improved coordination and mental agility.
- The opportunity to focus and relax the mind.
- A versatile set of activities.
- Social interaction.
- Our unique "safety stop" system.



Product code: Outdo-Child-TaiCh

Dimensions: 1159 x 1150 x 1210 mm

Suitable for up to two (2) users below  
140cm / 4'7" in height.

## SKY STEPPER



Product code: Outdo-Child-SkySt

Dimensions: 1564 x 582 x 1267 mm

Suitable for one (1) user below  
140cm / 4'7" in height.

One of our most popular pieces of children's fitness equipment, this outdoor cross trainer is a smaller version of a traditional elliptical cross trainer you would find in a gym.

Children of all fitness levels can set their own pace for a great workout in both the upper and lower body. The forward and reverse movements also help to develop co-ordination skills.



### BENEFITS & FEATURES

- Improved balance and co-ordination.
- Exercise for the upper and lower body.
- Full control over the level of exercise, be it a gentle warm up or a challenge.
- A great source of cardiovascular activity.
- Our unique "safety stop" system.



## HORSE RIDER



Product code: Outdo-Child-Horse

Dimensions: 950 x 592 x 874 mm

Suitable for one (1) user below  
140cm / 4'7" in height.

Bring even more fun to the playground with this great horse riding simulator.

Our Children's Horse Rider provides fun and unusual exercise for the whole body. The resistance created by the child's own body turns this 'gallop' action into a unique, all-over workout. Children can also use this unit to combine exercise with imaginative play.



### BENEFITS & FEATURES

- Improved coordination and balance.
- Exercise for the whole body at once.
- A physical challenge.
- Imaginative play opportunities.
- A unique "safety stop" system.



## TABLE TENNIS



www.schoolplaygroundcompany.co.uk

Installing our outdoor table tennis table will dedicate space for two to four users to engage in a fun, friendly, competitive sport whilst giving themselves a full body cardiovascular workout.

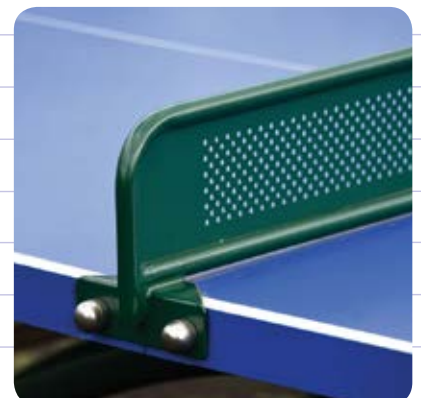
### BENEFITS & FEATURES

- Social interaction
- Cardiovascular exercise
- Improved arm strength and all-round flexibility
- Improved balance and lower body mobility
- Coordination, mental agility and stimulation

Product code: Outdo-Adult-Table

Dimensions: 760 x 1530 x 2760 mm

Suitable for 2-4 users below  
140cm / 4'7" in height.



## PERFORMANCE PACKAGE

A package to cover all fitness elements, the Primary School Performance Package incorporates stations for cardio, mental agility and co-ordination, all whilst encouraging healthy competition.



The 15 users Performance Package comprises of 7 popular stations:

- Children's Energise Multi-Gym
- Children's Double Slalom Skier
- Children's Tai Chi Discs
- Children's Double Sit Up Bench
- Children's Arm & Pedal Bicycle
- Children's Horse Rider
- Children's Waist Twister

Our Ultimate Package combines the Activ8 Multi Gym with four other popular pieces of equipment - something to suit everyone! With this package all areas of fitness are covered with minimal footprint creating a cost-effective package for any playground.



The Primary School Ultimate Package consists of:

- Children's Activ8 Multi-Gym
- Children's Horse Rider
- Children's Rower
- Children's Sky Stepper
- Children's Double Sit Up Bench

## ULTIMATE PACKAGE



## FITNESS IS FUN PACKAGE

Keeping children physically fit stimulates brain growth and cognitive performance however it doesn't have to be a chore. Our 'Fitness is Fun' package combines our Energise multi-gym with some exciting pieces which will instil a positive attitude towards exercise for any child.



The Primary School Fitness is Fun Package consists of:

- Children's Energise Multi-Gym
- Children's Sky Stepper
- Children's Rower
- Children's Arm & Pedal Bicycle
- Children's Waist Twister

## PLAYGROUND PACKAGE

Children will benefit physically and mentally at break times with the Primary School Playground Package. Keeping eight children active at any one time this package combines five of our popular stations.



The Primary School Playground Package consists of:

- Children's Double Health Walker
- Children's Double Slalom Skier
- Children's Horse Rider
- Children's Arm & Pedal Bicycle
- Children's Tai Chi Discs

## PHYSICAL & SOCIAL PACKAGE

Break down the barriers with social interaction! This package is entirely made up of multi-user equipment to keep playtime and exercise as sociable as possible.



The Primary School Physical & Social Package provides heaps of activity options through six equipment stations:

- Children's Double Health Walker
- Children's Double Slalom Skier
- Children's Tai Chi Discs
- Children's Waist Twister
- Children's Double Strength Challenger
- Children's Double Sit Up Bench

The range of outdoor gym equipment in this popular package means children won't tire of the varied exercise options available, keeping it fun to use as they develop healthy attitudes towards fitness for the future years.

## EXERCISE PACKAGE



The Primary School Exercise Package is an ideal collection of outdoor gym equipment containing six units:

- Children's Double Health Walker
- Children's Double Slalom Skier
- Children's Horse Rider
- Children's Double Sit Up Bench
- Children's Tai Chi Discs
- Children's Double Strength Challenger

## OUTDOOR FITNESS PACKAGE

Our most popular package for pupils at Key Stage 1 and Key Stage 2, each unit within this package has proven to be particularly engaging as children explore their capabilities and develop their physical skills.



The Primary School Outdoor Fitness Package brings together six of our most popular pieces of children's exercise equipment:

- Children's Double Health Walker
- Children's Double Slalom Skier
- Children's Rower
- Children's Sky Stepper
- Children's Arm & Pedal Bicycle
- Children's Horse Rider



### MINI FITNESS

The Primary Schools **Mini Fitness Package** is the perfect solution to introduce KS1 & KS2 children to exercise in a way that develops skills at their own pace.

- Children's Horse Rider
- Children's Sky Stepper
- Children's Double Slalom Skier



### ALL STARS

The Primary School **All Stars Package** provides all the benefits of light exercise as well as movements and activities which will spark imaginative play.

- Children's Double Health Walker
- Children's Double Slalom Skier
- Children's Sky Stepper





SOME OF OUR WORK





## SEE WHAT OUR CUSTOMERS SAY

### PLAYGROUND RESURFACING - KEY STAGE 1

"The management of the project by The School Playground Company exceeded our expectations and represented excellent value for money. We would highly recommend their services"

Kathy Layng - Business Manager



### ROYAL LEMINGTON SPA - KEY STAGE 1

"This is the second time that we have worked with The School Playground Company and the entire process from design to finished build has been so easy and so enjoyable! This is not something I can usually say about contract work. Chris and his team are professional, organised and friendly."

J Wallace – Headteacher



SPEAK TO ONE OF OUR EXPERIENCED TEAM

OR VISIT US ONLINE

AND START YOUR PLAYGROUND PROJECT

02475 090 241    07775 777 453

[www.schoolplaygroundcompany.co.uk](http://www.schoolplaygroundcompany.co.uk)



