ENERGISER

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.

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!

Change it

1 Vary the travelling skills – all players have to use the chosen locomotion.
2 Two Frosts work together but must hold hands throughout – encourage players to choose their own partner.
3 Harder for Thaw – one Thaw but two Frosts moving independently.
4 Harder for Frost – one Frost with two Thaws moving independently.

LEARNING INTENTION
These activities can be used as warm up activities or energisers to develop body and/or spatial awareness and to encourage physical activity breaks.

Frost and Thaw

One player is Frost and is the chaser. Another is Thaw. Frost tries to tag as many of the other players as possible. Once tagged, they must freeze on the spot. Thaw can melt these players by touching them. They can then rejoin the game. (Play with 6 or more.)

What to do

> Establish boundaries.
> Start with running.
> Encourage frozen players to call out for Thaw.

Change it

Safety
> If indoors, boundaries should be away from walls or freestanding objects.
> Players should be familiar with space and player awareness activities such as All-in tag and Look out for others!