



GOLDEN GAMES ACTIVITY PACK



LET'S GET MOVING

HOME EXERCISE BOOKLET

Inside the Golden Games bag you will find the Home Exercise Booklet. Use this to help you get active at home.

HOW TO USE

- Follow the instructions within the Home Exercise Booklet for some active inspiration at home
- The booklet includes the different types of exercises you need: strength/stretch, balance, fundamentals
- You can use these exercises in other Golden Games activities, such as Activity Bingo [page 3]
- The booklet provides step by step instructions on how to perform each exercise. There will also be pictures to help you

LET'S
GET
MOVING



ACTIVE MONOPOLY

INVEST IN ACTIVITY & BUILD A PORTFOLIO OF STRENGTH & BALANCE

HOW TO USE

- **Equipment needed:** Active Monopoly board, counters, giant dice
- **Players needed:** At least 2 players
- Roll the giant dice and move your counter
- Complete the activity that you land on
- Players take it in turns to roll the dice and move along the board
- You score 1 point each time you pass 'GO'
- Winner of the game is the first to score 3 points



UP FOR A CHALLENGE?

- Double the number of exercises in each box.
- Increase the number of points needed to win the game.
- Size up the game – use the same rules, but set up the activity stations around the room and walk between stations, a giant monopoly circuit!

SKILLS

- Strength
- Fitness
- Coordination
- Flexibility

ACTIVITY BINGO

A GAME OF BINGO WITH AN ACTIVE TWIST

HOW TO USE

- **Equipment needed:** Bingo wheel, bingo cards and counters
- **Players needed:** At least 1 bingo caller and 2 bingo players
- Each player has a bingo card and counters
- Using the bingo wheel, roll a number. The bingo caller calls the number out to the group
- Use your counters to mark off the numbers called out on your bingo card
- There are fun exercises correlated with certain numbers (use guide to the right)
- Carers or group leaders can join in with each exercise!
- Winner is the first to get a 'full house' (you can continue playing until all players have a full house)

TOP TIPS!

- See the Home Exercise Booklet for instructions on how to perform the exercises.
- You can match specific numbers to specific exercises, using the Home Exercise Booklet for inspiration. For example, for all numbers ending in a 3, everyone does shoulder circles!
- Stuck for exercise ideas? Why not try: exercises such as seated dance moves, walking around the chair, or using the stress balls and core sliders.
- You can always encourage all members of a group to participate and support their peers if there is only one person completing an exercise, or to increase overall activity throughout the game.



If you cross off a number ending in a 5

Try a new exercise or do an exercise you enjoy for 10 seconds

If you cross off a number ending in a 0

March seated or standing for 10 seconds

Crossing off all other numbers

Get creative! Correlate certain numbers to specific exercises

UP FOR A CHALLENGE?

- Introduce more fitness based exercises that increase breathing and heart rate, weighted exercises or full body movements.
- Give your bingo games an activity theme so that all exercises include that theme, for example 'stress ball bingo'.

SKILLS

- Strength
- Fitness
- Coordination
- Flexibility

LET'S
GET
MOVING

DANCE FOR DAYS

A BLAST FROM THE PAST...

BOOGIE AND JIVE TO A

COMPILATION OF GOLDEN HITS



HOW TO USE

- **Equipment needed:** Device to play music
- **Players needed:** On your own or in a group
- Use a mobile device to scan the QR codes below, choose either Spotify or YouTube
- Dance, move and shake in whatever way you enjoy to these favourite hits!

Golden Carers:
Hits from the 40s, 50s and 60s
(more playlists available)



Golden Carers Youtube
www.youtube.com/GoldenCarers/playlists



Golden Carers Spotify
open.spotify.com/goldencarers

YOUTUBE OR SPOTIFY?

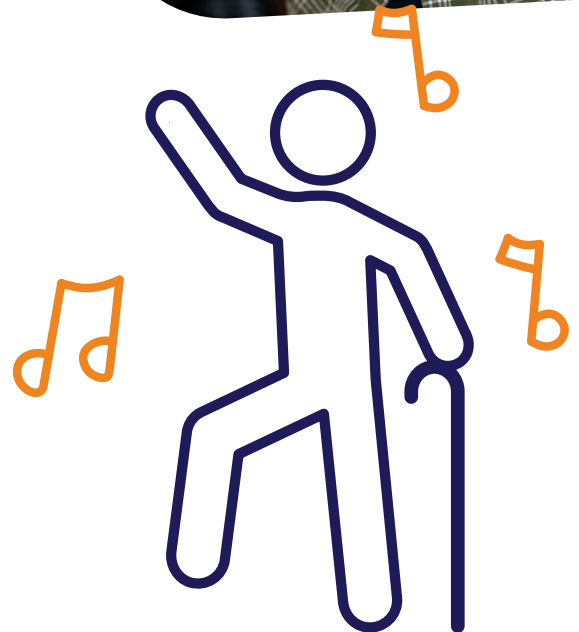
- YouTube is free. There is a free version of Spotify but it does include regular adverts.
- In Spotify, it is easier to create your own playlists than in YouTube.
- The quality of the sound is often better on Spotify.
- It can be fun to watch the music videos on YouTube. Spotify is for listening to music only.

