

# 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 on the gov.uk website](https://www.gov.uk/guidance/schools-universities-and-childcare-activities).

## What you'll need to bring along:

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

# All set? Let's go!

## It's time to dive into the world of Disney

Read the world description on each instruction 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.

Disney  
**FROZEN**



**10**  
minute  
shake  
up  
from change 4 life with Disney

## Elsa's snowball stash

**Brrrrr, it's suddenly got very chilly!**

This must be how it felt to be in Arendelle when Elsa's powers cast a frosty spell and summer disappeared.

**Snuggle up warm, we're going on an adventure!**

# Elsa's snowball stash



Start/Finish  
line



Props

Elsa is playing in a snowball fight and she needs as many snowballs as possible.  
**How many can you collect?**

## Instructions

- 1** Scrunch up some pieces of paper and drop them at the finish line. These are your snowballs.
- 2** Stand at the start line.
- 3** On 'go', race to the snowball pile. Pick one up and skip back to the start line.
- 4** Drop the snowball on your pile. Elsa knows that the more snowballs you have, the better. So try to collect as many snowballs as you can.
- 5** Keep going until you've moved all the snowballs to the start line. Who's collected the most? Can the group do it in less time in the next round?

**Top tip – remember to recycle your snowballs after the game has finished!**

