

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

Equipment required:

- Cones or other items to mark spaces.
- Tennis balls, bean bags or crumpled-up paper for catching and throwing.

"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 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.



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AVENGERS



Duck and
dodge like
**Captain
America**

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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Duck and dodge like Captain America



Red Skull is coming for Captain America.
Practice your dodging skills and show how
you'd avoid Red Skull's Troops.

Instructions

- 1 Mark out a circle for Captain America.
- 2 Choose someone to be Captain America. They stand in the middle of the circle. No one else can go inside the circle.
- 3 Everyone else is Red Skull's troops. They should make a ball out of a crunched-up piece of paper.
- 4 Then take it in turns to throw your paper at Captain America.
- 5 Captain America must dodge the paper balls without jumping out of the circle. Pretend that your arm is Captain America's shield.
- 6 When Captain America is hit, the round is over. Whoever hit him becomes Captain America in the next round.

Top tip – remember to recycle the paper after the game has finished!

