

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:

- 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 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.



MARVEL
AVENGERS



Training like
Iron Man

Avengers Assemble!

Iron Man, Captain America and the rest of the avengers unite to defeat Thanos. Are you ready to join them?

Gather all of your strength, skill and speed – with our combined power evil doesn't stand a chance!

Training like Iron Man

Tony Stark is always honing his Iron Man's skills and powers to keep him strong, durable and agile.

Practice your skills to stay on top of your game, just like Iron Man.

Instructions

- 1 Stand to attention and start by doing 10 star jumps.
- 2 Now do 5 hops on your right leg, then 5 on your left.
- 3 Finish by running on the spot for 10 seconds and then send out a repulsor blast, just like Iron Man.
- 4 Repeat this again as fast as Iron Man would for 10 minutes.

