

Shake up your summer!



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Local Partner Activity Guide

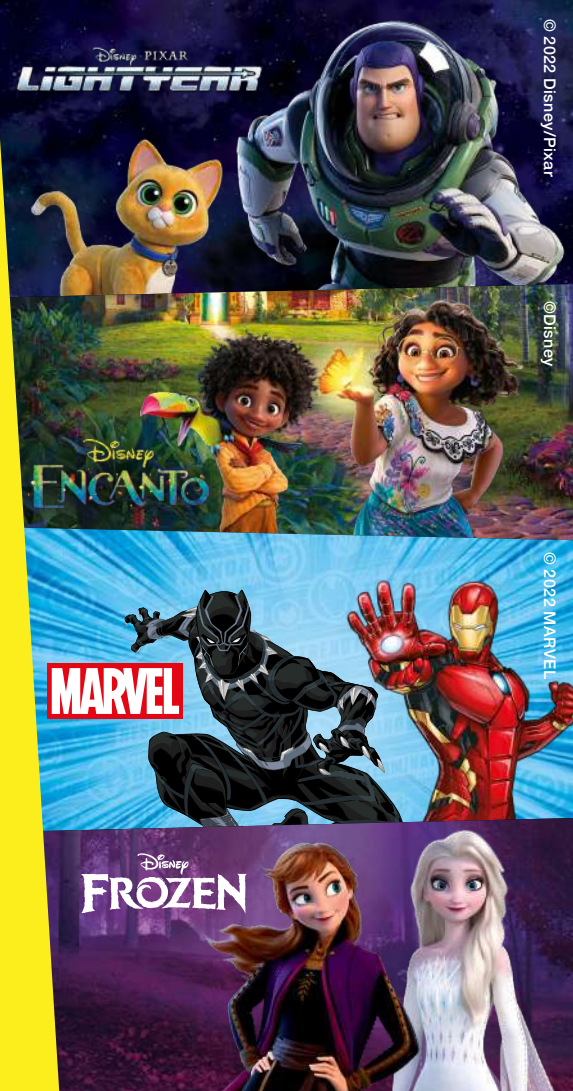


Let's do this!

10 Minute Shake Up is back! Building on previous years' successes, The Office for Health Improvement and Disparities are teaming up with Disney to help get kids active throughout the holidays by playing 10 Minute Shake Up games, inspired by some of their favourite characters from Disney's Encanto and Frozen, Disney and Pixar's Lightyear and Marvel's The Avengers.

Physical activity is associated with improved personal health, social, and academic outcomes. Kids need at least 60 minutes of moderate to vigorous physical activity a day for good health, wellbeing and development. Breaking the hour down in 10-minute bursts is a great way to make this more manageable.

After the last 2 years we're looking forward to getting back to the things we love, including getting our kids moving, feeling good and having fun. Through playing the 10 Minute Shake Up games, kids will build skills and grow in confidence, and most importantly, have fun!



Spread the word online and in your local area

As well as this guide which has everything you'll need to run your own 10 Minute Shake Up activity, we've created a suite of free digital and printed resources to help you promote the campaign in your local area, run activity sessions and inspire families to get active. You can find these resources on the 'Campaign Resource Centre'.

Available to download:

- Social media assets
- Web banners
- Email signatures
- Digital screens
- Out of home 6 sheets
- Certificates

Available to order:

- Posters, including empty-belly posters
- Take-home 10 Minute Shake-Up packs

You can also search '**10 Minute Shake Up**' to discover even more activities and our 10 Minute Shake Up quiz.

Host an event

In this guide you'll find everything you need to promote and run your own Disney inspired 10 Minute Shake Up event. You can use the activities in this guide during community festivals, at sporting events, leisure centres, libraries, children's centres, and other similar settings.



How to run your event

We recommend you **familiarise yourself with the activities before the session starts** by reading through the cards and trying them out yourself.



