

**COUNTRY**

France

**LEADING  
ORGANISATION**

Azur Sport Sante

**WEBSITE**

[azursportsante.fr](http://azursportsante.fr)



# The Movers

## OBJECTIVE OF THE GAME

Activate/develop cardiorespiratory capacities through a fun and easy game with various objects

## AGE GROUPS

Participants need to be able to walk (even if slowly) without problems and reach an object on the ground. The game is easily adapted to different levels.

## MATERIALS/RESOURCES NEEDED

Various objects that can vary in size, shape and weight.

## HOW TO PLAY?

1. Divide a group in two equal groups with a balanced mixed between the elderly and the youth in each group
2. Specify a zone (boundaries) of where the game is played and the camp where the objects need to be moved and put the same number of objects in each camp.
3. The two teams enter the zone and they go to pick up the objects from the opposition camp and bring them to their own.
4. Each participant can only carry one object at the time. They can collaborate to get the objects to their camp. Depending on the level and in order to have an even game, running is not allowed, so all the participants have to walk.
5. At the end of a determined time the team that has more objects in their camp wins a point. The number of points in order to win the whole game can be decided depending on the objective of the session and the time at disposal.

## OTHER INFORMATION (TIPS & TRICKS)

The game can be adapted to various level of physical condition by modifying the size of the field, the number of objects, the duration recovery time, running could be allowed if estimated it is safe, introduce objects all over the field and not only in the camps of each team.

## FOR PARTICIPANTS' SAFETY:

- Pay special attention when the person is bending over, getting up and turning.
- Check the intensity of the effort ([Borg RPE Scale](#)), and make sure that there is enough recovery time between the rounds.
- Make sure that the surface is not slippery and check the shoelaces.