



# **PHYSIFUN**

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## **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**



# PHYSIFUN

## PHYSICAL FUNDAMENTALS



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

# PHYSIFUN

## 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



# REMOTE CONTROL



**Players must react quickly to the call given**

1. Players start on their **HOME** spot (cushions work great)
2. Take turns as leader to call any command found on a remote control;

**PLAY** – begin walking around in any direction

**FAST FORWARD** – run to finish line

**REWIND** – move backwards

**PAUSE** – freeze

**SLOW MOTION** – move super slow

**POWER OFF** – lie flat on the floor

**POWER ON** – jump up

**RECORD** – find a partner and copy each other's actions

**HOME** – Go back to where you started

3. The last player to react or if someone makes a mistake they must do a short burst of activity, e.g. 10 jumping jacks, to re-enter the game
4. After 5 minutes introduce a '**challenge**' for everyone, if the leader says a colour the players must touch something that matches that colour



# BEANS



**Become each type of bean by acting out each shape!**

1. Players begin by jogging around the room in any direction
2. On each command listed, players carry out the appropriate action:

**Jelly Bean** – make your whole body wobble all around

**Broad bean** - arms out to the side with slow movements

**Jumping Bean** - jump up & down

**Spicy Bean** – walk around as if the floor is boiling hot

**Runner Bean** - running on spot

**Baked Bean** - lying on floor flat out

**Butter Bean** - skating and slipping about

**Bean Pole** – stretch arms up holding an invisible pole and look up

**Chilli Bean** – Shiver and shake

**Kidney Bean** – Bend over and touch your toes

**Spring Bean** - Start in crouched position and spring up suddenly



# HEART SMART

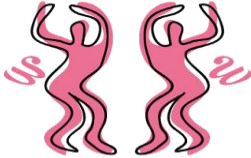


Learn about the heart whilst keeping fit!

- Q : **Where is the heart located?** (A: *towards left side of the chest*)
- Q : **What is its function?** (A: *to pump blood around the body*)
- Q : **What size is it?** (A: *the size of a fist*)
- Q : **What strengthens the heart?** (A: *jumping, swimming, jogging*  
(ask children to act out their answer))

1. The leader will call out a habit/action, then the players will act it out. The leader will then ask whether the habit strengthens or weakens the heart
2. If the habit strengthens the heart, players will respond by jumping
3. If the habit weakens the heart, players will respond by falling/squatting

**Example habits:** Riding a bike, eating pizza, watching TV, dancing, skating, eating fruit/vegetables, taking a lift, using the the stairs, crisps, swimming



# WIGGLES



**Jog on the spot or around room whilst doing the following actions**

On the leader's signal, players begin to wiggle their fingers. Keep on wiggling fingers, then wrists;

- Move forearms up and down
- Move elbows side to side
- Move shoulders up and down
- Move belly side to side
- Wiggle bottom
- Wobble knees
- Shake head

As a **'challenge'** repeat the instructions backwards