

Every
Moment
Matters



Your Summer Games:

Fun and Fitness for Champions

Activities Pack



Prioritising Wellbeing



Quality
Compliance
Systems

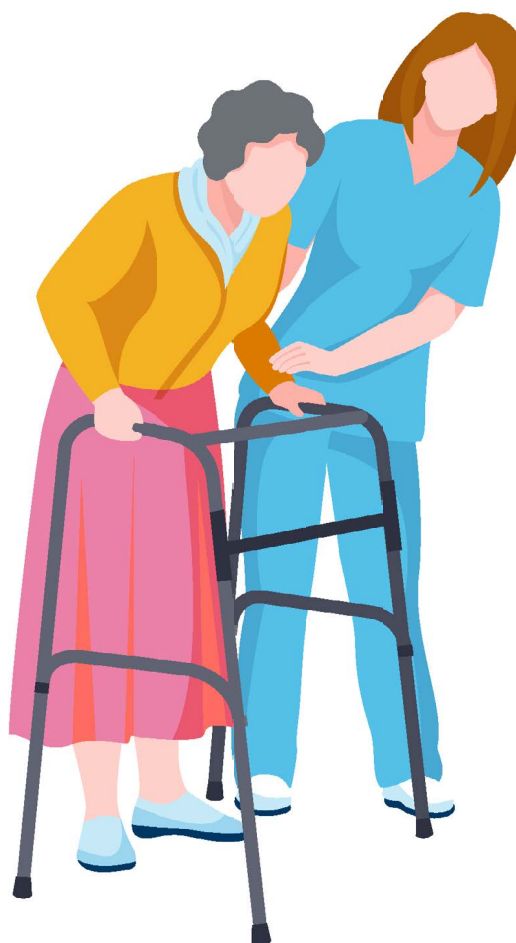
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Welcome

Celebrating **Every Moment Matters** Campaign

QCS is delighted to collaborate with NAPA (National Activity Providers Association) on a new series of activity packs celebrating the '**Every Moment Matters**' campaign. This initiative highlights the importance of making every moment meaningful for individuals in care settings. By offering engaging and enjoyable activities, we can enrich the lives of those we support, bringing a sense of joy and purpose to their daily routines.

The 'Every Moment Matters' campaign aligns perfectly with NAPA's mission to enhance the quality of life for individuals in care. Through our partnership with NAPA, we have created a range of resources designed to inspire and support activity providers in delivering high-quality, meaningful activities.



About NAPA:

NAPA (National Activity Providers Association) is a UK-based charity dedicated to promoting wellbeing through activity and engagement for individuals in care settings. We provide support, training, and resources to activity providers, ensuring they have the tools needed to create vibrant and stimulating environments.

By working together, we aim to ensure that every moment truly does matter for those in care. We look forward to seeing the positive outcomes of this campaign and the joy it will bring to many lives.

If you want more resources like this, become a member of NAPA for just £170, get £25 off with this code **QCS25**.

This offer closes on 30 September 2024.

Find out more HERE:
<https://digital.napa-activities.co.uk/view/903439453/>



“ We are thrilled to be part of the ‘Every Moment Matters’ campaign. At NAPA, we believe that every interaction, every activity, and every moment can significantly impact the wellbeing of individuals in care. Our collaboration with QCS on these activity packs is a testament to our shared commitment to making a positive difference. ”

Hilary Woodhead
CEO National Activity
Providers Association

2024 Seated Summer Games

This booklet is packed with great games that bring the spirit of the Olympics right to your care home.

