

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...

Super Stretches - Ask the children to stand in a space and copy the following actions.

1. Stretch your left arm across your body and hold for 10 seconds then do the same with the right arm.
2. Carefully spin both arms around like a windmill going forward for 5 and back for 5.
3. Now reach forward and try and touch your toes.
4. Finally, jump up and down and shake your body all about.



Main activity...

Active Dice - The children should find a space. Explain that you have a dice (real or pretend!) and each time you roll it the children need to do the actions relating to the number rolled.

- 1 – run on the spot as fast as you can
- 2 – hop on one foot changing foot every 4 hops
- 3 – touch the floor and reach high up to the sky
- 4 – touch your elbow with your opposite knee and swap
- 5 – march on the spot with knees high
- 6 – stand with legs wide and touch toe with opposite arm, alternate each arm.

Cool down...

Cats and Dogs - Ask the children to kneel down on all fours so their hands are beneath their shoulders and knees beneath their hips. They then round their spine upwards like a cat arching its back and hold for a few seconds. Then they drop their back so it makes a hollow like a cat ready to attack. Repeat 3 times. To finish, the children stay on their knees and lean forward, keeping their bottoms on their heels and their arms out on the floor in front of them like a dog having a good stretch. Hold the stretch for 10 seconds then slowly return to upright.

