

# 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 beanbag or book to be your 'vision slab'

"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 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.





# Protect Bruno's vision

## Use your magical powers!

Bruno can see the future. He makes emerald slabs to show his visions to his family and help keep them safe.

Join Bruno on an adventure!

# Protect Bruno's vision



Start/Finish  
line



Props



If Bruno's emerald slab is stolen,  
he won't be able to show his family the vision he's had.  
**Are you quick enough on your feet to protect the vision?**

## Instructions

- 1 Place a book or beanbag on the finish line – this will act as Bruno's vision.
- 2 Choose one person to play Bruno – they stand in the middle of the course.
- 3 Everyone else lines up on the start line.
- 4 On 'Go!', everyone must run to take Bruno's vision. Bruno must try to tag everyone running past.
- 5 If you get tagged, you must freeze. Whoever captures the vision becomes Bruno in the next round.