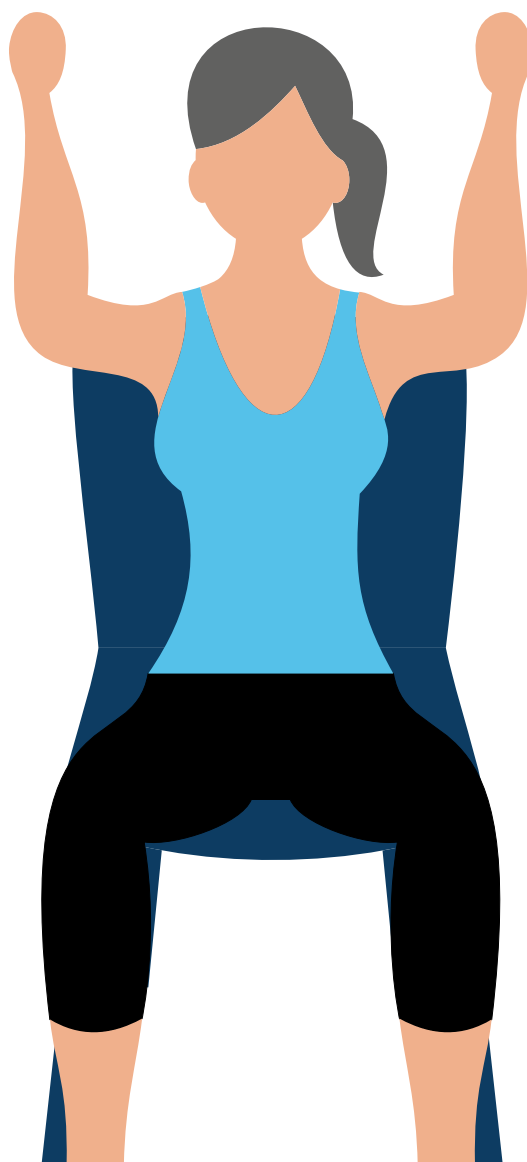
Easy-to-Follow Instructions

Each game includes clear instructions and tips to ensure everyone can participate and win gold (or at least have a blast trying!).

Adaptable Activities

Feel free to modify the games to suit any individual needs and abilities. It's all about having fun, staying active, and keeping that competitive spirit alive!

All these games, are suitable for playing from a seated position

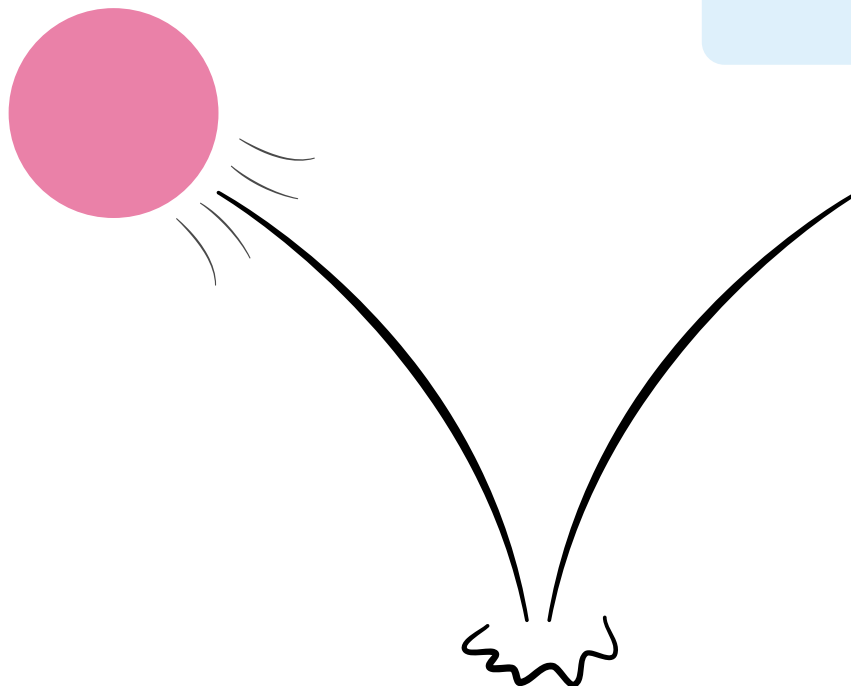


Stress Ball Shot Put

The track and field sport of shot put is thought to have originated from the rock throwing of soldiers in Greek history. The sport was included on the official list of the Games around 1896 and over the years, many versions have been added. The glide and the spin, however, remain in today's sport. Why not adapt this fun game to help recreate your own shot put competition?

What you do:

- See how many shots (stress balls) you can 'put' into the basket!



YOU WILL NEED:

- Stress balls
- A wastepaper bin or laundry basket



TOP TIP:

The trick is to encourage those involved to hold the ball near their shoulder like a proper shot put; it's not as easy as it sounds.

Bean Bag High Jump

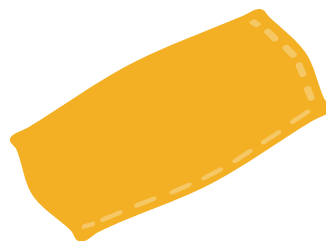
Over the years, many different techniques have developed to achieve a higher height. The highest recorded height reached was 7ft 7 $\frac{1}{4}$ inches by Franklin Jacobs from New Jersey. We would not expect you to reach such heights! But you can still enjoy this fun sport by using bean bags instead.

