**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.

**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**

- Fun on the spot can be adapted to an arms-only activity, if necessary.

---

**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**

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.

**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!

---

**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.