

GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the classroom with no equipment or apparatus. The children can even do this in their school uniforms – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

The warm up...

Head & Necks - Stand up in a space in the classroom. Roll your head in a half circle from right to left and then back again. Then roll your head in a complete circle from right to left and then back again. Then roll your shoulders backwards 5 times and roll them forward 5 times.



Main activity...

Table Tennis - Set the children into groups of 4 and sit them around a table 2 on either side, (creating 2 teams) as though they were playing a tennis doubles match. Provide each group with a soft ball and each pupil will use their hands as the bat. Decide which team will serve. The person sat on the right of the serving team must serve the ball to the person sat diagonally opposite them and continue to bat the ball for as long as the rally can be kept. Change the pupil serving depending upon which team scores a point.

Cool down...

A Big Stretch - Ask the children to lie on the floor and close their eyes. They should turn their head to one side and hold for 3 seconds return to the centre and repeat on the other side. Ask the children to make the letter T with their arms and legs and hold for 5 seconds, and then make the letter X reaching their body parts out as far as they will go and hold for 5 seconds. Do this 3 times and then ask them to stand up and shake those limbs.