What you do:

- Once one bag is thrown over the bar, raise its height.
- Then try again, continue till all bags have been thrown.
- Then the tricky bit – try again but using the other hand.
- Simple but fun and good for coordination skills.

YOU WILL NEED:

- Make a simple high jump bar using some garden canes and string
- The upright canes will need to be supported by an old book or two
- Then adjust the cross bar, using the string



Balloon Volleyball

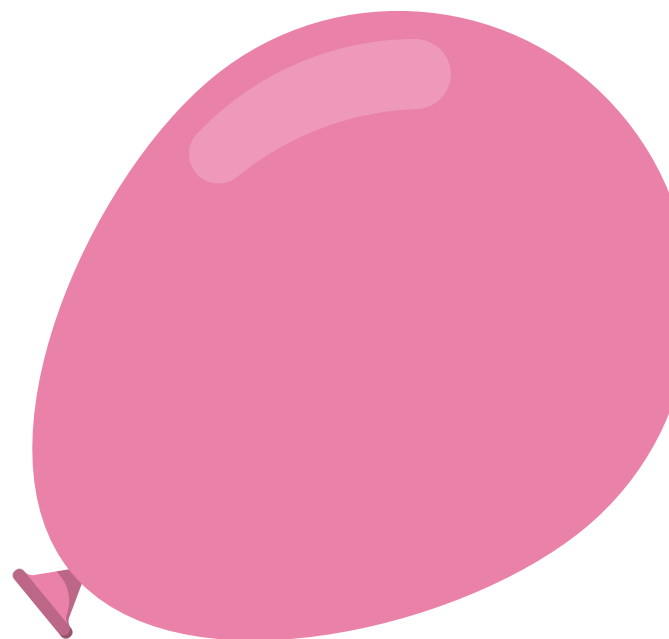
A spectator recognised the volleying nature of the game and thus it became a popular sport. Why not try this fun and interactive game with the individuals you support? You can easily adapt it to suit individual needs.

What you do:

- Make a barrier between chairs using a couple of dining room chairs or similar, to resemble a volleyball net.
- Blow up your balloons.
- Have fun getting the balloon as high as possible and over the net.
- If people don't like balloons, try some balloon balls – these are soft fabric covers that you insert a balloon inside and then inflate it. It saves the balloon popping easily, makes it more controllable and feels nicer for anyone who doesn't like to touch them.

YOU WILL NEED:

- Balloons or soft balls
- A net, sheet, or chairs



The Duster Sprint

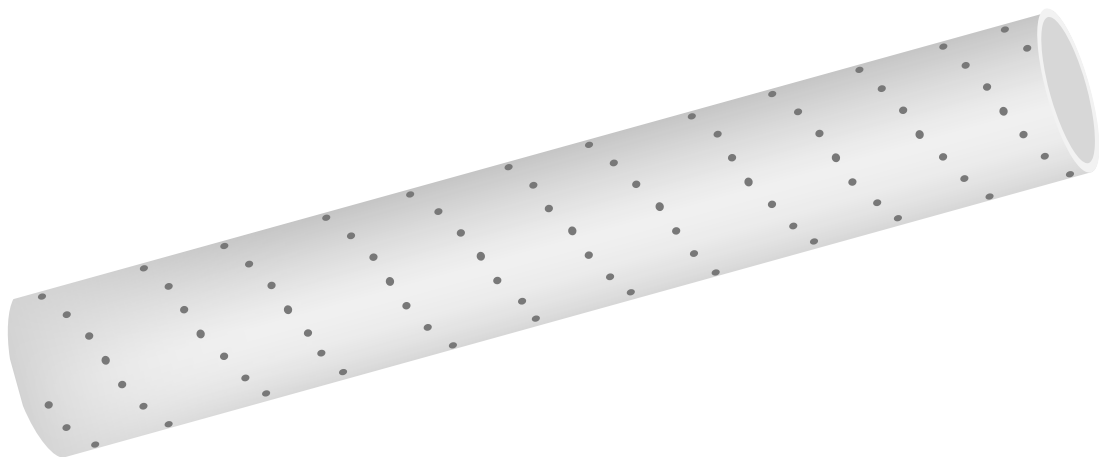
We have all had a moment of sprinting for the last biscuit or the bus... Why not adapt the sport of sprinting with this fun take on a short, fast dash!

