



FIZZY FUN

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PHYSICAL FUNDAMENTALS



FIZZY FUN

Fizzy FUN is an ABC (agility, balance, coordination) fitness initiative based on the principle of fun, fair, safe and simple activities that:-

- Motivate children to be more physically active
- Feature in-built progression (using STEP principle) to appropriately challenge a range of different abilities
- Are suitable for all children but has a particular benefit for those who are less active, overweight, disengaged, or have additional needs

The cards have been carefully designed to make it easy to lead and will help build confidence through short, focused and fun activities

The only equipment you need to run 95% of activities are;

hoops~beanbags~balls~spots~cones

parachute, balloons, stopwatch, bibs are also useful

AR2019

FIZZY FUN

STEP PRINCIPLE

THINGS YOU CAN CHANGE, ADD OR TAKE AWAY

S

SPACE

- Where is the activity happening?

Height, direction, path (*straight/ zig-zag / curved*), area, distance

T

TASK

- What is happening?

Rules, roles, targets/points, actions, speed, timing

E

EQUIPMENT

- What is being used?

Size, shape, colour, stopwatch

P

PEOPLE

- Who is involved?

Roles/responsibilities, group-size, group type (*pairs, teams, by ability, with friends*)



FIZZY FUN

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PHYSICAL FUNDAMENTALS



FIZZY FUN

This side of the card has the name, aim, rules and directions

The leader should read this side to the participants before playing the game for the first time

1. Instructions are written on this side in number order
2. All activities are categorised as indicated by the colour around the outside of each card

Blue = Quick, easy game **(5 mins)**

Red = Warm-up or cool down **(10 mins)**

Green = Food, or health related **(10-15mins)**

Yellow = Challenge or race activity **(10-15 mins)**

Purple = Focus activity – *games that require more explanation and practise to master!* **(10-30 mins)**



This symbol means the game can be played in a classroom

IS THE FOCUS: FITNESS, AGILITY, BALANCE OR COORDINATION?

CHALLENGES

- 1) Listed here are different challenges or adaptations you can include to make the game harder or easier
- 2) You can use these challenges for everyone or just apply them for some players

SETUP



SPACE



TASK



EQUIPMENT



PEOPLE

These instructions tell the leaders how to set up the activity:– you can also change a step (one at a time) to make the game more interesting! e.g. decrease space or add different equipment



HEAD, SHOULDERS, KNEES & CONES



PLAYERS MUST BE QUICKER THAN THEIR PARTNER TO GRAB THE CONE

1. Partners stand opposite each other, 2 metres apart. A flat cone is placed in the middle on the floor between them
2. The leader will call out either 'head', 'shoulders', 'knees' or '**cone**' (*or another body part from the song*)
3. Every player must follow the leader's instructions, touching the correct body part when it is said
4. When the leader calls out '**cone**', each player has to try to grab the cone before their partner does!
5. Play best of five, then introduce a '**challenge**' for everyone or for just the winning player each time

HEADS, SHOULDERS, KNEES & CONES

AGILITY & COORDINATION

CHALLENGES

- 1) Players who win must turn a $\frac{1}{4}$ clockwise (face right), then for each win turn another quarter – winner is first to face forward again!
- 2) The losing player has to turn around, run and touch a wall (or line) and come back again
- 3) Winning player places the cone behind them, which should start to form a line with cones won by players on the same side of the room. First team to get 20 cones wins

SETUP



Space children out so that all players are facing each other across room



The leader calls out a word and players must complete the action. If 'cone' is called the players rush to grab the cone



1 cone per pair (5 cones per pair for challenge)



Whole group, in pairs



BODGEBALL



TRY TO HIT ALL THE OTHER TEAM'S PLAYERS WITH THE BALL

(THIS GAME IS A MIX OF BENCHBALL AND DODGEBALL)

1. Teams line up either side of the playing area with one foot on their backline. The balls start in the middle of the court. Players are not allowed over the middle line or behind the backline
2. If a player is hit anywhere except from the head or feet they are out. Only throwing, no kicking is allowed
3. If you catch a ball thrown at you, the thrower is out
4. Once hit, instead of sitting to the side, the player goes around the playing area to stand on the opposite bench. If they catch a ball thrown to them by a team mate (opposite them), they re-join their team
5. The game continues until one team has no players left or time runs out. The team who has most remaining players wins

BODGEBALL

FITNESS & AGILITY

CHALLENGES

Introduce an extra new rule, for example;

- 1) If player on bench catches ball, **all** players come back in
- 2) Use a “*special*” different coloured ball, which leaders can also use to get players out (*to keep the game fair*)

SETUP

S

A badminton court sized area, with benches at each end and backline of cones/floor lines 1m in front of each bench. Balls on top of cones on the middle line

T

Players try to avoid being hit, or if hit try to catch a ball whilst standing on the opposite bench. **Encourage players to take turns throwing & stay inside playing area**

E

10-15 cones, 4-6 soft balls, 2 benches

P

2 teams of 4-8 per team



BOAT TRIP



TEAMS MUST SAIL THEIR PLAYERS TO THE OTHER SIDE OF THE 'LAKE' AND BACK AGAIN IN THEIR BOAT

1. Teams of 4-6 players line up at the end of the lake (marked by cones). One child from each team is chosen to be the captain
2. The captain sails the boat (hoop) across the lake taking **one passenger at a time** to the other side. Both players must be inside the hoop when crossing the lake
3. The captain then heads back to other side of the lake alone to pick up another team player and take them across
4. The team to cross the lake and back quickest wins!

