

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

Nothing, just yourselves

"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 which Buzz Lightyear can think up the most exciting training moves.

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 · PIXAR
LIGHTYEAR



Train like **Buzz Lightyear**

© 2022 Disney/Pixar

To infinity and beyond!

Buzz Lightyear loves flying around the galaxy, completing missions with his Space Ranger friends. Are you ready to join them?

Get training — this mission requires all of your strength, skill and speed!

Better Health
Let's do this



Train like Buzz Lightyear



Buzz is determined to train his squad of recruits and complete his mission. Can you follow his moves?
Don't miss the next move being called out!

Instructions

- 1 Choose one person to act as Buzz Lightyear.
- 2 Buzz Lightyear starts by calling out the name of a training move like star jumps, press-ups or running on the spot. Everyone else must do that move.
- 3 Keep moving until Buzz Lightyear shouts "To infinity and beyond!" Everyone must stand and punch the air with their right fist in the classic Buzz pose.
- 4 The last person to pose is out. Buzz Lightyear starts again with a new move.
- 5 Keep going until one person is left – they act as the new Buzz Lightyear.