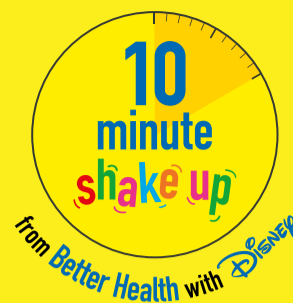


Let's do this!

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 out 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 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.



MARVEL
AVENGERS



**Black
Widow's
secret spy
mission**

Avengers Assemble!

Iron Man, Captain America and the rest of The Avengers unite to save the day. Are you ready to join them?

Gather all of your strength, skill and speed – with our combined power evil doesn't stand a chance!

Black Widow's secret spy mission



Black Widow is a trained super spy.
Can you be super quiet and catch the
Enemy Guards before they catch you?

Instructions

- 1 One person stands with their back to everyone else. They are an Enemy Guard.
- 2 Everyone else stands on the start line and slowly starts to sneak like Black Widow towards the Enemy Guard.
- 3 The Enemy Guard can spin round to catch you moving. When they spin, everyone must freeze.
- 4 If the Enemy Guard at the front sees someone moving, that person has to run back to the start line, quickly change direction and run back to where they were.
- 5 Keep sneaking up like Black Widow until someone touches the Enemy Guard on the shoulder. This person is the winner and stands at the front in the next round.

