



# SASP WORKPLACE GAMES IDEAS



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# ACTIVE WORKPLACE GAMES IDEAS

*Office games and activities that can be done in different sized spaces indoors*

Activities marked with an \* will require some specialist equipment. In many cases this can be begged or borrowed, obtained from an online auction site and even car boot sales! If necessary however, everything on here can be obtained from [www.daviessports.co.uk](http://www.daviessports.co.uk)

## *Carpet Bowls \**

Office, tea room or corridor based. Low impact, inclusive and sociable.

Only needs a set of bowls (the small tennis ball sized bowls are best) and any carpeted floor. Ideally at least 5 meters or more in length and about 2 meters wide. Depending on the amount of balls available, can be done in pairs or teams.

## *Boccia \**

Office, tea room or corridor based. Low impact, inclusive and sociable.

Similar to Boule, but indoors game using specialist soft 'pudding' type balls. Any type of surface can be used. Can be played standing or seated, so very inclusive. Balls can be tossed or rolled.

## *Yoga*

Perfect lunchtime or end of day activity. Just needs computer access and reasonably quiet and private area. Large screen ideal, though not essential.

Groups of any size or gender. No need to employ a Yoga teacher, just choose from a host of You Tube instructional videos, choosing ones which best suit your group.

'Yoga with Adriene' is highly recommended and has hundreds to choose from but many others are available.

Pilates falls into a similar category and again, hundreds of videos are available.

'Jessica Valant Pilates' being recommended.



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# ACTIVE WORKPLACE GAMES IDEAS



## *Aerobics*

Perfect lunchtime or end of day activity. Just needs computer access and reasonably quiet and private area. Large screen ideal though not essential.

Like Yoga, though rather more energetic! Using You Tube videos, suitable for groups of any size.

'POPSUGAR Fitness' is excellent with hundreds of videos suitable for a whole range of abilities.

## *Tri Golf \**

With a little imagination, can use the whole workplace to set a challenging course.

Originally invented to introduce young children to Golf, it uses plastic sticks and balls. You can either use natural features and hazards e.g. corridors and doors etc, or use cones to create virtual bunkers, water hazards etc.

## *Ping (or Flex) Table Tennis \**

Any office, staff room or canteen.

Takes seconds to set up and put away. It literally is instant! The roll net can attach to almost any table so anywhere you have an empty desk or table or can quickly clear one, you can play ping pong!



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# ACTIVE WORKPLACE OUTDOOR GAMES IDEAS

*Outdoor and car park games that can be done in different sized spaces*

## *Boule \**

Outdoors, needs a soft landing area e.g. grass, dirt track, gravel etc. Low impact, inclusive and sociable.

Steel Boules are best but much cheaper, plastic Boules are available and work fine though aren't as durable. Only requires a small area, ideally at least 5 meters long and 2 meters wide.

## *Volleyball*

Car park or grass area.

Doesn't need the formal rules or equipment, a makeshift net and a beach ball will be adequate and keeping it simple and easy will keep more people engaged!

## *Eurohoc \**

Ideally needs a hard car park type surface, though a well mown grass area will work.

A hockey type game but using plastic sticks and ball. Just make sure staff understand and obey the "no sticks above knee high" rule.

## *Short Tennis \**

A "zig" net takes less than a minute to erect. Using short handled rackets and "big red" balls (over sized, slow and low bounce) will keep the cars and windows safe and mean that everyone can succeed.

Don't get too bogged down by rules, just getting the ball back over the net is often enough but if you want to, create a court with cones.



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# ACTIVE WORKPLACE EQUIPMENT

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Carpet Bowls - <https://www.daviessports.co.uk/product/sports/adapted-sports/bowls/mini-carpet-bowls/pbwp09772>

Boccia - <https://www.daviessports.co.uk/product/sports/adapted-sports/fun-boccia-set/pcsd81573>

Tri Golf - <https://www.daviessports.co.uk/product/sports/golf/golf-sets/tri-golf-starter-kit/pgfp10073>

Table Tennis - <https://www.daviessports.co.uk/product/sports/table-tennis/table-tennis-nets-and-posts/flex-net/ptbp08146>

Boule - <https://www.daviessports.co.uk/product/sports/adapted-sports/plastic-boules-set/pggh20124>

Eurohoc - <https://www.daviessports.co.uk/product/sports/hockey/hockey-sets-and-accessories/eurohoc-club-set/phkp02390>

Short Tennis Net - <https://www.daviessports.co.uk/product/sports/tennis/tennis-nets-and-posts/zsig-tennis-net-and-posts-6m/ptnp08634>

Raquets - <https://www.daviessports.co.uk/product/sports/tennis/tennis-racquets/davies-sports-advantage-19in-tennis-racquet/ptnl07985>

'Big Red' Balls - <https://www.daviessports.co.uk/product/sports/tennis/tennis-balls/zsig-slocoach-big-red-stage-tennis-balls,-pack-of-12/ptnp08627>

Cones for marking out spaces - <https://www.daviessports.co.uk/product/primary-pe-and-play/pe-essentials/cones-and-markers/flexible-marker-cones-pack-of-25/ptrd79839>