

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

Nothing, just yourselves and a starting line

"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 how many hops your group can do without stopping.

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 · PIXAR
LIGHTYEAR



Galaxy hop like **SOX**

© 2022 Disney/Pixar

To infinity and beyond!

Sox the robot cat is Buzz Lightyear's companion on his space mission. He loves hopping and jumping over obstacles. Are you feeling springy?

Hop and spring like there's no gravity on this planet!

Better Health
Let's do this



Galaxy hop like SOX



Start/Finish
line



© 2022 Disney/Pixar

In space, each jump takes you further –
especially when you're a springy robot cat!
Hop and spring like there's no gravity on this planet!

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 Sox leaping around the spacecraft. 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. Keep going until everyone in the line has leapfrogged and is crouching.
- 5 Now the person who started should stand and leap over everyone, one at a time. How long can you leap for?