

Workplace Challenge Opportunities

Activity	Description
Badminton	Engage your workforce in a fun, social and healthy activity tailor made to suit the needs of your organisation. Badminton sessions, leagues or competitions could be facilitated for you.
Baseball	BaseballSoftballUK is keen to work with organisations to introduce and establish the Hit the Pitch softball programme as a new activity for individuals of all ages.
Canoeing	Indoor Kayaking. A bespoke indoor challenge racing over the olympic distance of 200m. Additionally a link to set up with a local Canope Club/Centre for one of their Go Canoeing days.
Cricket	Easy Cricket - It is quick, flexible and inclusive. Played with minimal equipment, soft ball, adaptable rules and in a convenient facility both indoors or out, local park, hard standing area. Participating organisations will receive a FREE Easy Cricket Kit Bag.
Cycling	British Cyling Workplaces. A bespoke package for your workplace which celebrates the fun of cycling and supports the health and wellbeing of employees. Set up your own cycling group at work, book a Sky Rlde Local for your office, join in with Breeze rides and receive advice on promoting cycling to work.
Dance	Come and party yourself into shape! Try an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.
Football	Find football for your workforce! 11 a side, five-a-side or a new Just Play! Kickabout. Just Play! is a new, informal and fun way to get back into football and Kickabouts are taking place at dedicated centre's across England.
Golf	Bring Golf into your workplace! We have an inflatable net available for use in car parks/outdoor facilities to give your employees a golfin experience without venturing to the golf course. Group lessons can also be arranged at local clubs for employees who would like to progress further.
Hockey	Come and play fast paced Rush Hockey - A 4 or 5 aside game using simple rules, different equipment and flexible surfaces. Ideal for a lunchtime or after work competition.
Judo	During a lunch break or after work how about doing an 8 week introduction to Judo? Fantastic for fitness, agility and self defence with a grading system so you have a goal to target but only if you want to.

Netball	Get your work colleagues together and enter a team into our fun and friendly ladies only workplace netball tournament! No experience (or skill!) necessary.
Nordic Walking	Get outside in the fresh air and try something new with your team! Try Nordic Walking – an enhancement of walking but using poles for a whole body workout that burns up to 46% more calories than walking
Running	Set up and lead a running group in your workplace and make an immediate, impact on morale, health and performance of your organisation.
Sailing	Organise a taster session at your local club or centre followed closely by a learn to sail or windsurf course, Groups sizes can be tailored to suit you from private tuition to large groups. Ladies only weekend running on the 12th and 13th May
Squash / Racketball	Challenge colleagues on the squash court! Experience free taster sessions, set up a league, equipment provided and venue found. Staff pay £10 entry fee, challenge others to a game at lunchtime or after work and have fun!
Swimming	Swim the Channel with your team! Log your progress against a whole host of challenges, like swimming the Channel or the length of the Thames, use the log book as an individual motivational tool, a team building activity or for some friendly competition!
Table Tennis	Transform your desk into a competition table with Instant Ping Pong! A kit bag full of ideas and equipment to get you started in Table Tennis. Try it.....you might like it – anytime, anyplace, anyone!
Tennis	Use www.allplaytennis.com to find your local place to play and create a profile to start playing against your workmates and collect allplay points!!
Touch Rugby	Enter a mixed team into one of our fun and friendly summer touch rugby leagues! Join the 15,000+ men and women that take part each year, and enjoy the health and social benefits of the game which is fun, fast and enjoyable
Walking	Get energised for the afternoon! Work place walks are a great way to achieve some physical exercise in your working day. Just half an hour at lunchtime will leave you feeling refreshed for the afternoon!
Yoga / Pilates	Start a class with your colleagues! Buckinghamshire Adult Learning provide a wide range of quality health and fitness classes that will enhance your health and well being. Activities available for the work place include Yoga, Pilates, Tai Chi, Body Conditioning and more!