



Resource Pack for Staff

Module Two

On the Move - Get Moving Every Day!

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Introduction to this module

Welcome to **Zest Active Arts!** Our digital content has been created for use in residential care settings for sharing with older people under the supervision of a staff member or carer where needed. It is suitable for people with a wide range of abilities who can choose how they want to participate - with options to listen / watch, join in singing, tapping or playing along with the music, and to take part in moving at the level of intensity they are comfortable with.

This resource pack accompanies the 2023 testing of digital movement and music content for use with our partner care homes. It is designed to accompany our training and to help staff be familiar with the digital content that is available and how to use it to increase activity levels for residents in their settings.

Module Two is all about moving more everyday with Zest. We recommend you have Zest open on your computer, tablet or TV while you work through this module, using this module (which will only need about 20 mins) as a guide. The URL of the site is: <https://www.zestactivearts.org>

This module aims to:

- Help you support residents to move more every day using Zest
- Give you an overview of the On the Move videos so you can use them easily to support physical activities
- Give you some tips on how to choose suitable content for different needs, groups and individuals
- Give you suggestions on planning your session for using the content to create short 5 minute activities, and combining for longer sessions (e.g. 20-30 mins)
- Gives some guidance on safe movement practice

Supporting your residents to move more everyday

Zest On the Move 'bites' are designed to get you and your residents moving more every day. Research has shown that most of the day, people living in residential care are entirely sedentary. Moving a little bit more every day helps people maintain their independence in daily living activities and enjoyment of life for longer. Moving together in a group can support social connection, and promote a fun and sociable atmosphere. We would like Zest to support care homes to be places where fun physical activity takes place everyday and 5 minutes a day can make a big difference.

Our videos are underpinned by key movements that help to maintain strength & balance. Being familiar with these will enable you to incorporate them into everyday activities like helping someone put on their slippers and sneaking in a couple of Toe to Heel exercises (!). Most importantly, make it fun and remember that it's good to encourage people to move more whatever that looks like for them. This may be as simple as clapping along to music, smiling at someone, or using a prop to magnify their movements.

Start a daily movement habit by doing a 5 minute movement bite everyday. Make it fun by including props and changes of music. The videos are designed to guide you but if something more engaging comes up in the session (like having a sword fight with the batons!) we would encourage you to go with the flow of people's interest!



Using props to increase range of movement - insulation piping and scarves.

Familiarise yourself with the dance bites and instructional videos

This will help in making decisions about how many and which dance bites you want to use with your group. Think about the group and its needs in terms of pace, endurance and content level to use. The time of day and how much time the group has, needs to be taken into consideration. If time is short for example and you want to use two dance bites choose a warm up or the moderate circulation booster, with either a strength and balance or energising cardio booster.

Offer options for participants to adapt to their individual level and need i.e: if an exercise requires the use of arms and legs together and is confusing, or not possible due to injury or health conditions, participants can use the legs and feet only, or just the upper body and arms, try it at a slower pace and encourage them to build it up.

When leading physical activity, consider the order of exercises and always start with a warm up and finish with a warm down.



Dance artist Clare Parker leading a warm up with Bournemouth Symphony Orchestra Harpist Eluned Pierce

Overview of On the Move videos

The following dance 'bites' are each approximately 5-6 mins in length and all include a short introduction explaining the movements involved, followed by the exercise performed with music.

On the Move 'bites' are offered at two different levels; at a gentle pace and at an energising pace. They offer a range of exercise content from warming up and cooling down, to circulation boosting & cardiovascular exercise, and targeted strength & balance exercises.

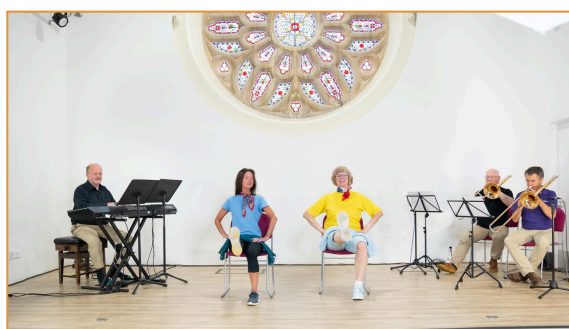
	Gentle	Energising
1. Warming Up & mobilising	Move with the Orchestra warm up	Chatanooga Choo Choo
	Morning Bird Warm Up	Tangoesque
	Balloon ride	
2. Circulation booster	Zorba the Greek	Move with the Orchestra circulation booster
	Chattanooga Choo Choo	Rock the Boat
	Tangoesque	Hot House Jump
		Group elastics
3. Strength and balance	Country Roads	Move with the Orchestra strength & balance
	Arkadian Memories	Outward Bound
		Notes from France
4. Warm down	Move with the Orchestra Cool down	Hula Hands
	Morning Bird Warm Down	Gentle stretch
	Gentle stretch	
	Tai Chi	Tai Chi
	Relaxation with live harp	Relaxation with live harp

Selecting content for different needs and groups

We offer different options to reflect the diversity of older people, their fitness and health & wellbeing objectives. All the exercises are intended to be done seated or lying down - it is possible to adapt all the exercises for people who are able and wish to dance standing supported or without support.

