**Recommended Equipment**

*Please note:*

* *These are suggested items only and we encourage you to maximise what equipment you may already have / purchase only the most meaningful resources for your participants.*
* *In some instances, we have included a lower cost and a higher cost option. Sometimes the higher cost option will be more durable, however Golden Games can be adapted to all equipment available to you.*
* *Due to the nature of websites like Amazon, prices listed below will be subject to change.*
* *Some items may be out of stock. We will endeavour to keep this document updated.*
* *For the column ‘Golden Games Activity’, this refers to which Golden Games activity the equipment can best be used in. Please refer to the ‘Golden Games Activity Pack’ on the website for explanations of each game, equipment needed, and instructions on how to play (Swiss Ball Drums not included in the Activity Pack).*
* *Please do get creative and make up your own games with the equipment available to you – with Golden Games, there is no right way! Prioritise fun and meaningful activity.*

Click on the piece of equipment to be taken to the relevant page.

|  |  |  |  |
| --- | --- | --- | --- |
| Equipment | Description | Golden Games Activity | Price (subject to change) |
| [Giant Dice](https://www.amazon.co.uk/First-Play-Foam-Dice-Yellow-15/dp/B07BBFCK4M/ref=dp_prsubs_sccl_2/260-7541059-2509426?pd_rd_w=Os2lL&content-id=amzn1.sym.7c7cee97-88a0-409d-a539-d59a180505a8&pf_rd_p=7c7cee97-88a0-409d-a539-d59a180505a8&pf_rd_r=1C1NWX3Y8VK3FS4BR01J&pd_rd_wg=Li2wt&pd_rd_r=158416fe-415e-4bb9-b7dd-59c107372e4f&pd_rd_i=B07BBFCK4M&th=1) | 15cm giant dice in a range of high-visibility colours. Made from soft foam, durable but gentle on surfaces. Different colours available. | All | £7.52 |
| [Resistance bands (Theraband)](https://www.performancehealth.co.uk/rolyan-energising-exercise-bands#sin=125625) | Also known as Therabands. Designed for muscle strengthening exercises improving range of motion. Come in a variety of lengths and progressive resistance levels. We recommend starting with red and moving up. Come as one roll, you do cut the individual bands yourself. 46m = approx 33 bands when cut to suggested length. | Active Monopoly  Activity Bingo  Seated Exercises with a Resistance Band | Depends on length and resistance. |
