

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 out spaces.

"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.



MARVEL
AVENGERS



Superhuman
leap like
Hulk

Avengers Assemble!

Iron Man, Captain America and the rest of The Avengers unite to save the day. Are you ready to join them?

Gather all of your strength, skill and speed – with our combined power evil doesn't stand a chance!

Superhuman leap like Hulk



Hulk's super strength helps him leap amazing distances. **Can you use your superhuman strength to leap the length of the course?**

Instructions

- 1 Everybody stands in a line at the start.
- 2 The person at the front of the line runs a short distance, stops, crouches down, and tucks in their head.
- 3 Now the next person in the line should run and leapfrog over the first person, just like Hulk leaps from building to building! Then they run a little further and crouch down too.
- 4 Now the third person in the line runs and superhuman leaps over the first person, then the second person.
- 5 Keep going until everyone in the line has leapfrogged and is crouching.
- 6 Now the person who started should stand and leap over everyone, one at a time.
- 7 How long can you leap for?

