

Catalogue of ACTIVITIES

Inspiration for colleague exercise



ARBEJDSPLADSERNES
MOTIONS DAG



DANSK
FIRMAIDRÆTS
FORBUND



Strengthen the unity – do colleague exercise. Go for a short walk, play rounders, work up a sweat by playing a game, do a relay, make the offices suitable for active breaks, or – as one example – use the whole National Workplace Activity Day for activities and teambuilding.

There are five headlines in the Catalogue of Activities:

Cardio, Bonding, Teamwork, Walking and Phone a Friend.

The colours **GREEN**, **YELLOW** and **RED** indicate the scope of each activity in terms of time, equipment and complexity.

All activities are named, of course. To help you maintain an overview, we have categorised the information as follows:

What you need...

How to do the activity...

Time...

Participants...

Tips...

Bonus...

You can easily adapt the activities to suit your exact needs. Get the best results by letting yourselves be inspired and using your own experiences and imagination.



ARBEJDSPLADSERNES MOTIONS DAG



List of Activities

Cardio

Three 20-second sprints, running on the spot	page 5
Throw-of-the-dice Activities	page 6
The Plank	page 7
Climbing Stairs	page 8
Exercise Clock	page 9
Colleague Relays	page 10
Exercise Zones	page 12

Bonding

Balance Competition	page 14
Movement Computer	page 15
Stand Up	page 16
Sizes	page 17
Around the World	page 18

Teamwork

Mastermind	page 20
Office-chair Le Mans and office-chair hockey	page 21
Pacman	page 22
Nature Bingo	page 23
Colleague Mix	page 24
Colour Drill	page 25
Team Games and Team Activities	page 26
Activity Cavalcade	page 27

Walking

Walk & Talk	page 29
Our Senses	page 30
Counting Steps	page 31
Location Lottery	page 32
Team Activities	page 33

Phone a Friend/local company sports club

Use an enthusiast	page 35
Contact your local company sports club	page 35
Firmaidrættin will be there	page 35



CARDIO

Cardio indicates activities done in short bursts, that will get your (collective) pulse racing! You can choose a single activity which fits into your programme or plan your day with several of these activities. It's a good idea to skyrocket your pulse for a short time every day, and it's OK to have fun doing it!



Three 20-second sprints on the spot



Three 20-second spurts of activity can rapidly and effectively meet your daily exercise requirement. Anyone can join in – it doesn't matter where you are.

What you need:

- A stopwatch.
- Someone to lead the sprint.

How to do the activity:

- Get all your colleagues together and explain that you're about to do a really quick daily workout.
- Sprint on the spot for 20 seconds and do this three times, taking a 20-second break between sprints.
- Cheer, shout and encourage one another to give it all you've got.

Time:

Three minutes, including explanation.

Participants:

Unlimited.

Tips:

- Divide into two groups: department 1 against department 2, or women against men. Let group 1 start with a 20-second sprint while group 2 cheers them on. Switch after 20 seconds. Continue this way until both groups have done three 20-second sprints.
- Vary this with other exercises that combine strength and endurance. Do "Mountain Climbers", for instance: get into the Plank position with only your palms and toes touching the floor. Tighten your core muscles, alternately pulling your right and left knee up towards your stomach.
- Increase the duration of the exercise to three times 30 seconds.

Bonus:

Highly intense exercise strengthens bones, stimulates the brain, lessens the risk of all sorts of ailments and leaves you in a good mood.



Cast-of-the-dice Activities



Let a throw of the dice and fate decide which activities you will do.

What you need:

A dice.

How to do the activity:

- Gather all your colleagues together and explain that each number on the dice represents a specific activity.
- After throwing the dice, everyone does the number's activity.
- Possible exercises:
 - 1 = ten squat jumps, 2 = hug two colleagues, 3 = run to the opposite wall and back, 4 = find a colleague, join arms and run around in a circle four times, 5 = find a colleague and crawl over him/her, 6 = torso twists up and down six times.

Time:

10–15 minutes.

Participants:

Unlimited.

Good advice:

- If necessary, list the exercises on a whiteboard/ chalkboard to help everyone remember them.
- Widen the range and variety of activities by throwing two or more dice to get more numbers and thus a greater number of possible activities.

Bonus:

Short, intense bursts of exercise can quickly increase your cardio intensity and get your blood circulating.



The Plank



Exercise your entire body with a familiar classic exercise – and break into a sweat in just one minute.

What you need:

- A little floor space.
- A stopwatch.

How to do the activity:

- Gather all your colleagues.
- Explain to them what they are about to do, i.e. maintain the Plank position for one minute.
- Show them how to do the Plank.

Time:

2 minutes, including explanation.

Participants:

Unlimited.

Tips:

- Ask a physically fit colleague to tell a joke while everyone is doing the Plank to make it a little more challenging for him/her.
- Put a prize on the line: See who can hold the Plank the longest.

- Vary the activity by adding
 - a wall sit: sit up against the wall. Lean back against the wall and sit down as if you are sitting down on a chair.
 - See who can sit in this position the longest.
 - Side plank: lie on your side with one forearm on the floor. Tighten your core muscles and lift your back, hips and legs off the ground.
 - Leg lift: lie down on your back with your arms by your sides. Lift both your legs and hold 10–15 cm off the ground.

