



PHYSIFUN

PHYSICAL FUNDAMENTALS



PhysiFUN is a fitness initiative based on the principle of fun, fair, safe and simple activities that:

- Motivate children to be more physically active
- Feature challenges appropriate to a range of different abilities
- Are suitable for all children and have been tailored to suit a home environment requiring minimal space
- Adaptable! Children are encouraged to come up with their own variations for each game

The cards have been carefully designed to make it easy to use and will help build confidence through short, focused and fun activities

The only equipment you need to run activities are:

Soft toys~balls~tape~typical household items



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Each card tells you the **name**, **aim**, **rules** and **directions**

The leader of the game should read the card to all participants before playing the game for the first time

1. Instructions are written on this side in number order
2. All activities are categorised as indicated by the colour around the outside of each card

Blue = Quick, easy game (5-10 mins) – ALL AGES

Red = Low-intensity (5-10 mins) – AGES 4 - 8

Yellow = Challenge or race activity (10-15 mins)

All equipment required is listed in purple and underlined

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Questions to ask yourself during the activity

SAFE

Is everyone is playing safely?

- Proper use of equipment
- Appropriate behaviour (non-aggressive)

SIMPLE

Does everyone understand the activity, are they playing correctly?

- Check their understanding of the activity
- Recap the aim, explanation, or demonstration if needed
- If too simple/hard can you change the game?

FAIR

Is the activity being played fairly?

- Does one player/team have an unfair advantage - perhaps due to age, ability or gender

FUN

Is everyone having fun playing the chosen activity?

- Support everyone in having fun (you may need to get involved in the game!)
- Perhaps change to a different activity, or adapt



HEAD, SHOULDERS, KNEES & TOYS



Players must be quicker than their partner to grab the toy

1. Partners stand opposite each other, 2 metres apart. A soft toy is placed in the middle on the floor between them
2. Another family member will call out either 'head', 'shoulders', 'knees' or '**toys**' (*or another body part from the song*)
3. Both players must follow the leader's instructions, touching the correct body part when it is said
4. When the leader calls out '**toys**', each player has to try to grab the toy before their partner does!
5. Best of five, then introduce a '**challenge**' for everyone or just the winning player each time, e.g. stand further away



LITTERBOX



In turn, each family member has to pick up the litter using the body parts called out

1. Players take turns with a partner (or on their own) practising picking up the litter (soft toy, ball, rolled-up socks or crunched-up paper) using their own body part suggestions
2. Starting behind a line of tape, one player from each team should pick up the litter scattered over the floor and bring it back behind their starting spot. ***For example;***
 - Elbow and elbow
 - Forearm and elbow
 - Forehead and back of hand
 - Foot and foot
 - Foot and elbow
 - Toe and finger
 - Knee and knee
 - Knee and elbow



BALLOON BALANCE



Keep the **balloon** in the air using your fingers

1. Players need to try keep their balance on one leg while the balloon is being pushed up in the air
2. If more than one player, each player must take it in turn to touch the balloon. Make sure not to punch
3. After one minute of keeping the balloon in the air, change your balancing leg and do the activity again
4. Repeat this until you've managed to keep the balloon up without losing your balance on each leg

Pfffff... game → Get a balloon from one end of room to the other by blowing the balloon up and letting it go, starting again from where it lands – using a timer; who can cross the room the fastest?



AS IF



Read out the sentences below for players to then act out

- Jog on the spot as if a scary bear is chasing you
- Walk forwards as if you're walking through chocolate pudding
- Jump up and down as if you're popcorn that's popping
- Reach up as if you are grabbing balloons from the air
- March on the spot, playing the drums as if you are in a marching band
- Paint as if the paint brush is attached to your hand
- Swim as if you are in a pool full of jelly
- Move your feet on the floor as if you are ice skating
- Shake your body as if you are a wet dog
- As a '**challenge**' ask children to write their own sentences