

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...

Changing Weather - Ask the children to stand in a space. Call out different weather conditions and children act out the following movements.

Tornado - raise your hands above your head with your hands clasped and move round in a circle

Thunderstorm - wave arms and body around energetically

Rain - move arms up and down in front of you wiggling your fingers

Sunshine - start with arms by your sides and slowly raise them with arms outstretched above your head

Breeze - sway from side to side gently



Main activity...

As If - Call out a sentence and the children need to act out the actions on the spot.

Jog as if a big scary bear is chasing you

Jump as if you are popcorn popping

March and play the drums as if you are in a marching band

Reach up as if you are catching bubbles in the air

Swim as if you are in a giant pool of jelly

Walk as if you are walking through a sticky toffee pudding

Paint as if the paint brush is attached to your head

Shake your body as if you are a wet dog

You could ask children to share their own actions for others to copy.

Cool down...

Ready for Bed - Ask the children to pretend that they are very tired and getting ready for bed. Call out actions and demonstrate if needed – big yawn and stretch, pull back the duvet, climb into bed (lie on the floor), have a good wriggle to get comfortable then relax and breathe gently with eyes closed.

