

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 jump 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.





Leap like Bo

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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Leap like Bo

Don't let Bo Peep's delicate appearance fool you – she's grown into a strong, adventure-seeking spirit. She's ready to help her old friend Woody on his journey back to Bonnie. **Show us your skills by leaping through the air like Bo.**

Instructions

- 1 Get into pairs.
- 2 On 'go', one of you starts to run away from the other, quickly changing directions as they run. The person standing still counts to 5.
- 3 When you get to 5, shout "Leap Bo!". The person running should jump in the air and do a flying kick, just like Bo.
- 4 Now, swap roles and play again.