Bonus:

The Plank is particularly good for training core muscles (abdomen and back muscles) as it tones the abdominal muscles and strengthens the back. Anyone can do this exercise, regardless of physical fitness.



Climbing Stairs



Climbing stairs gets your pulse racing, stimulates your metabolism and is fantastic for shaping legs and buttocks.

What you need:

- A stopwatch.
- Stairs.

How to do the activity:

- Find a suitable stairway route.
- Decide whether the activity should be competitive or social, or done primarily to get as many people involved as possible.
- There are lots of ways of organising this activity.
 - Plan a stairway route – outside or inside.
 - Relay version: divide into teams and see which team runs up and down all the stairs first.
 - Timed mountain climbers: who can run the route the fastest?
 - Precision: everyone runs the stairway route twice. The point here is not to be the fastest, but to run each of the two rounds in exactly the same time. This version is inclusive, because the fastest runners are not necessarily the best. Anyone can win, regardless of physical fitness.

Time:

5–30 minutes.

Participants:

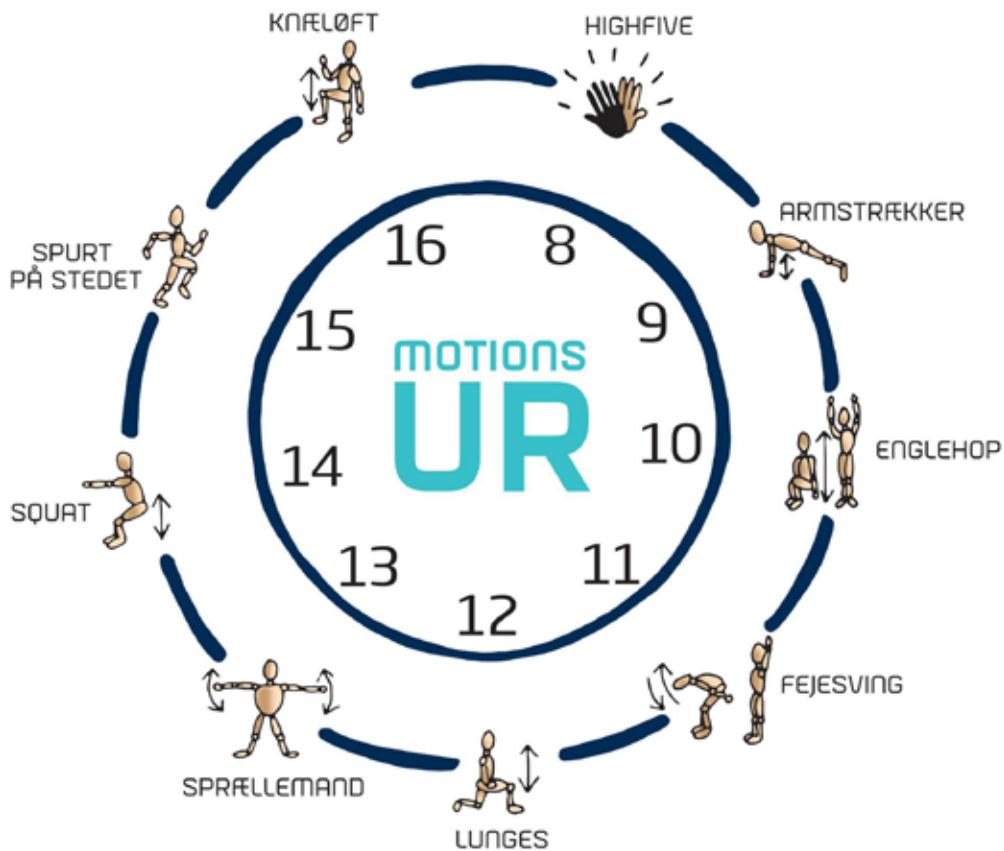
Unlimited.

Tips:

- Advertise the activity the week before: Block off the lift with “Walking” posters to encourage people to take the stairs.
- For variety:
 - Do the stairway route sideways or backwards.
 - Take the stairs by jumping up the stairs and walking down (or sliding down the bannister).
 - Climb the stairs two or three steps at a time.

Bonus:

Firm thighs and buttocks are a fab bonus from climbing the stairs. It also stimulates ligaments, tendons and bones throughout your lower body. Climbing the stairs is really brilliant for strengthening and toughening calf and iliopsoas muscles.



Exercise Clock



The Exercise Clock provides a framework of activity for the entire workday.

What you need:

- A printed exercise clock.

How to do the activity:

- The clock refers to the hours when you are normally at your workplace. On the hour, every hour from 8 am to 4 pm, you do a new activity, which must be easy and simple to do. Post a copy of the exercise clock at several locations in the workplace. Mark each hour with a signal. An example of an exercise clock:

- 8 am: High-five 8 colleagues.
- 9 am: Do 9 arm stretches (possibly against the wall)
- 10 am: Do 10 squat jumps.
- 11 am: Do 11 light knee bends with swinging arms
- 12 noon: Do 12 lunges (the fittest do 12 lunges on each leg).
- 1 pm: 13 jumping jacks.
- 2 pm: 14 squats (or stand up from the desk chair)
- 3 pm: 15 seconds of sprinting on the spot
- 4 pm: 16 high knee lifts (the fittest do 16 on each leg).

