

How to Make Your Own Practise Toys

At SpunOut we will be providing basic practise toys for you to learn with. However, as practise equipment is limited, to ensure you don't miss out we encourage you make your own practise toys for classes you wish to take. Making your own toys also means that you have toys to take back home and continue to practise with.

We've made the below materials lists and instructions as simple as possible. However, if you have any problems, bring the materials to SpunOut and we'll show you how to make them there.

Poi

Materials:

- pair of knee high socks
- 2 tennis balls

Approx. cost: \$6

Take your pair of knee high socks, stick a tennis ball in the end of each sock and knot the open end. Stripy and/or colourful socks look best. These really do make great practise poi that even professional performers practise with.

Staff

Materials:

- broom handle
- gaffer tape

Approx. cost: \$7

Wrap the gaffer tape approximately 15cm in either direction from the centre point along the broom handle. If you like, you can add tennis balls or foam to the ends to act as weight and padding.

Twin Staff

Materials:

- broom handle
- gaffer tape
- hand saw or similar

Approx. cost: \$7

Cut the broom handle in half and wrap the gaffer tape approximately 7cm in either direction from the centre point of each broom handle piece. If you like, you can add tennis balls or foam to the ends to act as weight and padding. If these seem too short you can use two broom handles and cut them both to the length you like.

Hula Hoop

Materials:

- 3m of 25mm blue line irrigation pipe
- piece of wooden dowel 10-12cm long that fits snugly in the pipe
- gaffer tape
- electrical tape to make it look pretty

Approx. cost: \$7

The pipe should be cut so that the diameter of the hoop is from the floor to approximately your belly-button. Join the ends of the irrigation pipe by sticking the dowel half way in each end. Then tape over the join with gaffer tape to hold the joint closed. Now wind the electrical tape in a spiral along the entire length of the wheel to make it look pretty.

Contact Juggling Ball

Materials:

- hockey ball

Approx. cost: \$10

Go to a sports shop and buy a standard hockey ball. Too easy!