Equipment required

Some of these activities will require equipment:

- Cones or other items to mark spaces
- Tennis balls, bean bags or scrunched-up paper for catching and throwing
- A way to play music – a phone will do



Getting your space ready

This year there are **four Disney worlds for children to explore:** Disney's Encanto and Frozen, Disney and Pixar's Lightyear, and Marvel's The Avengers.



Some activities will require a **start and finish line.**

You'll be able to see which ones by looking for this icon. Mark these before the kids arrive.



Start/Finish line

Some of these activities will require **props or music.**

You'll be able to see what you need by looking at the icon in the corner of each activity card.



Music



Props

Making the most of your time

The **Shake Up** activities have been designed to be flexible when it comes to timing.

You can run the activities in two ways:

Scenario 1

Do all 12 x 10 Minute Shake Up activity cards for 10 minutes each.

Scenario 2

If you have less time, do all 12 cards for less than 10 minutes each. Just make sure you complete all the worlds.

All set? Let's go!

It's time to dive into the world of Disney.

Ask the kids to vote on which world they would like to explore first and let the fun begin! Read the activity introduction to your group. Be as theatrical as possible to set the scene.

The world is complete when you've done all activities. After this is done, move to the next Disney world. Keep going until all the worlds have been completed.



Excitement for everyone

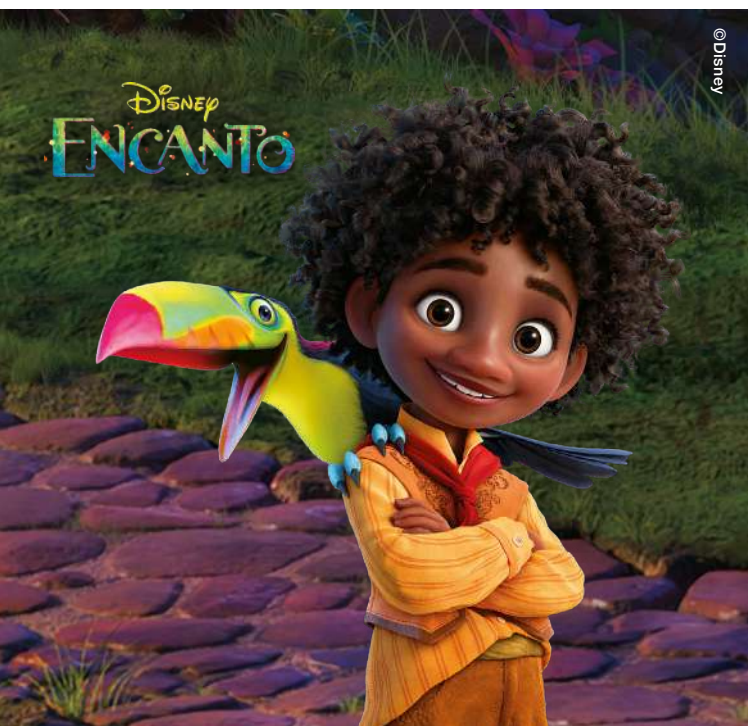
Shake Up activities are great fun for everyone. These games are suitable for younger children and in settings such as children's centres:

- **Encanto:** Rebuild the Casita
- **Frozen:** Elsa's big freeze
- **Lightyear:** Galaxy hop like Sox

Time to reward all that activity

It's great to reward kids for all their effort. If you can, print out certificates for all the children that took part and hand out one to each. These are available to download on the 10 Minute Shake Up section of the '**Campaign Resource Centre**'.

We also recommend talking to the kids about the Shake Ups and which they enjoyed the most, and why. At the end of the session, remember to encourage families to search '**10 Minute Shake Up**' to find more games and check out the 10 Minute Shake Up quiz.



Promoting your event

'Empty belly posters and a social media toolkit are available on the '**Campaign Resource Centre**' for you to use and personalise your event. We recommend putting all your posters up and posting on your social accounts as soon as possible, giving people plenty of time to make plans to attend.

