

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...

Mr Men - Name a Mr. Man and ask the pupils to move/act like him on the spot e.g. Mr Small, Mr Bounce, Mr Jelly, Mr Busy and Mr Slow. Finish off with Mr Tall making sure pupils reach and stretch right up into the air.



Main activity...

Chair Sports - The children should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. If no chairs are available the actions are easily adaptable.

Hiking – children swing their arms while lifting their knees

Swimming – pupils move their arms as though doing front crawl and kicking their legs in a gentle flutter kick (this can be developed with different stroke actions)

Cycling – pupils hold onto the seat of their chairs and pedal their legs as though riding a bike

Canoeing – pupils use an imaginary oar to paddle their canoe from side to side

Cool down...

Strengthen and Relax - Children lie on the floor, eyes closed. Ask them to breathe in deeply through the nose and out through the mouth a few times. Call out a part of the body e.g. legs. Children tense the muscles in their legs as they breathe in and relax them as they breathe out. End with tensing all muscles in the body, hold, and then relax.

