

TWILIGHT GAMES



Using adapted Physical Activity to enhance day to day life through mobility, co-ordination, wellbeing and social activity.



LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY



About Twilight Games

Twilight Games has been running since 2016, the aim of the programme is to deliver adapted sports to elderly people with the objective of enhancing their day to day life through mobility, co-ordination, mental health, wellbeing and social activity. The games offered are simple adaptations of already existing activities which have been broken down to ensure anyone, regardless of ability, has the chance to participate.

Benefits of Physical Activity for older people

The benefits older people could get from taking part in Physical Activity:

- Mood lifted
- Improve mental wellbeing
- Provide a sense of control and choice
- Tension eased and it can be easier to relax
- Improved balance, flexibility and co-ordination
- Strength of muscles, fitness and mobility maintained or improved
- Can feel part of a team and working together
- Reminiscent of past experiences of playing or taking part in sport
- Lower risk of depression
- Help maintain weight
- Improve ability to complete activities or everyday tasks



Top Tips for encouraging activity

- Don't be afraid to change the rules of the activity; adapt the rules to suit the needs of the group you are working with
- Don't be afraid to use the equipment in different ways; the games are only suggestions and guidelines
- Join in with the participants and play the games with them, the participants get more involved that way
- The Twilight Games is all about FUN and getting as many residents involved as possible, adapt each game to suit the needs of the people that you are working with
- Try and get as many people as possible involved in each game; the more people that take part, the more people will benefit
- Try and vary the games up so that the participants don't get used to playing the same games
- If the games go wrong the first time you play them don't worry, it's a learning process for both the participants and yourself
- Find the best time of day that will be most suitable for your participants, this may vary from day to day
- Some of your participants may struggle to throw a bean bag or roll a ball, however this doesn't mean they can't take part, things such as putting the bean bag in their hand and helping them throw it still makes them feel included and gets them involved
- If there is a sporting event on at the time try and tie the physical activity into that, i.e if the Olympics were on you could give each team a country and try foods and drink from that country?
- You don't have to finish the game. If they get tired or lose interest, stop the game and come back to it another time.



GAMES AND ACTIVITIES

Audio Basketball—Team

How to play:

- The players must pass the ball around the circle
- When the ball gets back to the starting player, he or she must attempt to throw the ball into the basket
- The ball is retrieved and passed on to the next player who becomes the next starting player
- The process is repeated until 3 minutes have run out, 1 point is scored for each basket

Diagram of activity



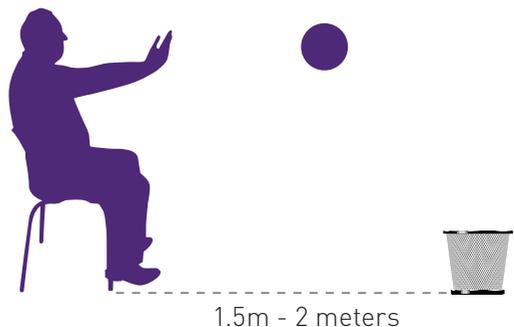
Equipment: • Chairs • Ball and Basket

Audio Basketball—Individual

How to play:

- Throw the audio ball into the basket
- Carer/staff collects the ball and the player throws again
- 1 point scored for every ball that lands in the basket
- You can throw the ball as many times as you wish

Diagram of activity



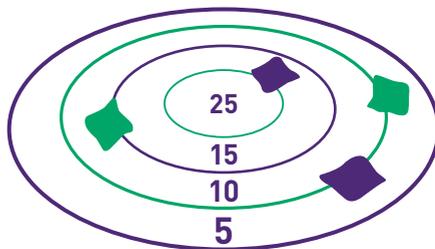
Equipment: • Chairs • Ball and Basket

Bean Bag Game

How to play:

- Each player has 3 bean bags
- Players take it in turn to throw a bean bag at the target
- Any part of the bean bag must touch a number to score. If a bean bag breaks the line, the player receives the highest of the two scores

Diagram of activity



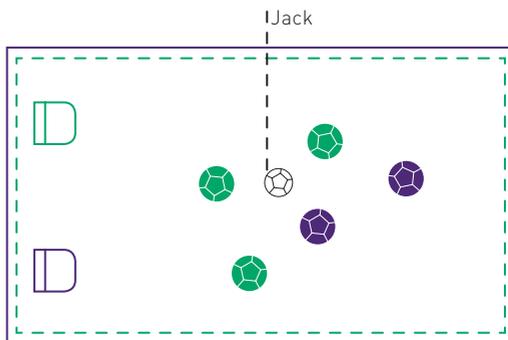
Equipment: • Bean Bags 3 per player • Target mat

Boccia

How to play:

- Game begins when Team 1 plays the jack into the court
- Team 1 now tries to get their red ball as close to the jack as possible
- Now Team 2 play one or more balls, when they have a blue ball closest to the jack it's reds turn to play
- Game continues until all balls are played
- To count points the team that has one or more closest to the jack gets the points, 1 point is given for each ball that is closer to the jack than the opponent's ball to the jack.

