

Let's do this!

How to run your event



Physical activity is associated with improved personal health, social and academic outcomes. Kids need at least 60 minutes of physical activity a day for good health, wellbeing and development. Breaking the hour down into 10-minute bursts is a great way to make this more manageable.

This resource has everything you need to run your own Disney inspired 10 Minute Shake Up activity. We recommend you familiarise yourself with the activity before the session starts by reading through the instructions and trying them out yourself.

This activity can be delivered outside. For information on organising group activities please refer to the guidance for schools, universities and childcare settings which can be found at: www.gov.uk/coronavirus/education-and-childcare

Equipment required:

- A way to play music – a phone will do.

“The 10 Minute Shake Up resources have proved really popular with children and their families. The quality of the materials was excellent and being Disney themed certainly encouraged participation in our programme.”
Ian, Gateshead Council

All set? Let's go!

It's time to dive into the world of Disney

Read the **activity introduction** on the front of the card to your group. Be as theatrical as possible to set the scene.

Now complete the activity. You can repeat the activity as many times as you like and of course have groups play against each other to see who can do it the longest.

This 10 Minute Shake Up can be used as a standalone activity, or as part of a larger activity using other Shake Up cards on this website. Search '10 Minute Shake Up' to find them.



Disney
FROZEN



©Disney

Celebrate the summer like
Anna

Brrrrr, it's suddenly got very chilly!

This must be how it felt to be in Arendelle when Elsa's powers cast a frosty spell and summer disappeared.

Snuggle up warm, we're going on an adventure!

Celebrate the summer like Anna



Slowly the ice is melting in Arendelle, and Anna and the townspeople are excited about the return of the summer sun.
Celebrate together with a dance!

Instructions

- 1 Choose someone to be the DJ.
- 2 Everyone else should stand in a circle and hold hands. When the music starts, keep holding hands and begin to hop around in a circle.
- 3 When the DJ stops the music, everyone should jump as high as they can then freeze. Summer's not here yet.
- 4 When the music starts again, start to hop in the other direction. It's nearly summer!
- 5 When you've frozen 10 times, summer is here! Take it in turns to be the DJ.
- 6 Do your favourite dance moves for the rest of the track to celebrate the summer sun!