We would love to hear about your events. Please send your comments, questions and photos to partnerships@phe.gov.uk

Rebuild the Casita



Music

Equipment required

Something to play music on – a phone will do. You can repeat the activity as many times as you like – why not let your kids choose their favourite tracks?

Use your magical powers!

The Casa Madrigal is falling down and it's up to Mirabel to save it. Will you help her? To save the Casa Madrigal, you'll need to be nimble, quick on your feet and ready to dance. **Let's dance together!**



Instructions

- 1 Choose someone to be the DJ.
- 2 Everyone else should stand in a circle and hold hands. When the music starts, keep holding hands and begin to hop around in a circle.
- 3 When the DJ stops the music, everyone should jump as high as they can then freeze – the Casita is crumbling!
- 4 When the music starts again, start to hop in the other direction.
- 5 When you've frozen 10 times, the Casita is saved! Take it in turns to act as the DJ.
- 6 Do your favourite dance moves for the rest of the track to celebrate rebuilding the house!

Antonio's jaguar race



Props

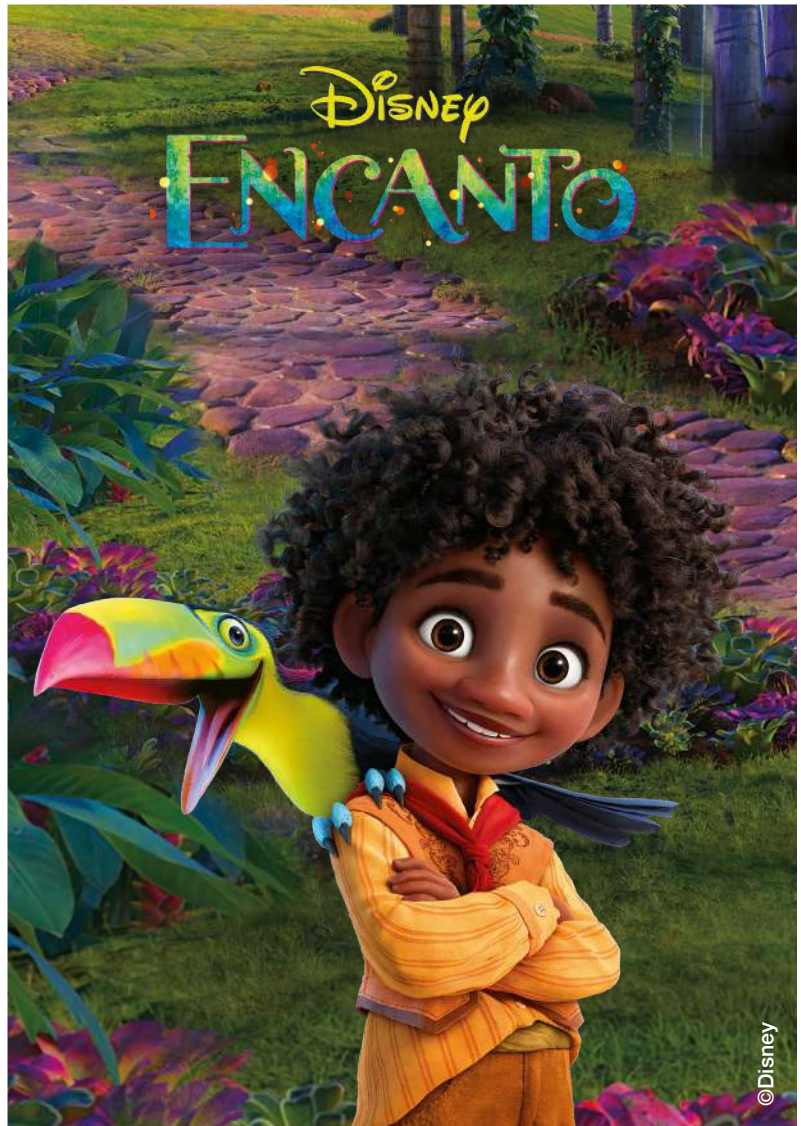
Equipment required

Cones to mark out a circuit.

