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.

What you'll need to bring along:

• Cones or other items to mark spaces

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 · PIXAR

TOY STORY 4

10 minute shake up
from change 4 life with Disney

Race with Woody

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.

THE NATIONAL LOTTERY

SPORT ENGLAND

Disney LET'S GO!

Race with Woody

When Woody goes on a mission to re-unite Forky with Bonnie, he has to travel across the carnival. The fastest way for a cowboy to travel is by horseback. **Are you ready to ride like the wind just like Woody and Bullseye? Saddle up cowboy!**

Instructions

1 Get into pairs.

2 Stand at the start line. One of you is the horse, one is Woody.

3 The person being the horse lies down at the start of the course. Woody picks up their horse's feet, just like a wheelbarrow.

4 On 'go', race each other to the end of the course.

5 When you get to the finish line switch places and race back.