

OUTDOOR GYM KIT!

EXPLORE OUR RANGE OF OUTDOOR FITNESS EQUIPMENT



BRINGING IMAGINATION
INTO PLAY



SOVEREIGN
Bringing Imagination into Play



BENEFITS

OF OUTDOOR GYM KIT



Sovereign Play takes the gym outdoors, offering a variety of sports and gym equipment for schools, parks, and commercial spaces. Our outdoor equipment mimics indoor gym movements, providing challenging bodyweight exercises and strength training in a fun, open-air environment. Check out some of the benefits of adding gym equipment to your outdoor spaces below:

1

ENHANCES PHYSICAL FITNESS

Regular physical activity is linked to improved cognitive function, memory, and concentration. Outdoor gym equipment encourages students to engage in physical exercise, which can lead to better academic performance by improving their ability to focus and process information.

2

REDUCES STRESS & ANXIETY

Exercise is known to reduce stress and anxiety levels, which can hinder academic performance. By providing a physical outlet, outdoor gym equipment helps students manage their stress more effectively, leading to a calmer, more focused mind ready for learning.



3

INCREASES ENGAGEMENT AND ATTENDANCE

Schools that incorporate outdoor gym equipment often see increased student engagement and attendance. Physical activity can make the school environment more enjoyable, encouraging students to attend regularly and participate actively in their classes.



4

IMPROVES SOCIAL SKILLS

Outdoor gym equipment promotes social interaction and teamwork. Students learn to communicate, cooperate, and work together, which are essential skills both inside and outside the classroom. Improved social skills can lead to a more positive school experience, further enhancing academic outcomes.

5

BETTER ACADEMIC RESULTS

Studies have shown a direct correlation between physical fitness and academic performance. Students who are physically active tend to achieve higher grades and perform better on standardized tests compared to their less active peers. Outdoor gym equipment provides an accessible means for all students to stay active and reap these academic benefits.

EXPLORE SOME OF OUR PACKAGES OVERLEAF!

CHILDREN'S GYM KIT

At Sovereign, we bring the thrill of fitness to the playground with our premium range of playground gym equipment for children. Designed to mimic gym-style movements, our innovative equipment swaps heavy iron for bodyweight resistance, making exercise fun and accessible for young adventurers.



HEALTH & WELLBEING PACKAGE 1



GUIDE PRICES £7499

Installed into grass or tarmac

The Health & Wellbeing Package 1 includes 8 diverse pieces of outdoor gym equipment:

- Waist Twister
- Double Health Walker
- Double Strength Challenger
- Arm and Pedal Bike
- Double Slalom Skier
- Rower
- Horse Rider
- Leg Stretch

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HEALTH & WELLBEING PACKAGE 2



GUIDE PRICES £6299

Installed into grass or tarmac

The Health & Wellbeing Package 2 includes 6 diverse pieces of outdoor gym equipment:

- Waist Twister
- Double Health Walker
- Double Strength Challenger
- Arm and Pedal Bike
- Double Slalom Skier
- Rower

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CHILDREN'S GYM KIT

Adding outdoor gym and fitness equipment can transform any playground or park into an active hub, inspiring kids to embrace sports, fitness, and exercise while promoting a healthier, more energetic lifestyle.



PRIMARY PACKAGE 1



GUIDE PRICES

£5150

Installed into grass or tarmac

The Primary Package 1 includes 5 diverse pieces of outdoor gym equipment:

- Sky Stepper
- Double Health Walker
- Arm and Pedal Bike
- Double Slalom Skier
- Horse Rider

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PRIMARY PACKAGE 2



GUIDE PRICES

£4450

Installed into grass or tarmac

The Primary Package 2 includes 4 diverse pieces of outdoor gym equipment:

- Sky Stepper
- Double Health Walker
- Arm and Pedal Bike
- Double Slalom Skier

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EXPANSION PACKAGES



Complete your children's gym kit package with our expansion packages!

By adding more equipment to your outdoor fitness areas, you can diversify your physical education lessons, introduce a broader range of exercises, and accommodate a larger number of students in each session.

