

Let's do this!

The fun starts here

Kids need at least 60 minutes of moderate to vigorous physical activity a day for good health, wellbeing and development.

For children and young people, physical activity helps make them more resilient and correlates with stronger bones, better muscle and heart health, as well as overall confidence/social skills. Breaking the hour down into 10-minute bursts is a great way to make this more manageable.

After the challenges of the last two years, kids really need to spend time having fun together. So this summer, 10 Minute Shake Up is back. Characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear, and Marvel's The Avengers will help inspire kids to get active and have loads of fun together with their friends and family.

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.

Equipment required

Soft balls or paper scrunched into balls

"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 see which team can stay 'in' 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



Black Panther's warrior mission

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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!**

Black Panther's warrior mission



Black Panther is a highly skilled warrior. He and his tribe must use all of their athletic ability and energy to defeat the Jabari tribe. Can you dodge, weave and catch to defend your tribe's area? Show us how you can dodge, throw and catch.

Instructions

- 1 Divide an area in two. Grab some soft balls or balls of paper and split into two teams – one team acts as Black Panther tribe and the other team plays as Jabari tribe.
- 2 The Jabari tribe throw the balls and try to hit the Black Panther tribe.
- 3 The Black Panther tribe have to duck, and weave – but cannot leave their area! If you get hit, you're 'out' and go to jail. Cheer your tribe on from the side if you're out.
- 4 If you catch a ball, you can rescue one 'out' tribe member from jail. Keep going until everyone is out, then switch teams and play again!