

# 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](http://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 fastest.

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.



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**Captain  
Marvel's  
space flight**

# 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!**



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# Captain Marvel's space flight



Can you travel the universe like Captain Marvel, defending it against The Kree?

## Instructions

- 1 Stand on the start line. This is Earth.
- 2 Jump as far forward as you can, as if you're about to take off into space. Do this until you reach the finish line, which is Space.
- 3 Then turn and run back to the start line, pretending that there are enemies all around you.
- 4 As you run, send out as many energy blasts from your arms as you can to defend yourself against the enemies.
- 5 Take it in turns to fly through space, and then energy blast your enemies out of the way on your way back to Earth.