EXPANSION PACKAGE 1



GUIDE PRICES £2550

Installed into grass or tarmac

The Expansion Package 1 includes 3 diverse pieces of outdoor gym equipment:

- Double Sit Up Bench
- Tai Chi Discs
- Sky Stepper

EXPANSION PACKAGE 2



GUIDE PRICES £2850

Installed into grass or tarmac

The Expansion Package 2 includes 3 diverse pieces of outdoor gym equipment:

- Waist Twister
- Double Strength Challenger
- Rower

EXPANSION PACKAGE 3



GUIDE PRICES £2050

Installed into grass or tarmac

The Expansion Package 3 includes 3 diverse pieces of outdoor gym equipment:

- Double Sit Up Bench
- Tai Chi Discs
- Leg Stretch

EXPANSION PACKAGES

Complete your children's gym kit package with our expansion packages!

By adding more equipment to your outdoor fitness areas, you can diversify your physical education lessons, introduce a broader range of exercises, and accommodate a larger number of students in each session.



EXPANSION PACKAGE 4



GUIDE PRICES

£3099

Installed into grass or tarmac

The Expansion Package 4 includes 4 diverse pieces of outdoor gym equipment:

- Rower
- Double Sit Up Bench
- Double Strength Challenger
- Horser Rider

EXPANSION PACKAGE 5



GUIDE PRICES

£2499

Installed into grass or tarmac

The Expansion Package 5 includes 3 diverse pieces of outdoor gym equipment:

- Tai Chi Discs
- Leg Stretch
- Waist Twister

[CLICK TO VIEW ALL EXPANSION PACKAGES](#)

18 FREE LESSON PLANS

WITH EACH CHILDREN'S GYM KIT PACKAGE!



Below is a learning objectives snippet from one of our Years 1 & 2 lesson plans, tailored to help children develop a basic knowledge of health and fitness. Each scheme of work includes two learning objectives, fun ways to warm up and down, and progression through the lessons. Children will begin to understand how exercise can improve their health and develop knowledge of their bodies, as well as gain a basic understanding of their heart rate and learn where to take their pulse.

Discussion:

Q. What do you think it means to be healthy?

A. *A state of complete physical, social and mental well-being.*

Q. What do you think fitness means?

A. *The ability to meet the demands of the environment.*

Learning Objectives:

Lesson	Learning Objective
Lesson One	LO1: To understand what it means to be 'healthy'. LO2: To understand what is meant by 'fitness'.
Lesson Two	LO1: To understand what is meant by 'heart rate'. LO2: To be able to demonstrate where to find your pulse.
Lesson Three	LO1: To be able to observe and identify the short-term effects of exercise on the body. LO2: To understand why the short-term effects of exercise occur during a workout.
Lesson Four	LO1: To understand the advantages of support and encouragement during exercise. LO2: To be able to communicate effectively in pairs.
Lesson Five	LO1: To recognise the difference in receiving instructions during exercise. LO2: To be able to give clear instructions to a trainee during exercise.
Lesson Six	LO1: To understand the importance of regular exercise. LO2: To be able to perform a basic workout for one minute.

12+ ADULT'S GYM KIT

Our adult gym equipment range can be installed in any configuration to improve full body fitness or targeted muscular fitness. The adult range is only recommended for users with an overall height greater than 1400mm.



TARGET MUSCLE GROUPS PACKAGE



GUIDE PRICES £7050

Installed into grass or tarmac

The Target Muscle Groups Package includes 6 diverse pieces of outdoor gym equipment:

- Adults Double Slalom Skier
- Adults Double Health Walker
- Adults Bicycle
- Adults Sky Stepper
- Adults Double Squat Push
- Adults Combination Chest Press And Pull Down

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FULL BODY WORKOUT PACKAGE



GUIDE PRICES £11250

Installed into grass or tarmac

The Full Body Workout Package includes 10 diverse pieces of outdoor gym equipment:

- Adults Double Slalom Skier
- Adults Double Health Walker
- Adults Bicycle
- Adults Rower
- Adults Sky Stepper
- Adults Double Sit Up Bench
- Adults Waist Twister
- Adults Arm & Pedal Bicycle
- Adults Double Squat Push
- Adults Combination Chest Press And Pull Down

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