



Fun on the spot

A quick energiser. 3 or 4 running on the spot variations are called. The emphasis is on short bursts of fun.



What to do

Setting up

- > You need an unobstructed playing area.

Playing

- > Players are dispersed.
- > Call the variations – short burst (e.g. 15 seconds each).
- > **Random fun** – players can start with easy ‘all over the place’ jogging and on the call of a ‘fun on the spot’ variation do the nominated on-the-spot activity.
- > When players get to know the variations, have them call the variation.



Change it

- > Fun on the spot can be adapted to an arms-only activity, if necessary.
- > Add dynamic flexibility activities, such as swings and lunge walks.



Safety

- > Choose an area away from walls and other obstructions.
- > If *Fun on the spot* is combined with random running, ensure players have completed space/player awareness activities e.g. *All-in tag* and *Look out for others!*

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS STABILITY/BALANCE

FLEXIBILITY

ENGAGEMENT & ENJOYMENT

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

Fun on the spot can be used as a warm up activity or energisers to develop body and/or spatial awareness and to encourage physical activity breaks.

ACPMPO08
ACPMPO25
ACPMPO43