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

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