As a guide:

- **Gentle** exercises are suitable for all including those that are frail, rehabilitating from illness and injury and experiencing end of life care etc
- **Energising** exercises are aimed at most people in care homes and are intended to support people to increase mobility, enhance stamina and maintain independence.



Planning your session

On the Move 'bites' can be used individually for a quick 5 minute activity or combined for a longer movement session. We advise offering a one to two times weekly 20-30 session and in between a 5-10 minute daily session . When structuring sessions start with gentle warming up movements, followed by more energising / focused exercises, and finishing with a warm down or relaxation activity. You could do 4 bites including: Warm Up; Circulation Booster; Strength & Balance exercise; Warm Down which would support a session approx 20 mins in length.

A 20 minute session plan could for example be:

- **Warm up** - Morning Bird (gentle) **or** Chattanooga Choo Choo (energising)
- **Circulation Booster** - Zorba the Greek (gentle) **or** Rock the Boat (energising)
- **Strength & Balance** - Country Roads (gentle) **or** Outward Bound (energising)
- **Warm-Down** - Move with the Orchestra cool down (gentle) **or** Hula Hands (energising)



Instructional Videos for staff

Please watch and try out the exercises on the instructional videos before doing them with your group. The videos explain the aim; whether it is strength or balance, posture or prop related and they give clear instructions and advice on how to carry out the exercises correctly and safely, with options for seated and standing. The exercises and two of the props, scarves and batons, are integrated into the dance bites. The strength and balance exercises can be used by themselves to support and aid strength and balance.

Instructional Video	Aim
Front Leg/Knee Strengthenener	Strengthenener
Heel Raises	Strength and balance
Toe Raises	Strength and Balance
Posture and stretching	Posture check and stretching
Side Knee Strengthenener	Strengthenener
Props to extend movement and create challenge	Extending and creating movement challenge



Safe Movement Practice

We recommend that staff and carers familiarise themselves with the content by watching it and doing the exercises for themselves, before using it with older people in residential care. You can watch content in any order, and pause videos at any time for a break or to take longer to extend an activity. Please ensure that anyone participating works within a safe range, and that no one has been advised to avoid exercise due to a medical condition. If in doubt, please check with a medical practitioner.

Safe practice guidelines - check you have them in place:

- Check each resident feels well and ready to do the session
- Make sure the space is well ventilated, where applicable doors/windows are open or heating is turned down/off
- Set up a safe inviting space – residents sat in well-spaced and appropriate chairs, people have space and room to move limbs
- Bags, props, mobility frames and portable tables are set safely to one side
- Participants are wearing loose comfortable skirts (below knee in length) trousers, leggings. Loose upper body layers (that can be taken off if needed): jumpers, cardigans, sweatshirts, blouses, t shirts. Comfortable, light flexible shoes/pumps/fitted slippers are worn, in which the feet and toes can move and do not feel restricted.
- If participants are sat in a circle/semi circle ensure the seats are evenly spaced to allow for extended movements and the use of props. Avoid using the term 'right' or 'left' to allow people to use whichever side they wish and be clear if the movement is changing over to the other side of the body, leg or arm. As an exception if a movement is travelling in the same direction and for matters of safety (using a prop) getting all the group to wave either the right hand first works well.
- Challenge participants at a level that is appropriate to their level and health circumstances and have options ready to offer
- Participants are able to see the screen fully, member of staff and hear the music and dialog as much as possible
- Option to use the emoji cards before and after a session to gauge how residents are feeling and the general mood
- Water is available.
- Be encouraging, inclusive and positive in approach to build self-confidence and enjoyment.
- Be observant during a session to see if support is needed individually or on a group basis.
- Give space and a rest between each element if needed, to avoid fatigue or confusion.

Posture and breathing - As the session starts it is good practice to observe your group and focus on posture and breathing. Get the group thinking about it and observe how individuals are responding.

Posture

- Make sure each individual is sitting comfortably and as upright as possible, with a long spine (sometimes a cushion might be needed to support someone's back)
- Legs and feet are hip width apart with both feet on the ground and toes pointing forwards (where possible)
- Arms are relaxed and hands are resting on the lap
- Shoulders are sitting down in the back
- The jaw and face are relaxed

Breathing

- Breathe in slowly through the nose, feeling the ribs and abdomen expand
- Breathe out slowly out through the mouth (the mouth is slightly open), feeling the abdomen contract until all the air is expelled.
- It is good to do 3-4 rounds of this semi-deep breathing to begin with, then ask the group to relax the breathing back to its normal pattern
- **Note:** Ask the group if they can hear themselves breathe when they do the semi-deep breathing exercise, this helps in understanding that deeper breathing is being executed.

Feedback with the digital content:

We welcome all feedback on the dance bites and Big Night In content - please email you feedback to: Training Lead; Rosie Allen-Perdikeas at activeartsforlife@gmail.com



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Zest ACTIVE ARTS