BOAT TRIP

FITNESS & AGILITY

CHALLENGES

- 1) Increase the length of the lake
- 2) Add obstacles into the lake, e.g. using cones or other equipment
- 3) The captain must travel backwards across the lake (*rest of team guide*)

SETUP

S

Create a large rectangular playing area using lines already on the floor (or cones), roughly 10m long.

T

Teams must get all their players from one side of the rectangle (lake) to the other using the hoop (boat) – **max 2 at a time**. *Be careful that children hold the hoop around their waists, not around necks!*

E

20 Cones, 2 large hoops

P

Teams of 4-6 per group



TRAFFIC LIGHTS



FOLLOW THE LEADER'S INSTRUCTIONS REACTING AS QUICKLY AS POSSIBLE

- **RED:** stop
- **AMBER:** sit/crouch down
- **GREEN:** run around in any direction
- **SPEED BUMPS:** jump around with both feet together
- **REVERSE:** slowly walk backwards, checking both sides
- **TRAFFIC JAM:** whole group get in a straight line, then move slowly forward
- **ROUNDAABOUT:** whole group to form a circle and run round clockwise
- **LOLLYPOP LADY:** stand still pretending to hold a lollypop and direct people 'across the road'
- **PEDESTRIAN CROSSING:** whole group lie side by side on their backs
- **BRIDGES:** pair up and form a bridge by joining hands above your heads
- **FLAT TYRE:** using one leg, pretend to pump up the car tyre

TRAFFIC LIGHTS

FITNESS & COORDINATION

CHALLENGES

- 1) After playing a few practice rounds, the slowest 2 players to react must complete a challenge before re-joining the game
- 2) For bridges - any single player without a partner must run through all the bridges in less than 5 seconds

SETUP



Children to be spread out using as much space as possible



Using the card the leader explains red/amber/green to the group at first, then introduces other instructions one at a time



Red, yellow and green cones as visual clues



Whole group



GO BANANAS



SING THE BANANA SONG (IN BOLD) WHILST DOING THE FOLLOWING ACTIONS:

1. **“Bananas of the world unite”** – *start with arms by side then raise up above head and clap*
2. **“Peel banana, peel, peel banana, peel banana, peel, peel banana”** – *one arm at a time, slowly lower each arm back down whilst waving hands*
3. **“Chop banana, chop, chop banana, chop banana, chop, chop banana”** – *do a chopping action using both hands*
4. Continue the song using a variety of actions, including suggestions from the group (examples; slice, mash, blend, whip, splat)
5. To finish, *start with hands near the floor, slowly rising, shaking body all over* – **“Woooooaaaahhhhhhhh... GO BANANAS, GO, GO, BANANAS, GO BANANAS, GO, GO BANANAS!!!!!!”**

GO BANANAS

FITNESS & COORDINATION



CHALLENGES

- 1) Players try to think of actions to do with banana which they can sing and act out
- 2) Over-exaggerate each action – praise or award prizes for the best performer/s

SETUP



Children to space out evenly in front of the leader



All children to join in with actions from the song (led by leader/s)



None required



Whole group



HOOP HOP HOORAY



RACE TO REACH THE OTHER TEAM'S STARTING HOOP

1. Players start behind either end of the line of hoops in two even teams
2. One player from each team bunny hops from hoop to hoop until they meet in the middle – Players must try to stay inside the hoops at all times!
3. When they meet (block each others path) they play a game of rock/paper/scissors – The winner keeps moving on, the other player has to leave the hoop line and return to the back of their team's line
4. The next player from the losing team should start straight away to then challenge the winner to a game of rock/paper/scissors before they reach their team's starting hoop!
5. If a player reaches the other team's starting hoop they should shout "Hooray" – Then play again!

HOOP HOP HOORAY

AGILITY & BALANCE

CHALLENGES

- 1) Players must hop on one leg
- 2) Play **“DIBE-DIBE DIP”** instead of Rock, Paper, Scissors → Players put their arms forward, fingers touching. The previous winner says “dibe-dibe-dip” and on the “dip” moves arms fully up or down. Challenger must match the movement to win (otherwise previous winner wins)

SETUP

S

Lay a minimum of 20 hoops (30-40 is best) in a zig-zag line on the floor. Try to lay 4 colours in a row

T

Two teams race against each other to see who reach the opposite team's starting hoops first

E

20-40 hoops

P

Teams of 4-10



SURVIVE THE SQUARE



TRY TO STAY IN THE SQUARE AND AVOID BEING HIT BY THE BALL

1. All players stand inside the square in the middle of the playing area
2. A leader stands outside the square with a ball
3. By either kicking, throwing or rolling the ball, the leader tries to hit a player in the middle
4. If a player is hit they join the leader on the outside of the square. Now they can both try to get the other players out
5. Players on the inside should use all their dodging skills to try to avoid being hit
6. Players on the outside cannot move with the ball but they can pass to each other before kicking or throwing the ball
7. If a player exits the square (even by accident) they join the players outside the square

SURVIVE THE SQUARE

FITNESS & AGILITY

CHALLENGES

- 1) Add extra ball/s
- 2) Players are in pairs – one player is the defender who is allowed to strike the ball to stop it hitting their partner
- 3) Increase the size of the square

SETUP



Create a square roughly 6 metres by 6 metres



Inside the square players try to dodge the ball

Outside the square players try to hit a player inside the square (below waist)



Floor spots or cones to mark square, 1 ball (2-3 balls for challenge)



Groups of 6-10