Diagram of activity



Equipment: • 6 Red Balls • 6 Blue Balls • Jack • Chair for players

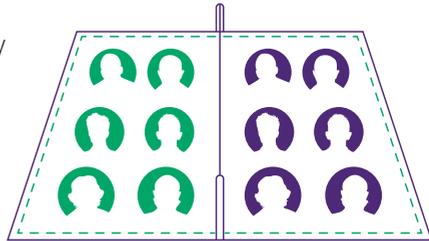
GAMES AND ACTIVITIES

Seated Volleyball

How to play:

- Teams try and hit the ball to land in the other teams court, using as many touches as they want
- If the ball is knocked or hit out of the court the other team scores a point
- Each team takes it in turns to serve regardless of who won the point
- Each player takes it in turns to serve
- You decide on how many players take part and the court size

Diagram of activity



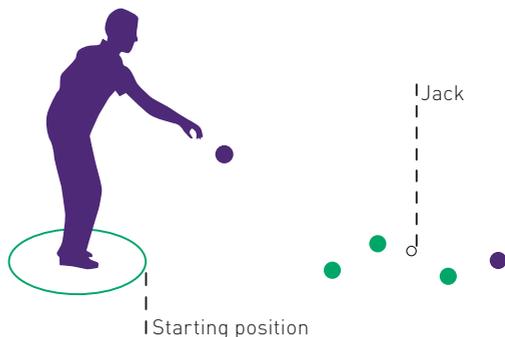
Equipment: • Volleyball • Net • Chairs

Pe'tanque

How to play:

- All balls must be thrown from the starting position
 - First player throws the jack
 - That same player attempts to throw the ball so it lands as close to the jack as possible
 - One member from the other team will then throw one of their balls as close to the jack as possible
 - The ball closer to the jack leads
 - The other team must continue throwing balls until they take the lead or run out of balls
- There is no order that team members must follow when throwing their balls however they can only throw their own balls
 - The team that has the balls closest to the jack wins the round. In addition they also receive a point for each ball that is closer to the jack than the opponent

Diagram of activity



Equipment: • Jack • Petanque balls (3 per player)

EVERYDAY ACTIVITIES

- It is important to keep moving whilst at home, simple things like getting out of your chair every hour and doing gardening can be a good way to maintain strength within the body
- One activity which might be possible is adapting a version of bowling, using old plastic bottles and a tennis ball . Simply place the bottles in a triangle formation and then throw the tennis ball, underarm, at the bottles and see how many you knock down
- Another activity can be using 10 plastic cups try and make a Pyramid, if this becomes too easy use newspaper and sticky tape and try to make the tallest structure you can, this is a great way to improve hand eye co ordination and to improve concentration
- Buy some balloons, whilst either sitting down or standing up tap a balloon in the air trying to ensure it doesn't land on the floor, count how many times you hit the balloon in the air without it touching the floor.

MOBILITY AND STRENGTH EXERCISES

- Marching on the spot, holding onto something like the kitchen worktop or the back of a chair
- Stand or sit with your arms by your sides, lift shoulders up to your ears, draw them backwards and then press them down and relax, repeat
- Sit tall at the front of your chair and hold on to the sides, March whilst seated and build a rhythm that is comfortable for you, continue for 1-2 minutes
- Heel raises can be done by slowly raising your heels off the ground make sure your weight centres over your toes
- Sit tall at the front of your chair and hold on to the sides, place the heel of one foot on the floor then lift it and put the toes down on the same spot, repeat 4 times on each leg
- At the end of a TV episode stand up from the sitting position, repeat up to 5 times.

About Blaby District Council Health and Leisure Services

The Blaby District Council Health and Leisure Services strives to promote and develop Sport and Physical Activity in the local Blaby District area. Our aim is to become the most active district in England by encouraging everybody to be active for life and improving and increasing the Sport and Physical Activity opportunities on offer.

FURTHER INFORMATION CAN BE FOUND:

Workplace health - www.lrsport.org/workplacewellbeing

Dementia Friends - www.dementiafriends.org.uk/

Sports Awards - www.sportblaby.org.uk/sports_awards1

First Contact Plus - www.firstcontactplus.org.uk/

Age UK - www.ageuk.org.uk/

NHS Live Choices - www.nhs.uk/livewell/Pages/Livewellhub.aspx

If you are unsure about your own or someone's ability to participate in physical activity due to their health conditions please seek advice from their or your GP

Tel: 0116 272 7703

E: leisure@blaby.gov.uk

W: www.sportblaby.org.uk

