



# 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**



# HEAD, SHOULDERS, KNEES & TOYS



Players must be quicker than their partner to grab the toy

1. Partners stand opposite each other, 2 metres apart. A soft toy is placed in the middle on the floor between them
2. Another family member will call out either 'head', 'shoulders', 'knees' or '**toys**' (*or another body part from the song*)
3. Both players must follow the leader's instructions, touching the correct body part when it is said
4. When the leader calls out '**toys**', each player has to try to grab the toy before their partner does!
5. Best of five, then introduce a '**challenge**' for everyone or just the winning player each time, e.g. stand further away