You can repeat the activity as many times as you like, or compete as teams in a relay race.

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 communicate and work together as a team. **Race like a jaguar!**



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Instructions

- 1 Mark out a circuit and get into pairs. One of you acts as 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.

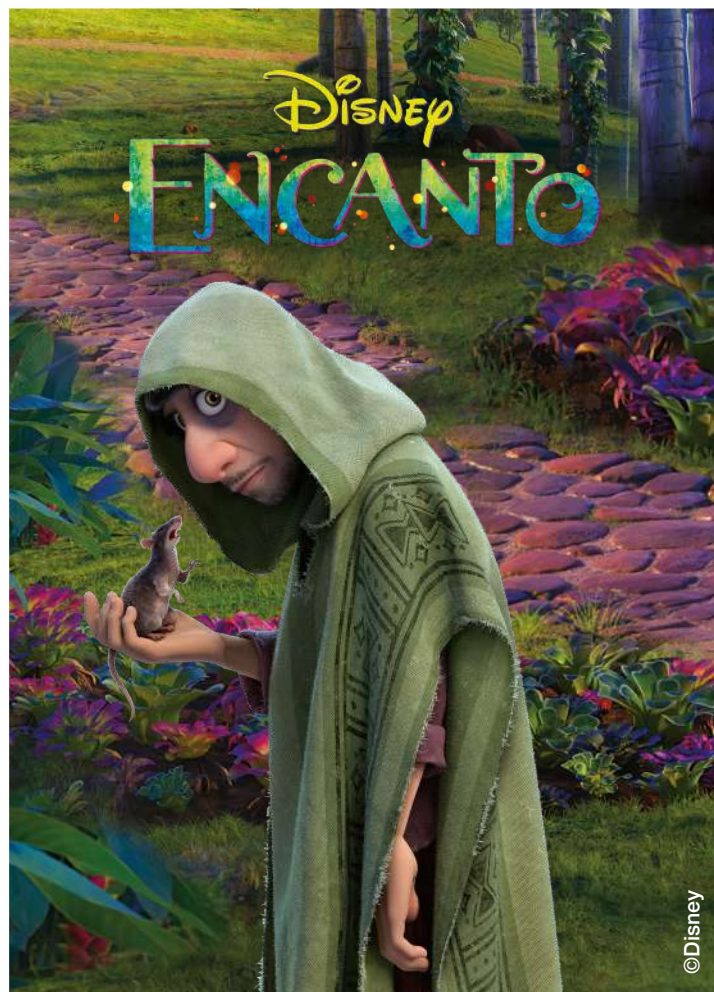
Protect Bruno's vision



Props

Equipment required

A beanbag or book to be your 'vision slab'. 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.



Use your magical powers!

Bruno can see the future. He makes emerald slabs to show his visions to his family and help keep them safe. If Bruno's emerald slab is stolen, he won't be able to show his family the vision he's had. **Are you quick enough on your feet to protect the vision?**

Instructions

- 1 Place a book or bean bag on the finish line – this will act as Bruno's vision.
- 2 Choose one person to play Bruno – they stand in the middle of the course.
- 3 Everyone else lines up on the start line.
- 4 On 'Go!', everyone must run to take Bruno's vision. Bruno must try to tag everyone running past.
- 5 If you get tagged, you must freeze. Whoever captures the vision becomes Bruno in the next round.

Catch Anna's snowballs



Props

Equipment required

A ball, the bouncier the better!

You can repeat the activity as many times as you like and see how long you can keep the snowball from hitting the ground.

Brrrrr, it's suddenly got very chilly!

