

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.

"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 fastest.

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.





Find your way back like **Forky**

Welcome to the world of Toy Story!

Every good toy knows that their true purpose is to make a child happy. When Forky escapes, all the toys go on an adventure to return him safely to Bonnie.

Get ready to skip, hop and run your way back home.

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Find your way back like Forky



Forky is not a toy! At least that's what he thinks. An actual spork-turned-craft-project, Forky is pretty sure that he doesn't belong in Bonnie's room. When Forky escapes, all the toys go on an adventure to return him safely to Bonnie. **Get ready to skip, hop and run your way back home!**

Instructions

- 1 Mark out a start and finish line.
- 2 Take two cones and place them at an equal distance between the start and finish line.
- 3 Now, just like Forky and Woody, it's time to run through the carnival. On 'go', run to the first marker.
- 4 When you get there, start to lunge to the second marker.
- 5 When you get to the second marker, run to the finish line.
- 6 Time yourself and see if you can get faster. Let's get back to Bonnie!

