

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

Cushions, T-shirts or beanbags to mark places

"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 who's the best at catching Olaf.

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



Olaf in the sun

©Disney

Welcome to Olaf's world!

Despite being made of snow, Olaf loves summertime. But if he stays out in the sun for too long, he could melt and turn into a puddle!

Can you dodge the sun's rays?

Olaf in the sun



Olaf loves the sun, but if he starts getting too hot he needs to run back to the safety of the snow. Can you outrun the sun's rays to get back to the snow? Show us how you can run and dodge.

Instructions

- 1 Everyone sits in a big circle, and marks out their seat with a T-shirt, cushion or beanbag.
- 2 One person acts as Olaf and starts by jogging around the circle, tapping on each person's shoulder and saying "Snow", "Snow", until on 1 person they decide to call "Sun!".
- 3 The 'Sun' gets up and chases after Olaf, who runs around the circle to take the Sun's seat without getting caught.
- 4 If the Sun does not catch Olaf, they act as Olaf next.