| [Resistance bands](https://www.amazon.co.uk/Hybrid-Resistance-Friendly-Strength-Stretching/dp/B08NZW1XKL/ref=sr_1_15?crid=1J9S76XHRJ9AU&dib=eyJ2IjoiMSJ9.lUXJ2AW6Qnzu0DxpKKuI0_CGp9bJm8nxu2aLiw2MuUN9Q1FDwBXZlGXvgoB8Uu9alVunDMVUgB7Jxztm4MpWUu9ORgOY4ACrg1LOA8nrXyI_SZ6VKkleTcruZIunmAdrJRVB1iq4yNXdPeGxBVuWY8ZfPK0rnxqFXlvUOocKc-pmuVCbvoWH9rOYPfRz3aDqMB80KsMQ0k3Y-kc274NZRl0RcE3o2xUI_Ty_7nciXYRIsFvikqG28XTPI0CiMtYFfm2bVAbvNiyNyTUYzos9QSrQTGkyreY73V2I6ydrqnA.p8XBPTL-fe8SQx-1JVa4VAXyXz5k8pGkMNrW161RNok&dib_tag=se&keywords=resistance%2Bbands%2Bset&qid=1715671917&sprefix=resistance%2Bbands%2Caps%2C96&sr=8-15&th=1) | Set of 5 mixed resistance band loops. Ideal for incorporating into daily routines or as part of other Golden Games activities like Activity Bingo. Different colours available. | Active Monopoly  Activity Bingo  Seated Exercises with a Resistance Band | £7.95 |
| [Core Sliders](https://www.amazon.co.uk/Core-Fitness-Strength-Abdominal-Equipment/dp/B07K9ZPRQP/ref=sr_1_2_sspa?crid=24MQ0Z4CEWAP1&dib=eyJ2IjoiMSJ9.-6LWy5nDLzt79TqRfngLHJu15tRGXO6ZZNSZhMSGmZAHlqr8EB8l0pxUDFYZP9QlRrLTPIFIiYqzbdGDRcbmz7X_X4QAHpZlFCEawK2GysfDmjhtlNFUZPQzK_ceUvh5LZi-397AGV0YgbhOv_wxUvqjDG8gKsaedIvtke0CiMl3OFUYBo9ZkgDcbtEDMrZKOyryGmxRMDvtHwP8K2GU5EJKjFYkfoXRr9jqyeuXopNO9XEefOJ42L9Pa7O7VCqloZg2KGFnlGpd8VMgfGfA_QiCyG7m0gSL31p1lkrluWk.36AbtCMcPgIdAK1wlQlTIldye4KL7H7MywKfGOgMmV0&dib_tag=se&keywords=workout+sliders&qid=1715671971&sprefix=workout+sliders%2Caps%2C75&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) | 2 core sliders. Perfect for a variety of seated or standing exercises. Helps to strengthen legs and abdominal muscles whilst improving coordination. Can be used within other games such as Activity Bingo. | Active Monopoly  Activity Bingo | £7.95 |
| [Bingo Sets](https://www.amazon.co.uk/Bingo-Lotto-Traditional-Family-Balls/dp/B008QZQACI/ref=sr_1_6?crid=2QQICP5CO0UXB&keywords=bingo+sets&qid=1677669438&sprefix=bingo+sets%2Caps%2C69&sr=8-6) (low cost) | Includes bingo balls, tumbler cage, cards and counters. To be used for ‘Activity Bingo’. | Activity Bingo | £7.99 |
| [Bingo Sets](https://www.amazon.co.uk/Jaques-London-Metal-Bingo-Machine/dp/B07BFBNML6/ref=sr_1_4_sspa?dib=eyJ2IjoiMSJ9.AxvbMu6J90aSZIn_OLhvuuKZNeJSwhRUWsow1EnfqJpkajlkSZC6wGIXUaueJk6OciTbh0TfCTsUgh12ZpsSFQKhSceswZPRJU8ufKjzGyQWme8Tz5ln4YhfWYsmkWFjTzcjtsOkF9Ng2-PQhClbMBVS8-8NJ1H_9LXL1WsXN3DWAbTSp0jrVh5zvlOJhQFbkXm-FlScDWURsOprnVsp0rZcLu0bOenEHX3XdC3cCiHzrDxbCpz8p2bxK9mZlA5rNYVZ9PO6VOWsXtTE9VaAEZ1o-Ogk2JYSabB0_UmAkyQ.kQdXhI4cBV8szji0AApLo_qX5z_oMlQZycbbOIYfITQ&dib_tag=se&keywords=bingo+sets&qid=1715672005&sr=8-4-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) (higher cost) | Includes metal cage, bingo balls, cards and counters. To be used for ‘Activity Bingo’. | Activity Bingo | £29.99 |
