

# Let's do this!

## The fun starts here

Kids need at least 60 minutes of moderate to vigorous physical activity a day for good health, wellbeing and development.

For children and young people, physical activity helps make them more resilient and correlates with stronger bones, better muscle and heart health, as well as overall confidence/social skills. Breaking the hour down into 10-minute bursts is a great way to make this more manageable.

After the challenges of the last two years, kids really need to spend time having fun together. So this summer, 10 Minute Shake Up is back. Characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear, and Marvel's The Avengers will help inspire kids to get active and have loads of fun together with their friends and family.

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.

## Equipment required

**A ball, the bouncier the better!**

"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 see how long you can keep the snowball from hitting the ground.

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.



Disney  
**FROZEN**



Catch **Anna's** snowballs

©Disney

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

This must be how it felt when Elsa's powers cast a frosty spell and snow started falling on Arendelle in the summer!

**Are you ready to catch snowballs with Anna?**

**Better Health**  
Let's do this



# Catch Anna's snowballs



Arendelle is covered in snow, and Anna and the townspeople are making snowballs. Can you leap as high as a mountain to catch Anna's snowball before it hits the ground? Show us how high you can leap as you catch the ball.

## Instructions

- 1 Choose someone to act as Anna.
- 2 Anna shouts "Go!" and everybody else runs away.
- 3 After counting out loud to 5, Anna throws the ball up into the air and everyone tries to catch it.
- 4 Whoever catches it takes over as Anna and the game starts again.