

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

Cones or other props to mark out a circuit

"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, or compete as teams in a relay race.

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.





Antonio's jaguar race

©Disney

Use your magical powers!

Antonio's magical power is talking to animals. But if he and his jaguar are going to win the race, they'll need to work together as a team.

How fast can you race?

Antonio's jaguar race



To win the race, Antonio and his jaguar need to communicate and work together.
Race like a jaguar!

Instructions

- 1 Mark out a circuit and get into pairs. One of you pretends to be Antonio and the other plays the jaguar.
- 2 The jaguar lies face down and Antonio picks up their legs like a wheelbarrow.
- 3 On "Go Jaguar Go!" race on your hands around the course.
- 4 After each lap take a pit stop and swap roles. Whichever pair completes the most laps in 10 minutes are the champions.