| [Falls Proof Stickers](https://www.amazon.co.uk/BEST-SELLING-Coloured-Adhesive-Stickers-Calendars/dp/B075MLFDR4/ref=sr_1_25?crid=39MGR3D4DJB03&keywords=red+dot+stickers&qid=1674571549&sprefix=red+dot+stickers%2Caps%2C73&sr=8-25) | 30 large sticky dots. Comes in blue, green, red, white and yellow. | Falls Proof | £3.49 |
| [Handheld pump](https://www.amazon.co.uk/DDUO-Sports-Inflation-Needle-Nozzles/dp/B07Z1RNVCP/ref=sr_1_5?crid=22QQ0E0N0GE11&dib=eyJ2IjoiMSJ9.QFdudIX1T3--coQxzy-6wDP81BmTDuEE2P05XjkMo3POVxJ10XlgBWuMLyA_i34-b-jkCTUhLOTm93-iXUHFaM_jHAb10pxyZ6YwZ8q5dcd6J9eA3wiKYZj79JiA3xBfqdnBVFKEDTdhEcJrQYkUAwz6y-bLgtGfhdNnFl_cOpad9sJtHYd_AAJ_KR0p-FiEZKBs_OoSI8_hWB0Trah9vn4ySuIO2RbBVSJjweNYZU-2W9JoecUOl6T9wghg7PRtDbze1AcOFDAntZr039vQQquKC6fW2BA2s3NPoqk7wpU.Hp0wIeCRhvEAdl4spD8teCdYrf0nBuwf_WEdSpti-KE&dib_tag=se&keywords=hand%2Bpump&qid=1715672538&sprefix=hand%2Bpump%2Caps%2C62&sr=8-5&th=1) | Portable pump for inflatable ball. Small, easy to transport and store. Easy to use nozzle. | Inflatable Ball | £4.99 |
| [Giant Tic Tac Toe](https://www.amazon.co.uk/Noughts-Crosses-Indoors-Outdoors-Family/dp/B06ZZ3BJ6S/ref=sr_1_8?crid=UXATZW203STD&dib=eyJ2IjoiMSJ9.RxOyDiUUwq2ScZhcxbQgcNSdOOIUln42Rp_pTNsDEB1unsFRrWSq1CxoiZx7IiMlxYnZCIY9KU8NxpBudLwEx9JMr7cHV5sqTp81Wn9QoTo5ZlmLMqmhR8ceeDC7WlL7UJHduNL4bLqNw8kfwm93-yQUutP0HlP3TxZbQnC4bOhSA3-oA_HZLtndFcKgIVkavri5BYtk4fcLO0aEyJIgKAC6nMGIqAR3pqzsLJVm9kAvUsAu8_iZgFOz1mR10ypINKMzQHlsWKKjYm4dcxph8bFZ36fTPxxgdft_zce1Ce4.A6TumuFKY8id30cokJFLG8LYaTXLgrwR4QwFXZWxIAM&dib_tag=se&keywords=giant+tic+tac+toe&qid=1715672781&sprefix=giant+t%2Caps%2C67&sr=8-8) | 9 interlocking pieces of foam to make a 94.5cm x 94.5cm board. Comes with 10 playing pieces (5 noughts, 5 crosses). Supplied in a carry box with handle for easy storage and transport. | Giant Tic Tac Toe | £10.95 |
| [Ring Toss Set](https://www.amazon.co.uk/Coriver-Carnival-Plastic-Markers-Training/dp/B094D9LXP7/ref=sr_1_5?crid=3RTLV4H4ABNTL&keywords=cones+and+hoops&qid=1674570604&sprefix=cones+and+hoops%2Caps%2C74&sr=8-5) (low cost) | 32 piece ring toss set including bean bags, plastic hoops, cone markers, carry mesh bag. Note bean bags are only 5.5cm each. | Ring toss  Bean bag throw | £15.99 |
