

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

Soft balls or paper scrunched into balls

"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 team can stay 'in' 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.



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Blast space bombs like Iron Man

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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!**

Blast space bombs like Iron Man



Props



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Thanos's Chitauri aliens are coming for Iron Man.
Use your repulsor technology to blast away their space bombs
and defend your armoured suit.
Bat away the balls without getting hit!

Instructions

- 1 Using a skipping rope or similar prop such as clothing, mark out a circle to act as Iron Man's armour.
- 2 Choose someone to play Iron Man. They stand in the middle of the circle. No one else can go inside the circle.
- 3 Everyone else acts as a Chitauri alien and makes balls out of scrunched-up paper.
- 4 Take it in turns to throw your paper balls at Iron Man, who must bat them away with their hand without jumping out of the circle. If a ball hits any other part of Iron Man, he's out.
- 5 When Iron Man is hit, the round is over. Whoever hit him becomes Iron Man in the next round.

Top tip – remember to recycle the paper after the game has finished!