

Office Games

Fancy some healthy competition with your colleagues?
Host your own office games!



Age Scotland are on hand with sport-themed activity ideas that anyone can pull off with office supplies. Organise a competitive, fun-filled afternoon or full day in your office to host the games. Medals can be awarded in each activity category at the end of the day after everyone has taken part. Keep score of the points with the bespoke score sheet we have created.

Rubber Band Archery

Utilise your office resources to create a target. Aim to hit the bullseye using your rubber bands, with points for getting the closest.

Paper Plate Discus

Find a space in the office and throw your paper plates as far as possible, with points awarded for the furthest throws. Decorate your plate to make it identifiable as yours

Tinfoil Bowls

Create your tinfoil balls and roll this as close to the main white ball as possible. Award points on who is closest at the end of all their rolls.

Bin Basketball

Use balls or scrunch up paper and see how many shots you can get in the wastepaper bin within a time limit.

Office Chair Race

Challenge your colleagues and race down a corridor. Leave plenty of space to make it safe, and award points based on the order or who crosses the finish line first.

Paper Javelin Throw

Fashion a javelin out of paper and see who can throw it the furthest. Points can be awarded on a scale for length of throws.

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Donations can be taken through a JustGiving page that can run after the game day itself, or collect cash with an Age Scotland collection can in your office.

Top Tips

- Suggest for everyone to pick a country to represent. There are 74 countries participating in the Commonwealth Games 2026, so plenty to choose from!
- Set up each activity as a station. Decorate each station with a sign to encourage participants and include some treats with each sign up as an extra incentive.
- Host your own medals ceremony at the end of the day to crown your winners

Score Sheet

Game:

| Name | Points |
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