| [Ring Toss Set](https://www.amazon.co.uk/Quoits-Games-wooden-rings-Hoopla/dp/B09JSD1TXQ/ref=sr_1_4_sspa?crid=1E0PGY3C2BAW1&dib=eyJ2IjoiMSJ9.pMVzI-Xe_bJrJH_SOZzNcllCU-AVSM4ebJHUKxAxphjkNKbBkLygakHcy0QNPJvoNMWXatF-4grAy9Rx9q91EZPEMSNlAFVauaaR_vb6jkKorv3TyMd1XcyjwK5wDSnQfRKvcDQKQjscCEa57Ui7moagEoDZJS18G27jk1HnKajaI3ByGe6UVT3-3sdGu5cyfScHaf28B6qaUkEs2F4hXoZPMnNK4NSebSZ6shAVpGQrTlQnnzy5DEkHLPbqLbVrq1-PQ2fTGTYqdhVJa8EGouJROgfWRV45Z089ko4R4yc.zWAhKeEm0cZ-EtZIwf67zpQdOVb9hphBXXjZgkP99y0&dib_tag=se&keywords=ring+toss&qid=1715672826&sprefix=ring+toss%2Caps%2C74&sr=8-4-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) (higher cost) | Wooden ring toss set with 5 wooden base dowels and 5 rope rings. Easy set up. Comes with bag for easy storage. | Ring toss | £16.92 |
| [Large Ring Toss Set](https://www.amazon.co.uk/Planet-Upgraded-Plastic-Throwing-Outdoor/dp/B0BWH81G1Y/ref=sr_1_2_sspa?crid=1E0PGY3C2BAW1&dib=eyJ2IjoiMSJ9.pMVzI-Xe_bJrJH_SOZzNcllCU-AVSM4ebJHUKxAxphjkNKbBkLygakHcy0QNPJvoNMWXatF-4grAy9Rx9q91EZPEMSNlAFVauaaR_vb6jkKorv3TyMd1XcyjwK5wDSnQfRKvcDQKQjscCEa57Ui7moagEoDZJS18G27jk1HnKajaI3ByGe6UVT3-3sdGu5cyfScHaf28B6qaUkEs2F4hXoZPMnNK4NSebSZ6shAVpGQrTlQnnzy5DEkHLPbqLbVrq1-PQ2fTGTYqdhVJa8EGouJROgfWRV45Z089ko4R4yc.zWAhKeEm0cZ-EtZIwf67zpQdOVb9hphBXXjZgkP99y0&dib_tag=se&keywords=ring+toss&qid=1715672826&sprefix=ring+toss%2Caps%2C74&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) | As above but larger version. 9 wooden dowels and, 10 rope rings, 10 plastic rings (5 red, 5 blue). Easy to set up and comes in durable bag. | Ring toss | £33.99 |
| [Plastic Rings](https://www.amazon.co.uk/OOTSR-Plastic-Throwing-Carnival-Outdoor/dp/B094DCB7K2/ref=sr_1_6?crid=1E0PGY3C2BAW1&dib=eyJ2IjoiMSJ9.pMVzI-Xe_bJrJH_SOZzNcllCU-AVSM4ebJHUKxAxphjkNKbBkLygakHcy0QNPJvoNMWXatF-4grAy9Rx9q91EZPEMSNlAFVauaaR_vb6jkKorv3TyMd1XcyjwK5wDSnQfRKvcDQKQjscCEa57Ui7moagEoDZJS18G27jk1HnKajaI3ByGe6UVT3-3sdGu5cyfScHaf28B6qaUkEs2F4hXoZPMnNK4NSebSZ6shAVpGQrTlQnnzy5DEkHLPbqLbVrq1-PQ2fTGTYqdhVJa8EGouJROgfWRV45Z089ko4R4yc.zWAhKeEm0cZ-EtZIwf67zpQdOVb9hphBXXjZgkP99y0&dib_tag=se&keywords=ring+toss&qid=1715672826&sprefix=ring+toss%2Caps%2C74&sr=8-6) | 12 plastic rings. To stock up on additional rings for larger participant groups. variety of colours. | Ring toss  Bean bag throw | £8.99 |