Find a few key people to lead each section of the workplace. Highlight three key hours (morning, noon, mid-afternoon) where the activities must be done together.

Time:

Throughout the workday.

Participants:

Unlimited.

Tips:

- Find a few key persons to lead each section of the workplace. Highlight three key hours (morning, noon, mid-afternoon) where the activities must be done together.

Bonus:

Having a variety of activities will appeal to lots of people and ensure all colleagues are able to take part.



Colleague Relays



Nothing gets your pulse racing like a healthy, entertaining relay race. Challenge your colleagues to relay races, as these require both speed and adroitness.

What you need:

- Outdoor area or floor space.
- Chalk for drawing hopscotch squares, etc., e.g. on asphalt/the floor.
- Prize (optional).
- Read more under the individual relay suggestions.

How to do the activity:

- Decide on one to four different relays that you want to launch on Workplace Activity Day.
- Divide into teams for the duration of all the relay races.

Time:

30 minutes.

Participants:

Unlimited.

Tips:

- Thoroughly explain the rules. Once the relay is started off, it will definitely be a fight to the finish.

Bonus:

Relays help raise your pulse and can be done anywhere. Ready, steady – GO!



Card-game relay

Spread a deck of cards face down across the floor. Assign each team a suit, which they have to collect. One person per team at a time runs into the playing area and turns over a card. If the card matches the team's suit, the person takes it back. If not, he/she turns it over and returns empty-handed to the team. It is important to avoid moving the cards when turning them. The winner is the team that gathers all the cards in its assigned suit. To prolong the game, you can add a rule that the cards have to be gathered in consecutive order. In other words, ace, 2, 3, 4, 5, 6, 7, 8, 9, 10, jack, queen, king.

Three in a row

Two teams compete. Everyone stands behind a line or demarcation. When the game starts, one player from each team must run down to the Noughts and Crosses area (nine fields: 3 x 3) and place a cone with the team's colours in a field. When the player returns to the team, the next player runs down and places another of the team's cones in an empty field. If neither team gets three in a row after placing three cones, the players may reposition the team's cones each time a player runs down to the field. Only one player at a time may run. The first team to get three in a row wins.

"Six-day race"

Divide your colleagues into two teams. Place the teams diagonally opposite each other on a large field/area so that each team starts from its own corner. The playing area is the size of a basketball or badminton court. One person from each team runs around the area on a designated track in an attempt to catch up with the runner from the other team. After running once around

the track and returning to his/her own team, the next runner starts. The purpose of the game is for the teams to try to overtake one another. The first team to overtake the other one wins.

Skipping-rope relay

Each team has a skipping rope, and they line up in two straight rows. The first person on each team runs over to a marked area and skips 10 or 20 times. Then he/she runs back to the next person in the row, who grabs one handle. Now they both pull the skipping rope down along the ground and up through the whole row (at right angles to the row). Their teammates have to jump when the rope is underneath them. When the pair reach the end of the row, the one who just jumped remains, while the other teammate runs over the marked area and skips. Then he/she runs back to the third person in the row, and so on until everyone on the team has done the 10 or 20 jumps on the skipping rope. The first team to get through the row wins.

Newspaper relay

Draw a starting line and a finishing line. Each participant gets two newspapers. All the participants stand behind the starting line in teams. When the starting signal is given, the first newspaper is thrown across the line and the team walks on it. Then they throw the next newspaper on the ground, pick up the first newspaper and throw it in front of the second. The point is for the whole team to reach the finishing line, crossing only on newspapers and without touching the ground. If a team member touches the ground, the two first newspapers are taken away and the people standing on these go back behind the starting line to start all over again.



Exercise zones



Because exercise becomes playfully easy, because you can't do without it and because the activity becomes visible throughout the workplace.

What you need:

- Time to be creative.
- Photos of exercises.
- Balloons/colouring pens to mark off the exercise zones.

How to do the activity:

- Divide the workplace into colour-coded exercise zones (e.g. corridor, office, canteen, stairs, warehouse).
- Use balloons or coloured ribbon to mark off the zones.
- Each colour represents a workout exercise, such red = power-skipping, blue = walking with your knees high, yellow = brisk walking or jogging; green = light dance steps, pink = hopping on one leg, purple = walking on tiptoe and stretching to the ceiling, etc.

Time:

Ongoing throughout the workday.

Participants:

Unlimited.

Tips:

- Take photos in advance of the boss doing the exercises. This will motivate and further legitimise the activity.

Bonus:

It creates inspiring spaces for personal movement – and movement at one's own speed – promoting the probability for the amount of physical activity.



BONDING

Bonding covers activities that strengthen the social ties, and which can also be done with a smile. We're talking about activities done in pairs or in groups – fast and prolonged alike. These bonding activities are good ice-breakers, and they work well alone or in combination with other types of activities.