UP FOR A CHALLENGE?

- Try creating an exercise routine to certain songs and remembering the routine for next time.

SKILLS

- Fitness
- Coordination
- Stamina



LET'S
GET
MOVING

ACTIVITY TRACKER

A GREAT HACK TO KEEP YOU ON TRACK

HOW TO USE

- **Equipment needed:** Activity Tracker, pens
- **Players needed:** Everyone has their own Activity Tracker
- Record your daily activity, how you felt and your goals / rewards for that week
- Each Activity Tracker allows you to record one month of activity. You can download and print off a new copy anytime from our website



If you require more copies of the Activity Tracker, they are free for you to download and print off on our website:



www.active-together.org/goldengames



SKILLS

- Fitness
- Strength
- Stamina

UP FOR A CHALLENGE?

- Increase the number of days you are active each week.



VERSUS ARTHRITIS

LET'S MOVE WITH LEON DVD & KEEP MOVING BOOKLET

12 WEEKS OF 30 MINUTE MOVEMENT SESSIONS

- **Equipment needed:** DVD and booklet
- **Players needed:** On your own or in a group
- The programme has been created for people with any musculoskeletal (MSK) conditions who want to move more

Keep Moving booklet

A note from Versus Arthritis:

"We understand that every day is different. We know that what works for one person may not help someone else, however staying as active as possible can reduce your pain and the symptoms of your condition. This booklet provides information on what type of exercise is helpful, important and how to do it safely."



Let's Move with Leon DVD

This DVD can be utilised for group or individual sessions, with 'step-by-step' instructions and engaging routines.

"Let's Move with Leon is a 12 week programme of 30-minute movement sessions, presented by fitness expert Leon Wormley. The Let's Move with Leon classes are a holistic, full-body programme that will improve strength, flexibility and cardiovascular fitness. You don't need any special gear. Leon specialises in working with people with arthritis and related conditions and has a fun, motivational and inclusive approach."



SKILLS

- Strength
- Flexibility
- Fitness

LET'S
GET
MOVING

**VERSUS
ARTHRITIS**



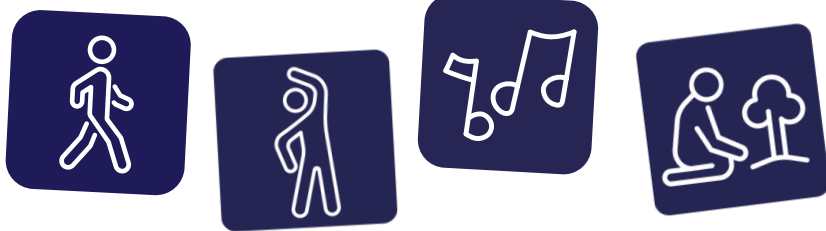
Created by Versus Arthritis and funded by Sport England.

FALLS PROOF STICKERS

MAKE MOVING MORE A HABIT

HOW TO USE

- **Equipment needed:** Falls proof stickers, Home Exercise Booklet
- **Players needed:** On your own or in a group
- Place the stickers in different locations around your space, in areas you may regularly visit or use. For example: kitchen sink, coffee table, back of armchair
- When you see a sticker, do an exercise for a minimum of 10 seconds. For example, place a sticker near to the kettle. When you see the sticker, do calf raises whilst waiting for the kettle to boil
- You can place the stickers in areas relevant to your settings



UP FOR A CHALLENGE?

- Associate stickers in certain places to specific exercises from the Home Exercise Booklet.
- Where appropriate, use the stickers at home.



