

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:

- Cones or other items to mark spaces.
- A tennis ball or bean bag.

"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



**Protect
Olaf's
Nose!**

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!

Protect Olaf's Nose!



Start/Finish line



Props

Olaf has always wanted a nose, and when Anna gives him a carrot for one he's over the moon. But Kristoff's reindeer Sven is trying his hardest to eat it.

If you're Olaf, are you quick enough on your feet to protect your nose?

Instructions

- 1 Place a tennis ball or bean bag on the finish line, this is Olaf's nose.
- 2 Choose one person to be Olaf – they stand in the middle of the course.
- 3 Everyone else lines up on the start line.
- 4 On 'go', everyone must run to take Olaf's nose. Olaf must try to tag everyone running past.
- 5 If you get tagged, you must freeze. Whoever captures the nose becomes Olaf in the next round.

