

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...

Beans Blitz - Ask the children to stand in a space. Call out a 'bean' command for the children to follow such as broad bean – stretch your legs and arms out as wide as you can; baked bean – lie on the floor sun-bathing; jelly bean – wobble like a jelly on the spot; chilli bean – shiver and shake on the spot; bean sprouts – stand up as tall and thin as you can.

See if the children can think of any other kinds of beans!



Main activity...

Car Journey - Explain to the children that they are going on a journey and that cars have gears to help them move faster from 1st up to 5th. Call out the gears with accompanying actions.

1st walking on the spot

2nd walking on the spot with high knees and arms swinging

3rd jogging on the spot

4th jogging on the spot with high knees and pumping arms

5th as fast as they can move on the spot

Shout "brake!" and the children come to a sudden stop. Go through the gears again, you can go backwards too, but now call out places to stop at various times such as 'petrol station' (mime putting petrol in the car) and 'zebra crossing' (lie down on the floor) before continuing. The children can make up other stopping places and actions to develop the activity

Cool down...

Sleepy Starfish - Ask the children to lie down on their backs with legs and arms apart. Encourage them to stay very still and imagine they are a sleepy starfish resting at the bottom of the ocean. Focus on their breathing and ask them to breathe in then as they breathe out relax their arms and hands. Next breathe in and as they breathe out relax their legs and feet. Then breathe in and as they breathe out relax their head and neck. Let them stay relaxed for a while then slowly get up.



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The warm up...

Make a Letter - Call out a letter of the alphabet and ask the children to make their bodies into that shape. You can demonstrate to make it easier. Useful stretching letters are 'l', 't', 'c', 'x', 'f', 'k', 'r'. They could then be challenged to create a sequence of letters moving from one into another.



Main activity...

A Walk in the Woods - Ask the children to start walking on the spot and to imagine that they are going exploring through some woods. Encourage them to think about what they would see and the sounds they would hear. How would they be feeling? Give commands that they have to act out such as: jump over a log, duck under branches, high knees through the muddy patches, tip toe over the stepping stones. They could introduce their own actions as they get more adventurous.

Cool down...

Big Letter Stretch - Ask the children to lie on the floor, close their eyes and relax their body. They should turn their head to one side and hold for 3 seconds then return to the centre and repeat on the other side.

Ask them to make the letter X reaching their body parts out as far as they will go. Hold for 5 seconds and then totally relax their arms and legs. Do this 3 times then allow some time for gentle breathing before asking them to slowly stand up.



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The warm up...

Mr Men - Name a Mr. Man and ask the pupils to move/act like him on the spot e.g. Mr Small, Mr Bounce, Mr Jelly, Mr Busy and Mr Slow. Finish off with Mr Tall making sure pupils reach and stretch right up into the air.



Main activity...

Chair Sports - The children should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. If no chairs are available the actions are easily adaptable.

Hiking – children swing their arms while lifting their knees

Swimming – pupils move their arms as though doing front crawl and kicking their legs in a gentle flutter kick (this can be developed with different stroke actions)

Cycling – pupils hold onto the seat of their chairs and pedal their legs as though riding a bike

Canoeing – pupils use an imaginary oar to paddle their canoe from side to side

Cool down...

Strengthen and Relax - Children lie on the floor, eyes closed. Ask them to breathe in deeply through the nose and out through the mouth a few times. Call out a part of the body e.g. legs. Children tense the muscles in their legs as they breathe in and relax them as they breathe out. End with tensing all muscles in the body, hold, and then relax.



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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.



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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.



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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.



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The warm up...

Pasta Shapes - Shout out different types of pasta and the children do the associated action.

- Spaghetti – Reach up tall and thin, stretching arms up over the head
- Pasta Twists – Spin around on the spot
- Lasagne – Lie as flat as possible on the floor, stretching arms and legs
- Tagliatelle – Wiggle and wave using all parts of the body
- Spaghetti Hoops – Make a big circle with the arms



Main activity...

A Visit to the Zoo - Explain to the children that they are walking around the zoo where they will see lots of different animals. Children walk on the spot as you create a commentary about the different sights with associated actions. Accompanying noises are optional!

- Monkey: Knees bent and arms swinging from side to side
 - Giraffe: On their tiptoes reaching up high and being as tall as they can
 - Elephant: Bending over and swinging one arm like a trunk
 - Tiger: Crouching low ready to pounce then spring up high
 - Kangaroo: Crouching low then bouncing on the spot
 - Cheetah: Running as fast as they can on the spot
 - Snake: Hands together and sway with arms moving upwards
- Invite the children to think of other animals and actions.

Cool down...

Elephant Breathing - Ask the children to stand with their feet wide apart. Breathe in through their nose raising both arms up with fingers interlocked. Exhale through the mouth while bending at the waist and dropping the arms. Swing the arms from side to side like a trunk. Repeat 3-4 times.



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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.



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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.



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The warm up...

Burst the Bubble - Ask the children to crouch down as small as they can then slowly get up stretching their arms out as if they are a giant bubble. Let them pretend to float in the air for a while then shout 'Pop!' and their bubble bursts and they fall to the floor. Repeat this three times.



Main activity...

Traffic Lights - All children stand facing you. When you call "green" or hold up a green object, they all run on the spot. When you call "amber" the children can move in slow motion. You could give them an action such as running for a bus, waving to a friend, getting dressed. When you call "red" they must freeze on the spot. If you see anybody moving, they could have a penalty such as 5 jumping jacks. You can choose different children to make the calls. Different movement forms can be introduced for 'green' such as jumping, hopping, pretend skipping etc.

Cool down...

The Melting Snowman - Children pretend they are snowman standing perfectly still with their arms out to the side. Explain that the sun is hot and making him melt. They slowly relax each arm, let their head gently drop and very slowly sink to the ground ending in a relaxed position breathing slowly and calmly.