| [Stress Balls](https://www.amazon.co.uk/Squishy-Stress-Balls-Fidget-Toys/dp/B0C6DDQ8PW/ref=sr_1_1_sspa?crid=1B94ZRJ1D9B47&dib=eyJ2IjoiMSJ9.YanpiY0Ipk1H-jya8uq1oCQBporf5JNG86_c0q-NjvYtKdW7gWsgXwhD8QxZxW93YUu_LjjI0y8LCLgTxE4NYEikuoPGVI0I0Jj7Rc0S6iYaAMAKAU2N8WyBOQ-6D-kBQoKtgHJLqBvwHaL7UK1aB0LsvC2AKiQ1tWj4jIff7uyRqOtErewoG7UBktDAA2UE_eMibQxQvaHPGckjA1UWPupcx61kFfSjtbUuj5iDeRynGgyacYxLjUFkSbyf0oNJIknikMsZbqMV9B-tsDoA5LyD6HVR6508ciXYpdTuaoo.VAjLKAy8RkoIzen3L6pgqBruBNMWuPKgTklyK9sRikY&dib_tag=se&keywords=stress+balls&qid=1715672972&sprefix=stress+balls%2Caps%2C67&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) | 18 stress balls, 9 different colours. Comes with storage box. Great for hand dexterity, grip strength, leg strength. Great for those living with arthritis. | Seated Exercises using a Stress Ball | £19.59 |
| [Stress Balls](https://www.amazon.co.uk/ALMAH-Motivational-Exercise-Therapy-Anxiety/dp/B09CW1TWQ6/ref=sr_1_2_sspa?crid=1B94ZRJ1D9B47&dib=eyJ2IjoiMSJ9.YanpiY0Ipk1H-jya8uq1oCQBporf5JNG86_c0q-NjvYtKdW7gWsgXwhD8QxZxW93YUu_LjjI0y8LCLgTxE4NYEikuoPGVI0I0Jj7Rc0S6iYaAMAKAU2N8WyBOQ-6D-kBQoKtgHJLqBvwHaL7UK1aB0LsvC2AKiQ1tWj4jIff7uyRqOtErewoG7UBktDAA2UE_eMibQxQvaHPGckjA1UWPupcx61kFfSjtbUuj5iDeRynGgyacYxLjUFkSbyf0oNJIknikMsZbqMV9B-tsDoA5LyD6HVR6508ciXYpdTuaoo.VAjLKAy8RkoIzen3L6pgqBruBNMWuPKgTklyK9sRikY&dib_tag=se&keywords=stress+balls&qid=1715672972&sprefix=stress+balls%2Caps%2C67&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) | 4 stress balls with motivational quotes (example: ‘focus, listen breathe’). | Seated Exercises using a Stress Ball | £7.99 |
| [Pétanque (Garden)](https://www.amazon.co.uk/Plastic-Boules-Set-pack-8/dp/B002D1H2PA/ref=sr_1_4_sspa?dib=eyJ2IjoiMSJ9.XEtOvfSILdLv2tOzVjxIOGa5_K4JrpdYeiWdTai5TFEUM2fP8A3f9HBpsUehBWs9ydDsHuIl3X-lVE7iJ6bQH_jLRLP1Ro99Y2YmPA64GLR4niu59gaMvaF_dcIc3WtMB6YOaEhiECliHFGoIDswYBM2-EH2ckpKpIBovlflOAFnZk46oF_CLBZyh_qbchEcDrp3sdOci1YbYxCO9-zfqpGtYi624SxZlZt-HKKlgosnhSu3K-q-e1WBmZgWFwDNpu-ZSwj3Fz6lwERMTR1DtVZiHzSl-UQOEXRj11ltk-k.hXjYmgsL8s3F9X6Zr0NZS8-qbbLl_1yE0XsCJlqcZS8&dib_tag=se&keywords=petanque+set&qid=1716215129&sr=8-4-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) | 8-piece weighted boules set, plus 1 jack. Can be used indoors but best for grass surfaces. Bright coloured balls easily spotted. Hard-wearing material. Comes in storage case. | Pétanque | £9.69 |
| [Inflatable Ball](https://www.amazon.co.uk/Intex-59020-20-Beach-Ball/dp/B0002KPGD4/ref=sr_1_5?crid=34UGG8577HCTA&dib=eyJ2IjoiMSJ9.wX2Z5833b8lir7UG8SwxSDjo6khLdpkIU2k9eAY7pMlWxuorh4apgqLpORk0pEfcwU-s6b1QLHh6lUcIKpTDOJ8H_OU-cGD2sa733B-BaT40izAn3roAXRWIlcJIdT-tCdrh06gZx-rP30CRThyU_ULIH4lZ7NZoHBFT1_XYoBkIYGL1oay3tlS-xdiDe49PrR4BdKs7E6iIv-i4GiNYGVZxoS5xX8LfFQZIZU4ar96ACGEsU69R30Bkqm4v50ED_hF9QfmFX0U8LuHzpi1GQMbpOyk-B9r-2uoI07EyKBU.0q9stSEywfHO_XG-dgaV5uHrQV8wt8kArcSO3d2Rews&dib_tag=se&keywords=inflatable+ball&qid=1715673136&sprefix=inflatable+ball%2Caps%2C71&sr=8-5) | Inflatable ball, 51cm diameter. Colourful design, very low impact. | Inflatable ball | £2.99 |