Balance Competition



A balance competition is not only good exercise; it can also help participants smile. We get close to one another – without thinking about it, and you have an opportunity to challenge the colleague you specifically want to.

What you need:

- Rope, cord or skipping rope.

How to do the activity:

- Colleagues pair off (they should preferably be of the same height and build).
- They face one another.
- The rope is folded once, and each person holds tight to his/her end. They may only hold the rope with one hand.
- The colleagues must now try to pull each other off balance.
- The rope must be taut at all times and must not slacken during the competition.

Time:

10–15 minutes.

Participants:

Unlimited.

Tips:

- If there is not enough rope, the colleagues can stand with the palms of their hands against each other's and try to push the other person off balance. Try both methods, if possible, and change along the way.
- Vary the exercise by doing it standing on one leg, with your eyes closed, etc.

Bonus:

It takes good balance to lead an active life. Balance training challenges and sharpens the senses, making it possible to prevent injury.



The Movement Computer



The Movement Computer gives peace of mind through a number of movements where everyone is able to take part and can team up do a task.

What you need:

- Floor space.

How to do the activity:

- Colleagues pair up and stand facing one another.
- The numbers 1–5 represent different movements. 1 = the pair clap their right hands together over their heads, 2 = the pair clap their left hands together over their heads, 3 = they clap both hands over their heads, 4 = they kick their right insteps together, 5 = they kick their left insteps together.
- Start counting at an even tempo, until the pairs catch on to the routine.
- Rearrange the order of the numbers.

Time:

10–15 minutes.

Participants:

Unlimited.

Tips:

- The pairs must say the numbers themselves out loud and they take turns choosing a number.
- Try to find a pair of colleagues who initially serve as “demonstrators” and stand at the front of the room.

Bonus:

Coordination, memory and reactions are crucial elements for strengthening the body. It combines mental patterns with physical movements.



Stand up



At many workplaces, we are spending FAR too much of the day in a sedentary position.

What you need:

- Height-adjustable desks.
- Squeeze-bulb horn or bell.
- A stopwatch.

How to do the activity:

- Raise all the height-adjustable desks before your colleagues arrive at work.
- Make a presentation about the day's focus on standing up – or say it out loud once everyone is there.
- Set a common goal: e.g. everyone is urged to stand up for at least five or ten minutes every thirty minutes.
- Ring a bell or honk a horn every thirty minutes so that your colleagues can raise their desks. Repeat.

Time:

Ongoing all day long.

Participants:

Unlimited.

Tips:

- Frequently change your working position and be creative about varying your positions: put your legs up on the desk when you're reading, hold meetings while seated in beanbag chairs, etc.
- Stand up when you talk on the phone.
- Don't eat lunch at your desk.
- Stand up for lectures, presentations and department meetings (preferably at the back of the room so you don't block the view of those who are seated).

Bonus:

You burn more calories while you are standing up. British researchers got office workers to stand up while working for at least three hours a day for one week. The test subjects burned 50 more calories an hour, which adds up to 750 during a working week and 30,000 in a year. That is equivalent to the number of calories needed to complete seven marathons.



Sizes



Help your colleagues get to know one another in an easy, amusing way, as you exercise and strengthen relationships at the same time.

What you need:

- Floor space.

How to do the activity:

- Divide your colleagues into teams (of 5–8 people) and one initiator. The teams must line up as quickly as possible in the correct order, according to, for instance: distance from home to workplace, seniority, shoe size, hair length, size of hands, height, age.
- The team that performs each task the fastest wins the round concerned.
- The smallest/shortest etc., must always stands at the front of the line, and so on.
- The rearmost person must run up and clap the initiator's hands. Then the initiator checks the order and, if it is correct, the team gets one point. The first team to get five points wins.

Time:

10–20 minutes.

Participants:

10–100.

Tips:

- The teams can compete to avoid a penalty, such as five push-ups/squat jumps or a run around the building. Only the winning team avoids the penalty.

Bonus:

Activities like this help colleagues to get to know each other better, because they learn more personal details.



Around the World



Because you get your cardio up – and have lots of fun doing it.

What you need:

- A table.
- Bats for all participants.
- Table-tennis balls.

How to do the activity:

- Get the table-tennis table ready. You can also use a cleared desk or a canteen lunch table.
- Make a net from a cord or books.
- Play around the table. Stand in two rows on either side of the table. The first person serves the ball and runs to the right around the table and over to the end of the queue on the opposite side of the table. After each hit of the ball, you run. If you miss/lose the ball, you're out of the game.

Time:

15–45 minutes.

Participants:

6–50.

Tips:

- Draw up a tournament plan where colleagues can challenge one another in ordinary table-tennis games lasting five minutes each. Who can score the most points in five minutes?
- If you don't have any bats, use books instead.

Bonus:

Selecting a familiar activity that doesn't require being physically fit and brings back good memories for most people.



TEAMWORK

Teamwork represents activities that challenge all participants and which notably require teamwork to achieve the objective. The participants have to think fast and communicate effectively. The activity nurtures team spirit. There are activities for every taste, from traditional to creative.



