

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.





Race like 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.

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Race like 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.

