



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



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