

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...

Superhero Stretches - Ask the children to think of a superhero and stand up straight with hands on their hips and feet apart, ready for action. They slowly roll their head in a half circle from left to right and back again. Then roll their shoulders in big circles backwards five times then forwards five times. After that, rotate both their arms backwards then forwards five times. Rotate each foot five times one way and five times the other then shake each leg thoroughly. Finish by adopting their best superhero pose!



Main activity...

Rock, Paper, Scissors - Explain to the children the rules of the game - rock beats scissors, paper beats rock, scissors beat paper. They can play against other family members, in 2's or 3's. Call out the command 'jump, jump, show!' and on 'show' the children choose one of three actions:
 Rock = crouch down as small as possible
 Paper = stand and stretch up as tall and thin as they can
 Scissors = stand with legs and arms stretched out wide
 Do the best of three. Try and keep a good momentum going so the children remain active.

Cool down...

Big Balloon - Ask the children to stand with their arms circled over their heads, pretending to be a great big balloon. They can tense their muscles. Pretend there is a hole in the balloon and the air is slowly leaking out. They must relax their body and move very slowly downward to the floor, until the balloon has no more air. They can remain curled up on the floor breathing gently until you say the word to slowly get up. Repeat if required.