Mastermind



Teamwork and logical thinking are required for this activity, where you also have to think fast.

What you need:

- Frisbees in a variety of colours.
- Floor space or a large open area outdoors.

How to do the activity:

- Divide your colleagues into more or less equal teams.
- Turn a couple of tables on their side at the end of the room. One person from each team stands behind the tables and makes a pattern of colours (five colours to choose from).
- The other teammates go to the opposite end of the room (lining up as teams).
- After the starting signal, the first person in each row selects a coloured cone, runs over and puts it in the position that he/she thinks is right. If the position is correct, this is indicated by a loud "Yes".
- The person then runs back, and the next person in line places another cone. When no cones are left (after five trips), it is possible to move two of the cones around after each run until the team has correctly matched the colour pattern behind the table.

Time:

15–30 minutes.

Participants:

10–50.

Tips:

- Instead of cones, use objects found at your workplace (pens, coffee cups, etc.)

Bonus:

In many instances it helps to be able to communicate/help each other in demanding situations.



Office-chair Le Mans and office-chair hockey



Because we all dream of racing on our office chair – with or without a hockey stick.

What you need:

- Corridor, canteen or similar.
- Office chairs.
- Markers for a turning point.

How to do the activity:

- Divide the participants into teams of 2 to 6 people. Each team has one office chair with castors.
- Find a suitable location where all the teams can get past/be on the course at the same time.
- Make the course like a round track or a straight course with a turning point at one end.
- Each team does a specific number of laps, changing racers every time they pass the starting line.

Time:

15–30 minutes.

Participants:

4–30.

Tips:

- Some laps can be done as team laps, meaning that more than one person is on the chair at a time or by having a colleague sitting on the chair being pushed by a teammate. The person pushing can be blindfolded (which requires even more teamwork).
- It is also possible to widen the activity into office-chair hockey. All you need are some newspapers, a ball and some waste-paper baskets as goals. You can also buy proper floorball sticks so that you can play lunch break floorball in the canteen, meeting room or storeroom. A few minutes of floorball a week will improve your physical fitness, balance and general state of health.

Bonus:

Combining a well-known activity with an object from the workplace infuses the activity with new life and creates different ways to exercise.



Pacman



It is often crucial to be able to communicate specific instructions and directions. One's trust and senses are challenged in this teamworking task inspired by an iconic computer game.

What you need:

- An area of 7 by 7 metres indoors or outdoors.
- Cones to mark off the playing area.
- Blindfolds/tea towels.

How to do the activity:

- Divide your colleagues into groups of around 20 people each.
- Mark off one or more playing areas of 7 by 7 metres.
- Colleagues pair off: one person is the steerer and the other lets himself/herself be steered.
- The eyes of the steerer are covered with a blindfold/tea towel.
- After this, the steerer "steers" his colleague onto the marked-off playing area – and then stands in one place outside the playing area.
- One pair of colleagues are chosen to be the catchers ("Pacman"), and this pair must work together to try to capture the other colleagues in the playing area. This is done by the blindfolded member of the "Pacman" pair stretching out his/her arms in front of his/her body and continuously clapping his/her hands.

The colleague steering Pacman must direct him/her towards the participants on the playing area – a simple touch is enough to count as a capture.

- For the other pairs, it is a matter of fleeing from Pacman, of course.
- The game is over when Pacman has captured everyone on the playing area. Then a new capture team/Pacman is chosen and the roles are also reversed.

Time:

15–20 minutes.

Participants:

10–50.

Tips:

- Make sure that each pair has time to mutually agree how best to communicate with each another.
- The playing area can be reduced during the game as pairs are caught – to keep up the intensity.

Bonus:

Removing one of our senses, in this case sight, sharpens our other senses. Pacman specifically trains our sense of hearing and the ability to obey orders.



Nature Bingo



Fire up the team spirit, get some fresh air, and cultivate an activity that EVERYONE can join in.

What you need:

- Sheets of A3 paper.
- Objects from nature.
- A stopwatch, if necessary.

How to do the activity:

- Go out and find six things in the landscape around your workplace, such as a flower, stone, moss, woodchips, twig or bark.
- Place the objects on a bingo card (a sheet of A3 paper with six panels), one object in each panel. Cover the bingo card so your colleagues can't see it.
- Divide your colleagues into teams of 3 to 6 people. Give each team a sheet of A3 paper with six empty panels.
- First show everyone the bingo card with the nature objects. Then send the teams outdoors to find the same six objects. No one is allowed to take a picture of the sample bingo card.
- The first team to return with a filled card gets four points. One point is awarded for each object that most closely resembles the original object. This motivates speed but also finding something that resembles the original.

Time:

15–30 minutes.

Participants:

Unlimited.

Tips:

- If you don't want the activity to last too long, you can stipulate that the teams must return within 15 minutes. After this, the objects found by the teams are judged to determine which teams' objects most closely resemble the originals.
- Convert nature bingo into office bingo. Find six things from the office, such as a plate from the canteen, a printer cartridge, a bolt, etc.

Bonus:

Participants become more familiar with their workplace if its entire area is used for an activity. The activity also trains memory capacity.



