

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...

Heads, Shoulders, Knees and Toes - Do the actions to the classic song but add a twist by going backwards too! It will therefore be 'Toes, knees, shoulders, head, shoulders, head.' This should keep the children's focus and also help with their co-ordination.



Main activity...

Simon Says - Give commands to the children explaining that they must only do them if you say the words 'Simon Says' at the start.

Possible actions are:

- Sit down
- Stand up
- Wave both arms in the air
- Shake one leg
- Hop on one leg
- Turn around

Cool down...

Strong As A Tree- Children stand with their feet firmly on the floor. They pretend they are a tree in a gentle breeze and sway slowly back and forth. As the wind increases the children's movements become stronger whilst still keeping their feet flat on the floor. As the wind gets lighter the children sway gently again in the breeze until the wind dies down and the children sink slowly to the floor to rest.