SKILLS

- Fitness
- Strength

LET'S
GET
MOVING

GIANT TIC TAC TOE

AN ACTIVE VARIATION OF THE CLASSIC PEN AND PAPER GAME



HOW TO USE

- **Equipment needed:** 4 pieces of rope, objects for counters (such as bean bags or hoops)
- **Players needed:** At least 2 players
- Use the 4 pieces of rope to mark out a giant 3 x 3 grid. Lay down 2 pieces vertically [1m width apart] and 2 pieces horizontally on top [1m width apart]
- Distinguish between players by using different counters for each team [i.e. Team 1 uses bean bags, Team 2 uses hoops]
- Player 1 places their counter in one of the squares, followed by Player 2
- The aim is to get 3 counters in a row [can be vertical, horizontal or diagonal]
- The winner is the first to achieve 3 counters in a row
- If neither player is able to get 3 counters in a row once all 9 squares are filled, the game ends in a draw
- This will challenge your ability to bend and squat down to move your markers, improving balance and stability

SKILLS

- Balance
- Flexibility

UP FOR A CHALLENGE?

- Incorporate 'active recovery' – use the time between turns to try different movements and exercises.



CORE SLIDERS

A SIMPLE WAY TO LEVEL UP ANY SEATED OR STANDING ACTIVITY!

HOW TO USE

- **Equipment needed:** Core sliders, chairs
- **Players needed:** On your own or in a group
- Clear a space around a chair
- Sit nice and upright, in middle of chair (not at the back)
- Move one leg at a time unless you are doing opposite movements like front slides or big circles
- You should hold onto the chair if you need to, but try to progress to no support
- Place only light weight on the slider. The other leg will be slightly bent at the knee, but weight should be kept over this leg for stability, not the one that's sliding
- Don't forget to use this equipment in other games such as Activity Bingo or Active Monopoly!
- The activities listed to the right are all seated

UP FOR A CHALLENGE?

- Try the exercises standing instead of seated, with one leg at a time only.
- No core sliders to hand? Follow along to Mary's 'Duster Day' video which uses dusters instead!
- It's advisable to hold on to a chair or rail unless you are very stable.



SCAN ME

Duster Day Video
bit.ly/DusterDayVideo

MIX IT UP!

Side Option

- Slide alternate feet to the side and back
- Press lightly on the slider to keep it in place but not hard enough to fix it to the floor
- Keep weight over both sit bones. Do not swing the top half of your body to do this, make your legs do the work!

Front Option

- Slide alternate feet to the front and back
- A harder option is to slide feet alternatively out and back at the same time (this is a counterbalance)

Circles Option

- Slide alternate feet in a big circle to the side and front
- A harder option is to do both feet at once
- You can try in both directions (mirroring the feet)

LET'S
GET
MOVING

RING TOSS

**THROW, CATCH, AIM AND SCORE
EVERY MOVE ENABLES MORE!**

HOW TO USE

- **Equipment needed:** Cones, hoops, bean bags, chairs, rope
- **Players needed:** 2-4 players per team (up to 2 teams)
- Use the rope to mark out a start line
- Place chairs just behind the start line for players who are seated. Everyone to start behind the line
- Set out 6 cones at different distances from the start line
- Throw the coloured hoops with the aim of landing on a cone
- Players/ teams take it in turns to toss a hoop
- Cones further away from the start line are worth more points (e.g. 1 point for nearest cone, 6 points for furthest away cone)
- Keep score of individual points. After all hoops have been thrown, add up the total points. The winner is the player/team that has the most points once all the hoops have been tossed

UP FOR A CHALLENGE?

- Increase the distances between cones.
- Aim for cones further away.
- Try balancing on one leg whilst tossing the hoop.

SKILLS

- Balance
- Coordination
- Strength



PÉTANQUE

A FAVOURITE TRADITIONAL GAME FOR A REASON

HOW TO USE

- **Equipment needed:** Pétanque set, rope, chairs
- **Players needed:** At least 2 players [1 per team] or 2 teams of up to 4 players per team
- Allocate 2 colours to each team, i.e. Team 1 has green and blue boules, Team 2 has red and yellow boules
- Use the rope to mark out a start line at one end of the room
- All players sit or stand behind the rope to play
- Player 1 throws the jack [small pink ball] - this is always the first throw of a game
- The aim is to throw all coloured boules as close to the jack as possible. All throws are underhand
- Player 1 throws one boule [the player who threw the jack always has the next turn]
- Player 1 from the other team throws the next boule
- Players/ teams take it in turn to throw their boule until all have been thrown
- The team / player with the closest boule to the jack is the winner
- Multiple points can be scored as each boule that is closest to the jack for the winning team is a point



SKILLS

- Balance
- Flexibility
- Coordination
- Strength

UP FOR A CHALLENGE?

- Try and play standing to improve your balance.



LET'S
GET
MOVING

INFLATABLE BALL

THIS ONE ALWAYS BRINGS OUT
THE COMPETITIVE EDGE!

