

# 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.





## Black Panther's time trial

# 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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# Black Panther's time trial



Are you as fast as Black Panther?  
There's only one way to find out –  
on your marks, get set, go!

## Instructions

- 1 Everybody stands on the start line.
- 2 On 'go', everyone runs as fast as they can to the finish line. Don't forget to shout "Wakanda Forever!" as you go!
- 3 Who was fastest?
- 4 Keep going and see if you get faster each time.

