

# 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...

**Make a Letter** - Call out a letter of the alphabet and ask the children to make their bodies into that shape. You can demonstrate to make it easier. Useful stretching letters are 'l', 't', 'c', 'x', 'f', 'k', 'r'. They could then be challenged to create a sequence of letters moving from one into another.



## Main activity...

**A Walk in the Woods** - Ask the children to start walking on the spot and to imagine that they are going exploring through some woods. Encourage them to think about what they would see and the sounds they would hear. How would they be feeling? Give commands that they have to act out such as: jump over a log, duck under branches, high knees through the muddy patches, tip toe over the stepping stones. They could introduce their own actions as they get more adventurous.

## Cool down...

**Big Letter Stretch** - Ask the children to lie on the floor, close their eyes and relax their body. They should turn their head to one side and hold for 3 seconds then return to the centre and repeat on the other side.

Ask them to make the letter X reaching their body parts out as far as they will go. Hold for 5 seconds and then totally relax their arms and legs. Do this 3 times then allow some time for gentle breathing before asking them to slowly stand up.