| [Sticky Darts Board](https://www.amazon.co.uk/Sticky-Indoor-Outdoor-PartyGame-Birthday/dp/B078TWQHRM/ref=sr_1_10_sspa?crid=1UK46EXBR74ZI&dib=eyJ2IjoiMSJ9.gGtHgcfFsvopBOzyvXon90Pmzk_tDG0FO-OFUJJWr0jq5mcfva8ZY9zzAkKVftJqzwzHruVkZBxcvFO-9ITLxMQM_czwQeSPrDS8bDr6Tlv6zchw0YBGQktGPTCuFvBHBw2JYtxwsaS6--QNBXA7Kg.DQ3EODeIFfxLsxkp81BtJtHprueIxr9svPlyHbpmh4w&dib_tag=se&keywords=ball+for+deaf+people&qid=1715673188&sprefix=ball+for+deaf+people%2Caps%2C63&sr=8-10-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&psc=1) | 25.5-inch darts board, 12 sticky balls that when thrown stick to the board. Safe and inclusive game. | Sticky Dart Board | £13.99 |
| [Audio Ball](https://goalfixsports.com/product-category/sound-balls/?currency=GBP) | A variety of different balls all complete with audible bell for those with visual impairments. | Inflatable ball  Other games | Various depending on ball type. |
| [Boccia Equipment](https://www.bocciaengland.org.uk/shop) | Boccia England has a variety of boccia sets, balls, assistive devices, capes, tape and referee kit on their website. We would recommend starting with the ‘Boccia Ball Set’ consisting of 13 boccia balls. | Boccia  Pétanque | Boccia Ball Set – £150 (non-members).  Other equipment varies |
| [Boccia Equipment](https://www.abilitysuperstore.com/collections/boccia) | More boccia sets and equipment. A variety of sizes and materials. Some different options to those on the Boccia England website. For example, the ‘Handi Life Sport Lawn Boccia Set’ | Boccia  Pétanque | Handi Life Sport Lawn Boccia Set – £94.99  Other equipment varies |
| [Swiss Exercise Ball](https://www.amazon.co.uk/Core-Balance-Anti-Burst-55-85cm/dp/B07R61Z2PG/ref=sr_1_7?crid=E7O74S46U4BV&dib=eyJ2IjoiMSJ9.eLxylTFhWxTlE0QmO_dEOyBpvKTHwprMafGsEqU0cpyM5Wy_80Q0uCjUXGV2JfQqFJwTzYZQxHQfQJ3Devycw457iYYJ5U7_y4eUNnlf_3kIBKpnb0qlhzJdlZRXmtFd3XtCNjN6EKHv23RfwZRUA9PLMbQt2Yfte-WL33DFrYH_Ka1Xifo4l3bSlc75rRG0nR_x_evl3uCV5D6tFVETuS7d9szL-mZhcATh8_ywDyTtVkf_ZcDU61sFWQFT19RKodisSW4WIcW58UHxZXAXhIwaiasvCY8QEcI6bAb_uiQ.GJSA28FViQBE98EkZv4fGMpnbokes8Kq0XW5hmfu8-k&dib_tag=se&keywords=exercise+ball&qid=1716215330&sprefix=exercise+ball%2Caps%2C179&sr=8-7) | Swiss exercise ball in a rang of sizes. Also includes pump. Great to postural stability and flexibility. | Swiss Ball Drums | £13.59 - £16.99 |