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 sunbathing; 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.