



# 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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## 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

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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



# PASTA SHAPES



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

1. Players begin by walking around the room in any direction
2. On each command listed, players carry out the appropriate action:
  - Spaghetti** - walk round the room tall and thin, arms up high
  - Tagliatelle** - walk round the room, arms at their side
  - Pasta twist** - walk round the hall, twisting/turning round and round
  - Pasta bow** - walk round with legs and arms spread apart (bow shaped)
  - Lasagne** – Lie down on the floor, on your side
  - Macaroni** - make a circle with your arms
  - Pasta shapes** - make a 2D shape using your body or in a small group
  - Spaghetti hoops** - make 'hoops' with your arms and legs
  - Cannelloni** - roll on the floor
  - Ravioli** - stand back to back with a partner



# QUIET OLYMPICS



**Discus:** stand behind a marker and throw a playing card as far as possible

**Shot-put:** push away from neck (not throw) a balloon or soft ball and see how far it goes

**Track relay:** players get into pairs, one player lines up at the start line, the other player stands behind them placing their toes against the heels of the front player. Race to an end marker of the track and then back again. Partners swap places once the first player has finished. **Pairs must keep toes and heels touching**

**High jump:** with hands in the air (like a diver) each player takes a deep breath and whistles, the player to hold the note for the longest wins

**High dive:** each player kneels on a chair with ten straws or pencils (blue-tac the tip) and drops them into an empty cup. The player with the most straws/pencils in the cup at the end wins the game



# TARGET BALL



**Each player tries to hit the centre ball over their opponent's end line, using soft toys or socks**

1. Play the game versus other family member/s
2. Teams line up at opposite end of a playing zone, marked using masking tape (or similar). Each player should start with 2-3 soft toys each (*or other small items such as rolled-up socks*)
3. Each player attempts to knock a large target ball (placed in the middle) past the opposite line of tape
4. Players may use any toy that is not inside the playing zone after it has been thrown
5. If all toys are in the playing zone during the game, pause the game and players may collect an equal number of toys then restart
6. Best of five, then introduce a '**challenge**' for everyone or just the winning player each time, e.g. use weaker arm



# MIRROR-MAN



**The 'mirror-man' completes a series of actions that the 'reflection' must copy**

1. This game is played in pairs (so grab a family member) and choose who will be the mirror-man, and who will be the reflection
2. The mirror-man performs a series of actions, each for 1 second and the reflection must copy as closely as possible
3. After 1 minute, partners will swap roles
4. When ready, introduce equipment - e.g. a ball or toy  
***Example actions:** lift left arm, spin around, step back, jump, nod, throw ball up, pass ball between legs*
5. As a '**challenge**', adding one action each time, how many actions can your partner copy in a row before making a mistake?



# HOP & FREEZE



**Follow the instructions to freeze in a balance position**

1. Players begin by hopping around the room
2. When the leader (take it in turns) says a number, players must freeze in a balance position using that number of body parts, for example:
  - “2” = balance using 2 body parts (such as one hand and one foot)*
  - “3” = 3 body parts (e.g. 2 feet and an elbow)*
  - “4” = could be 2 knees and 2 elbows*
3. This continues several times, with different static balances. Players will be encouraged to move around the room in different ways - *for example changing speeds, height, directions depending on the leader’s instruction*
4. As a **‘challenge’**, balance with a partner holding hands or shoulders, or change the way players hop e.g. left, right, knees together