



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



BALLOON BALANCE



Keep the balloon in the air using your fingers

1. Players need to try keep their balance on one leg while the balloon is being pushed up in the air
2. If more than one player, each player must take it in turn to touch the balloon. Make sure not to punch
3. After one minute of keeping the balloon in the air, change your balancing leg and do the activity again
4. Repeat this until you've managed to keep the balloon up without losing your balance on each leg

Pfffff... game → Get a balloon from one end of room to the other by blowing the balloon up and letting it go, starting again from where it lands – using a timer; who can cross the room the fastest?