

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

"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 or play as groups and see which team of troopers can stay 'in' 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



Captain Marvel's energy blast tag

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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!**

Captain Marvel's energy blast tag



Captain Marvel is the most powerful Avenger of all. She must use her superpowers to capture the evil Kree troopers and deliver them to Skrull justice. Can you use your speed and energy to tag and dodge? **Get ready to run and dodge!**

Instructions

- 1 Choose one person to act as Captain Marvel. Everyone else is a Kree trooper and runs away.
- 2 Captain Marvel counts to 10, then chases after the Kree.
- 3 If Captain Marvel tags you, you've been blasted and must freeze with your legs apart. If someone who has not been tagged crawls through your legs, you are unfrozen and back in the game!
- 4 The last Kree to be frozen becomes the new Captain Marvel, and the game starts again. Play for at least 10 minutes!