What you do:

- Tie one end of the wool to the centre of the tube and the other end to the duster.
- Place the duster on the floor as far away as possible from the person holding the tube.
- Wind in the duster as fast as possible
 - using the wrists to twist the tube, wrapping the wool around the tube
 - a bit like winding in a kite!

YOU WILL NEED:

- Short tube (cardboard or similar lightweight material) about 12 inches long,
- 10ft length of wool
- Duster



Skipping Rope Reminiscence

History of Skipping

Explorers reported seeing Aboriginal people jumping with vines in the 16th century. European boys started jumping rope in the early 17th century. The activity was considered indecent for girls because they might show their ankles. Girls began to jump rope in the 18th century, adding skipping chants, owning the rope, controlling the game, and deciding who may participate.

In the United States, domination of the activity by girls occurred when their families moved into the cities in the late 19th century. There, they found sidewalks and other smooth surfaces conducive to jumping rope, along with a host of contemporaries.

Do you remember any skipping chants? Can you think of your own chant?...

YOU WILL NEED:

- Skipping rope
- Images of skipping
- Pen and paper to write down chants or memories

SKIPPING CHANTS:

Butterfly, butterfly:
turn around

Butterfly, butterfly:
touch the ground

Butterfly, butterfly:
show your shoe

Butterfly, butterfly:

Mable, Mable,
Set the table,
Don't forget the salt,
Vinegar,
Mustard,
Pepper!

What techniques do you remember?

Criss-cross

Also known as crossover or cross arms. Perform the basic jump whilst crossing arms in front of the body.

Double under

A high basic jump, turning the rope twice under the feet. Turning the rope three times is called a triple under. In competitions, participants may attempt quadruple (quads) and quintuple unders (quins) using the same method.

Boxer jump rope

One foot is positioned slightly forward and one foot slightly back. The person positions their bodyweight primarily over their front foot, with the back foot acting as a stabiliser. From this stance the person jumps up several times (often 2-3 times), before switching their stance so the front foot becomes the back foot, and the back foot becomes the front foot. And so forth. An advantage of this technique is that it allows the back leg a brief rest. So, while both feet are still used in the jump, a person may find they can skip for longer than if they were using the basic two-footed technique.

Penalty Shootout Challenge:

- Test Your Skills!
- The aim of this activity is to create a fun and interactive game inspired by football penalties, inviting individuals to participate in a friendly competition while celebrating the Euros tournament.
- What you do:
- Choose a suitable location for the penalty shootout game, ensuring there is enough space to participate safely.
- Set up the goalposts or targets at one end of the designated area, leaving enough space to take shots. Use marking cones or tape to lay out the penalty shootout area, marking the spot from which individuals will take their shots.
- Gather individuals in the designated area and introduce the Penalty Shootout Challenge. Explain the rules of the game: Each participant will take turns

YOU WILL NEED:

- Soft balls or beanbags
- Goalposts or targets (can be makeshift or purchased)
- Marking cones or tape to delineate the penalty shootout area
- Scoreboard or chart to keep track of scores
- Prizes for participants (optional)
- Staff members or volunteers to assist with the setup and facilitation

- to kick or throw soft balls or beanbags towards the goalposts or targets, aiming to score as many points as possible.
- Divide people into teams or invite individuals to participate based on preference and group size. Each participant takes turns to attempt a penalty shot, aiming to score points by successfully hitting the goalposts or targets.
 - Depending on the setup, you can assign different points to various sections of the goalposts or targets (e.g. top corner = 5 points, bottom corner = 3 points, centre = 1 point).
 - Use a scoreboard or chart to keep track of each participant's scores throughout the game.
 - Encourage friendly competition by cheering on each other's shots and celebrating successful goals. Create a supportive and inclusive atmosphere where individuals of all abilities feel encouraged to participate and enjoy the game.
- Modify the game as needed to accommodate mobility or dexterity challenges. Offer alternative methods of participation, such as using adapted equipment or inviting individuals to take shots from a seated position if standing is difficult.
 - At the end of the Penalty Shootout Challenge, recognise participants for their efforts and sportsmanship. Present certificates or small prizes to participants based on various categories, such as 'Best Shot', 'Most Accurate' or 'Most Enthusiastic'. Conclude the activity by thanking participants for their involvement and enthusiasm.

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