Colleague Mix



Boost teamwork in a way that is more fun and creative than you are probably used to.

What you need:

- 30 numbered frisbees/cones.
- Four dice.
- An area of at least 20 by 20 metres (preferably outdoors).

How to do the activity:

- Divide your colleagues into four teams of 3 to 10 people and have a contest to see who reaches 30 first.
- Place 30 cones randomly on the ground. Attach a number from 1 to 30 and a different task to the bottom of each cone.
- Assign each team a corner as their home base.
- When the game starts, each team casts one or more dice. The number on the dice must be found on a cone.
- When a team member finds this cone, he/she summons the rest of the team. When the team is assembled, they perform the task on the way back to their "home base".
- Then they throw the dice again and add the results to the previous throw. The team has to find the cone with this number, and they do the task on the way back to home base. And so on.

- The teams continue until one team reaches 30 (it's OK if the last throw of the dice adds up to a number exceeding 30, as cone number 30 is the last task).
- The winners are the team that returns to their home base first after doing the task described under cone number 30.

Time:

30–60 minutes.

Participants:

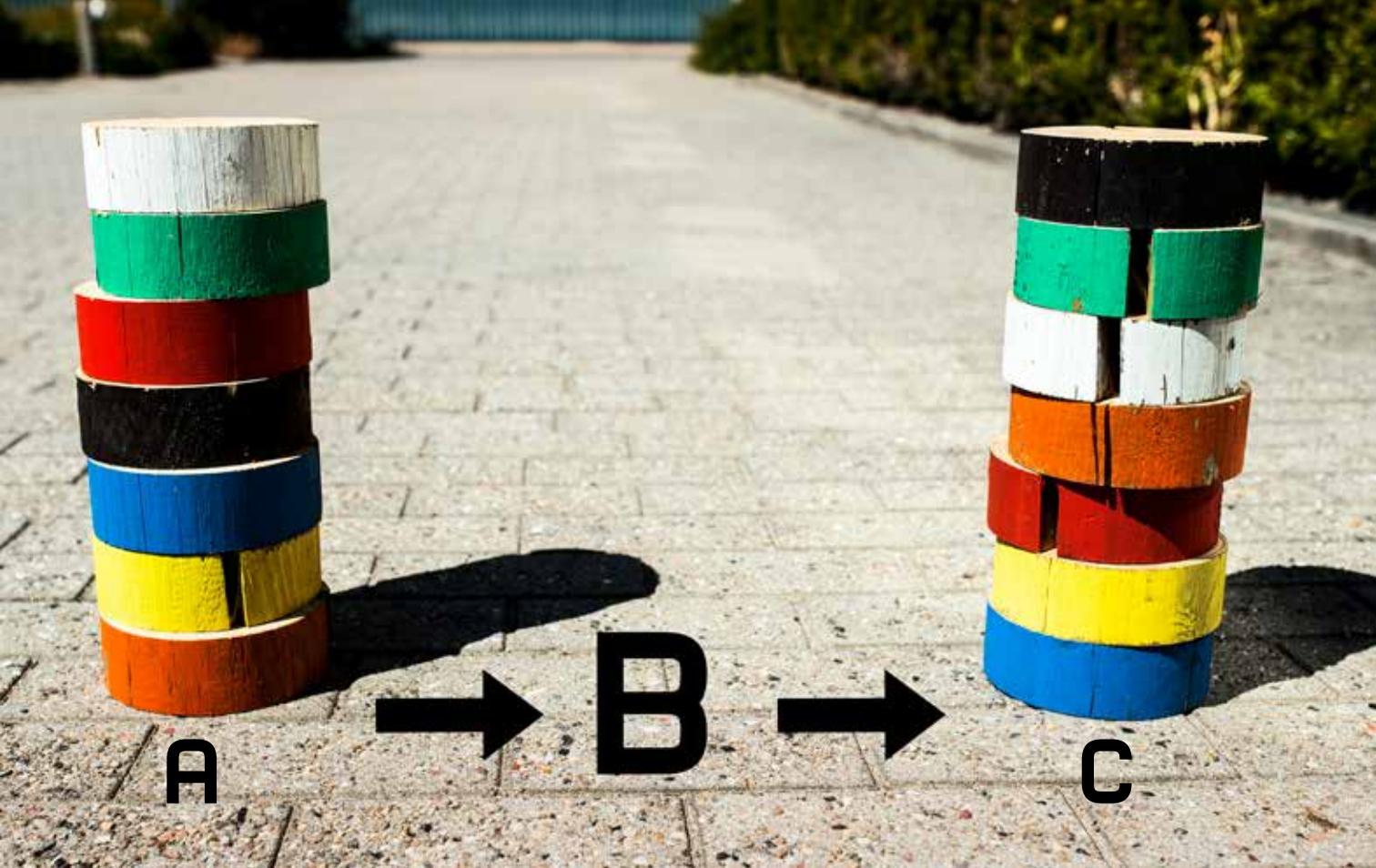
12–40.

Tips:

- The game's tasks can be anything from ski jumps, running around the cone five times, imitating the team's favourite sport, to singing a song, giving a hug to members of a competing team, making a two-layer pyramid and – perhaps as the final task – singing "We are the champions".