HOW TO USE

- **Equipment needed:** Inflatable ball, pump
- **Players needed:** At least 2 players (ideally 2 teams of 3-5 players per team)
- Use the rope as a centre line
- Inflate the ball using the pump provided

Seated Volleyball

- For seated volleyball, place chairs approximately 1m from the centre line each side
- Every round begins with a serve to the other team
- 1 point is scored when the other team fails to return the ball
- The side that has just scored always serves next

Catch

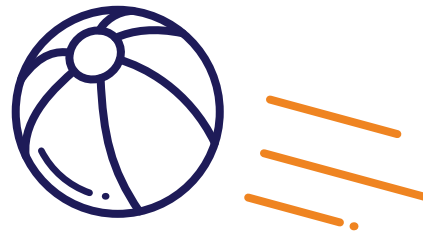
- Throw and catch the ball between players. Count how many catches and passes you can do before dropping the ball

UP FOR A CHALLENGE?

- Try seeing how many passes you can manage in 30 seconds.

SKILLS

- Balance
- Flexibility
- Coordination
- Strength

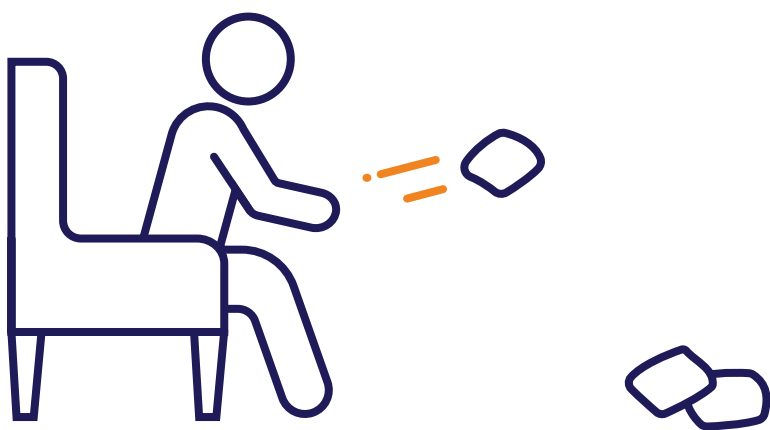


BEAN BAG THROW

HOW ACCURATE IS YOUR THROW?

HOW TO USE

- **Equipment needed:** Bean bags, rope
- **Players needed:** At least 2 players
- Use the rope to mark out a start line
- Place chairs just behind the start line if you are playing seated. All players sit or stand behind the rope to play
- Place targets on the floor at different distances from the line (you can use the hoops from the ring toss set)
- Throw the bean bags and try to land within the targets
- Targets further away are worth more points (e.g. 1 point for nearest target, 6 points for furthest away target)
- The player / team with the most points after all bean bags have been thrown is the winner



UP FOR A CHALLENGE?

- Move the targets further back!



SKILLS

- Coordination
- Stamina

LET'S
GET
MOVING

RESISTANCE BANDS AND STRESS BALLS

FEEL THE RESISTANCE!



HOW TO USE

- **Equipment needed:** Resistance bands, stress balls, Home Exercise Booklet
- **Players needed:** On your own or in a group
- Repeat each exercise between 5-10 times in total or on each side
- These exercises are designed to reflect daily activities like getting dressed and standing up from a chair
- You can use the resistance bands and stress balls in other games such as Activity Bingo and Active Monopoly

Stress balls

Try these different exercises:

- Hand and finger strength [seated or standing] – hold the stress ball in the palm. Slowly squeeze the ball and hold for up to 5 seconds and then release
- Arm strength [seated or standing] – roll the stress ball up and down the entire length of one arm
- Leg strength [seated or standing] – place the stress ball under the foot, apply as little pressure as possible to roll the ball backwards and forwards
- Leg strength [seated] – place the stress ball under the foot and press down as hard as possible, as if you are about to stand up from the chair

Resistance bands

- Follow the instructions in the Home Exercise Booklet for different strength exercises using the resistance bands



SKILLS

- Strength
- Flexibility
- Stamina

UP FOR A CHALLENGE?

- Use a band with higher resistance when strength has increased.

LET'S
GET
MOVING



WE HOPE YOU ENJOY YOUR GOLDEN GAMES BAG

EVERY MOVE ENABLES MORE!

Active Together are here to support groups and individuals to be active and move more. Please visit our website for more information on local physical activity opportunities:



www.active-together.org



CAN YOU MAKE UP YOUR OWN GAMES?

Golden Games resources are intended to be adaptable to all abilities and environments – there are no limits on how or where you play.

We challenge you to design your own games or put an active twist on a classic game using your Golden Games resources.

We'd love to see your creations!
Send photos of your group getting active to Jess Hazell:

j.hazell@active-together.org

LET'S
GET
MOVING

