

## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



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

### The warm up...

**Burst the Bubble** - Ask the children to crouch down as small as they can then slowly get up stretching their arms out as if they are a giant bubble. Let them pretend to float in the air for a while then shout 'Pop!' and their bubble bursts and they fall to the floor. Repeat this three times.



### Main activity...

**Traffic Lights** - All children stand facing you. When you call "green" or hold up a green object, they all run on the spot. When you call "amber" the children can move in slow motion. You could give them an action such as running for a bus, waving to a friend, getting dressed. When you call "red" they must freeze on the spot. If you see anybody moving, they could have a penalty such as 5 jumping jacks. You can choose different children to make the calls. Different movement forms can be introduced for 'green' such as jumping, hopping, pretend skipping etc.

### Cool down...

**The Melting Snowman** - Children pretend they are snowman standing perfectly still with their arms out to the side. Explain that the sun is hot and making him melt. They slowly relax each arm, let their head gently drop and very slowly sink to the ground ending in a relaxed position breathing slowly and calmly.