Bonus:

Integrating tasks such as singing a verse, dancing a dance or building a pyramid helps employees interact in new ways with their colleagues.



Colour Drill



In Colour Drill, things move fast and a logical approach is helpful.

What you need:

- Blocks/markers in seven different colours.
- A drawing illustrating the starting and ending positions.
- Three cones per playing area, constituting three stations (A, B and C).
- Floor space/outdoor area.

How to do the activity:

- Divide your colleagues into teams of 5 to 8 people.
- Try moving a specific combination of colours from A to C. There are a total of three stations (A, B and C).
- The photo shows how the blocks/pieces must be set up at station A (start).
- The pictures also shows how the blocks/pieces must be set up at station C (end).
- Station B may be used for parking pieces that cannot/must not be moved directly from A to C.
- They are only allowed to move one piece per participant per run, and each participant may only take the top piece with him/her. All participants must take turns running. It is OK to move pieces from station B back to A if necessary to perform the task.

Time:

15–20 minutes.

Participants:

10–40.

Tips:

- The activity can be done on just one playing area against the clock, but it is more fun if each team has its own course to run on.

Bonus:

We are used to delegating tasks and lots of communication at work. An activity like Colour Drill boils all this down, which can be useful.



Team games and team activities



Teamwork is strengthened through team games and team activities which comprise all sorts of wonderful sports disciplines. We lose track of time or place sometimes when the common objective is to score points or defend a lead.

What you need:

- Equipment for the various team games/activities, such as: balls, goals, rackets, etc.
- Marking off playing fields.
- Sign-up lists.

How to do the activity:

- Determine how much time and space is available to you and whether it should be a team game or a team activity.
- Plan one or more team games/activities, such as dodgeball, football, team handball, volleyball, basketball, hockey, badminton or tennis. But spinning, yoga, dance and zumba are also options. There are many possibilities.
- Post a list where colleagues can sign up. The number of participants is crucial for the planning process.

- Draw up a plan showing what will be played or started, as well as when and where.
- Send the plan to your colleagues.

Time:

10 minutes – 5 hours

Participants:

6–200.

Tips:

- Designate a referee or referees. Find a colleague who is very familiar with the rules and let him/her be in charge of the game/activity.
- Get help from external instructors who can provide the activity you want. Dansk Firmaidrætsforbund has many local stakeholders you can contact.

Bonus:

Suddenly standing on the playing field, working out a team's tactics together or just working up a sweat will strengthen your interpersonal relationships in a wide variety of ways.



Activity Cavalcade



An “Activity Cavalcade” can create a different kind of a day with many shared experiences, challenging games and lots of laughter.

What you need:

- The workplace’s equipment or borrowed equipment. The Activity Cavalcade can be done outdoors on a lawn, at the workplace or in a sports hall.

How to do the activity:

- Divide employees into teams and compete in a number of varied activities. Points are scored all day long. Activity examples: tug-of-war, throwing wellies, problem-solving tasks, waste-paper bin basketball, sack races, etc.
- The participants go around taking part in the wide variety of activities.

Time:

1–3 hours.

Participants:

Unlimited.

Tips:

- Plan creative activities that everyone can take part in.
- Determine the framework well in advance: finances, other resources, number of participants/teams.
- Contact Dansk Firmaidrætsforbund to get a good offer for an Activity Cavalcade custom-made to your specific needs. We provide instructors and props/equipment.

Bonus:

The Activity Cavalcade is ideal to use as a trailblazing activity to get a bigger event on the agenda at your workplace.



WALKING

We love walking – and no wonder. Because a brisk walk is actually an excellent type of exercise which does wonders for your physical and mental health. In addition, walking is an activity that all your colleagues can do together, an activity that rarely results in injury or strains. You can spice up the walk with various exercises to make sure you work up a sweat and a smile.



Walk & Talk



Combine a meeting with an activity – get some fresh air, exercise, and feel refreshed for the rest of the day.

What you need:

- Possibly small slips of paper with points to be discussed along the way.
- A map of the local area.

How to do the activity:

- Determine whether you have a relevant work-related theme or whether the theme is “workplace exercise”.
- Determine the length of time you want to walk – typically between 15 minutes and an hour.
- Describe the route to your colleagues – or ask them to walk away from the workplace for ten minutes and then walk back.
- Determine whether the management should create the groups or whether the employees should work this out.
- Divide colleagues into small groups of two or three.

Time:

15–60 minutes.

Participants:

Unlimited.

Tips:

- Let “workplace exercise” be the theme of the walk.
- What can each of you do to infuse your working day with more exercise/movement?
- What can you, as colleagues, do to help one another?
- How can the workplace be set up to make it easier to get your daily exercise?
- Which special workplace features would this more appealing to you?
- Discuss in pairs and write down the best ideas.
- Present your ideas after the walk and appoint a working group to further develop these ideas.

Bonus:

Walks with a specific topic or theme inspire and make it easier for participants to open up about topics. At the same time, it is a good way to strengthen social relations and get to know new people.



