



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



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