

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...

Late for School - Ask the children to pretend they are late for school and carry out all the activities needed to get ready - on the spot! Use the following actions which can be adapted as required:

Wake up suddenly, wash face, get dressed, run downstairs, eat breakfast, run upstairs, brush teeth, open/close front door, run, arrive at school... oh no, it's Saturday!



Main activity...

Indoor Circuits - This activity requires sufficient space for movement around four stations.

Set up four areas/stations for the children to complete. Split the children into four groups and designate each one a station and activity to complete. Explain that they will complete this activity for 30 seconds and then swap so that everyone completes all four activities. This can then be repeated.

Station 1 – Run on the spot kicking your heels high up behind you

Station 2 – Touch the floor with both hands then jump up high

Station 3 – Touch your elbow with your opposite knee and swap

Station 4 – Jumping Jacks

Cool down...

WHOLE Body Stretch -Lying on their backs, ask the children to make their whole body as tight and stiff as possible. Hold this for a count of five and release, breathing in and out slowly.

Now ask the pupils to tighten one body part at a time in the following order: one hand, both hands, one arm, both arms, one leg, both legs, buttocks, whole body.

Now ask them to release each body part one at a time in the following reverse order: buttocks, both legs, both arms, both hands.

