



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



LITTERBOX



In turn, each family member has to pick up the litter using the body parts called out

1. Players take turns with a partner (or on their own) practising picking up the litter (soft toy, ball, rolled-up socks or crunched-up paper) using their own body part suggestions
2. Starting behind a line of tape, one player from each team should pick up the litter scattered over the floor and bring it back behind their starting spot. ***For example;***
 - Elbow and elbow
 - Forearm and elbow
 - Forehead and back of hand
 - Foot and foot
 - Foot and elbow
 - Toe and finger
 - Knee and knee
 - Knee and elbow