Our Senses



Use the walk to explore your senses. Be aware of your surroundings along the way, and sharpen both your sight and hearing.

What you need:

- A number of different objects which you then choose to use.

How to do the activity:

- Plan a route where you walk through different landscapes along the way and get impressions that affect your senses.
- Examples:
- Sense of sight: a short distance where employees must memorise ten objects they see outdoors. Go out beforehand and place objects such as a marker pen, a balloon, a tin, etc.
- Sense of hearing: a short distance where employees are blindfolded and walk in single file. Play back a series of sounds which the participants must reproduce. This could be a bulb horn, a flute, a balloon that bursts, etc.

Time:

15–60 minutes.

Participants:

Unlimited.

Tips:

- Divide employees into some teams and make a competition to see which team gets the highest number of right answers. Add distances/routes where your senses of touch and smell also come into play.

Bonus:

As you walk, you release the neurotransmitters serotonin and dopamine. They stimulate memory and learning processes. Also, our senses are more alert to the multitude of sensory impressions we experience as we walk – and by training our senses, we improve our attention span.



Counting Steps



Counting steps along the way is a good way to liven up a walk.

What you need:

- A pedometer (most smartphones have an app for this).

How to do the activity:

- Make sure that each employee has a pedometer and, before the walk, decide how many steps you want to take and see how quickly you can take them.

Time:

15–60 minutes.

Participants:

Unlimited.

Tips:

- Offer a prize to motivate your colleagues.
- Check out www.taelskridt.dk where you will find additional motivation for your walk and where you can take part in step-counting competitions.

Bonus:

Walking relieves stress. When you walk as a form of exercise, you lower the amount of the stress hormone cortisol in your blood. This makes you happier, more energetic and motivated.



Location Lottery



Widen your knowledge of your local area and go sightseeing – and turn it into a competition, if you wish.

What you need:

- One lottery card per team.

How to do the activity:

- Make a lottery card with four to eight descriptions of specific physical features around your workplace (such as the town hall, the bakery shop, a sculpture, etc.) that you must visit during the walk. Turn it into a competition by dividing into teams and working against the clock by trying to visit as many of these features within a specific period of time. Document this by taking selfies at the sites described.

Time:

15–60 minutes.

Participants:

Unlimited.

Tips:

- Offer a prize to motivate your colleagues.

Bonus:

Simply incorporating local features can help build motivation for the walk. And those who commute to work may learn a little more about the town/local area where they work.



Team activities



Turn the walk into a challenge with a series of team activities that have to be accomplished along the way. The various activities will stimulate laughter – suddenly making the walk into a mini activity day in changing surroundings.

What you need:

- All the props required for the activities.

How to do the activity:

- Plan a route where the distance is more or less determined and the content is defined.
- Include elements from the Catalogue of Activities. Walk together to the various activities.

Time:

1–3 hours.

Participants:

Unlimited.

Tips:

- If necessary, set up some of the tasks and activities in advance to avoid having to spend time doing this while impatient colleagues are waiting.
- If you have many employees at your workplace, ally yourself with a few colleagues who can help out at the activities.

Bonus:

It's a "winning combination" to include all sorts of fun, challenging activities in a walk. Guaranteed to evoke smiles.



PHONE...

You don't need to arrange for example a National Workplace Activity Day all by yourself. We've compiled a series of ideas for who you can get in touch with if you would like more help or feedback on the day you're planning.



Phone a friend



You don't need to arrange for example a National Workplace Activity Day all by yourself. We've compiled a series of ideas for who you can get in touch with if you would like more help or feedback on the day you're planning.

USE AN ENTHUSIAST

Do you have a colleague who is passionate about a specific activity? Give him or her this chance to spread the enthusiasm and passion for that activity. Maybe it can become a recurring activity at your workplace?

How to do the activity:

- Brainstorm about which colleagues have interesting, active recreational interests.
- Ask these colleagues whether it is possible for other people on the workplace to try the activities. Maybe the specific enthusiastic colleague would like to show the activity at the workplace – at an excursion.
- Discuss how you can make the activity fun for everyone. Even those who are not used to exercising.
- To spice up the event, invite the colleagues for a meal based on the same theme as the activity: Sailing = Seafood, Tango = Argentinian barbecue buffet, pétanque = baguette

CONTACT A LOCAL COMPANY SPORT CLUB

Because in this way you'll be able to try something new, you'll be together in a different setting and you can strengthen the relationship to Company Sport.

How to do the activity:

- Call your local Company Sport club, and get further inspiration to activities, assistance in finding instructors or borrow equipment – see more on www.firmaidraet.dk

FIRMAIDRÆTTEN WILL BE THERE

Danish Company Sport has vast experience in organizing fun activity days for large, medium-sized and small workplaces; give us a call if you need inspiration, instructors or equipment. Phone us on tel.: 65 31 65 60, or e-mail us at kontakt@firmaidraet.dk.



Follow us on Facebook:
[@arbejdspladsernesmotionsdag](https://www.facebook.com/arbejdspladsernesmotionsdag)



DANSK
FIRMAIDRÆTS
FORBUND



ARBEJDSPLADSERNES
MOTIONS DAG