



Manual POPLAY Playbox XL

14 materials for movement games
and interactive fun

Version 1.0 - February 2025



Steps for use

✓ Step 1: Unpack

Remove all materials from the Playbox and check that everything is complete and undamaged.

✓ Step 2: Setting up the room

Zorg voor een veilige en ruime omgeving voor de gekozen activiteit. Zet meubels opzij indien nodig.

✓ Step 3: Choose an activity

Scan the QR code in the Playbox to access video instructions for various activities and games.

✓ Step 4: Begin the exercise

Start with simple exercises and increase the difficulty as participants gain more experience.

5. Safety

- Make sure there is enough space to move safely
- Check regularly that the materials are being used safely
- Adapt activities depending on the physical capabilities of the participants
- After the activity, store the materials neatly

Tips

- Vary the activities regularly for new challenges and to keep participants motivated.
- Use the Dyna Band and Bean Bags for strength, flexibility, and coordination exercises.
- The Ping Pong Balls and Scoop Net are perfect for ball games and motor skills exercises.

Target audience

The POPlay Playbox XL is designed for use with seniors and adults, particularly in healthcare settings (such as nursing homes and day care centers). Always use with vulnerable groups under the supervision of a healthcare professional. For therapeutic use, it is recommended to consult a healthcare professional beforehand.

Important information

- QR code: Scanning accesses the digital platform with inspiring videos.
- Material safety: All materials are CE-certified for safe use.
- Suitable for use in healthcare institutions and home care settings.
- Use with supervision: If used with vulnerable groups, we recommend supervision by a healthcare professional.

Warnings & limitations

- Not suitable for children under 3 years of age due to choking hazard (if applicable).
- Use only under adult supervision (if the material warrants this).
- Do not use on wet or slippery surfaces.

Storage instructions and cleaning

- Store in a dry place at room temperature.
- Clean materials with a damp cloth as needed. Do not use harsh cleaning agents.

Importer contact information

- POPlay Pieter Nieuwlandstraat 13BS, 3514 HA Utrecht, Nederland
- E-mail: info@bewegenisleven.nl