Arendelle is covered in snow, and Anna and the townspeople are making snowballs. Can you leap as high as a mountain to catch Anna's snowball before it hits the ground?

Show us how high you can leap as you catch the ball.



Instructions

- 1 Choose someone to act as Anna.
- 2 Anna shouts "Go!" and everybody else runs away.
- 3 After counting out loud to 5, Anna throws the ball up into the air and everyone tries to catch it.
- 4 Whoever catches it takes over as Anna and the game starts again.

Elsa's big freeze



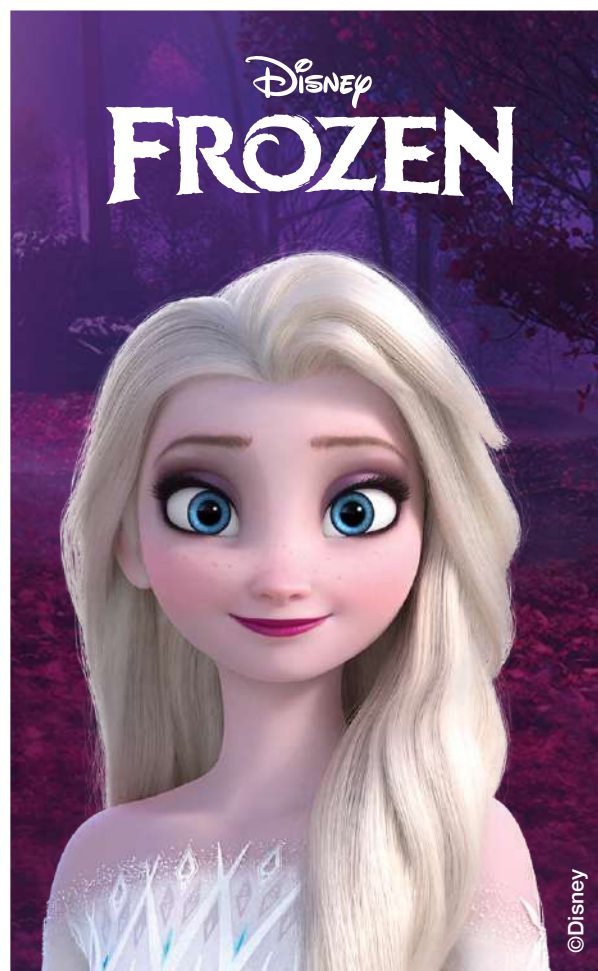
Start/Finish line

Equipment required

Just yourselves and a starting line. You can repeat the activity as many times as you like and see who's best at spotting and who's best at freezing!

Brrrrr, it's suddenly got very chilly!

Elsa's been using her powers to turn everywhere to ice and snow again! Can you persuade her it's time to return to Arendelle? Someone needs to bring her home, but be careful – she might turn you into an ice statue by mistake! Can you tiptoe up to Elsa without her seeing you move? **Show us how you can tiptoe and freeze.**



Instructions

- 1 Choose someone to act as Elsa. This person stands with their back to everyone else.
- 2 Everyone else stands on the start line and slowly starts to tiptoe towards Elsa as quietly as they can.
- 3 Elsa can spin round to see you moving. When they spin, everyone must freeze.
- 4 If Elsa sees you moving, don't worry! Run back to the start line, quickly change direction, and run back to where you were.
- 5 Keep tiptoeing up until someone touches Elsa on the shoulder. This person is the winner and stands at the front in the next round.

Olaf in the sun



Props

Equipment required

Cushions, T-shirts or beanbags to mark places. You can repeat the activity as many times as you like and see who's the best at catching Olaf.

Welcome to Olaf's world!

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 one 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.

Train like Buzz Lightyear

Equipment required

Nothing, just yourselves. You can repeat the activity as many times as you like and see which Buzz Lightyear can think up the most exciting training moves.

To infinity and beyond!

Buzz is determined to train his elite squad 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.

Galaxy hop like Sox



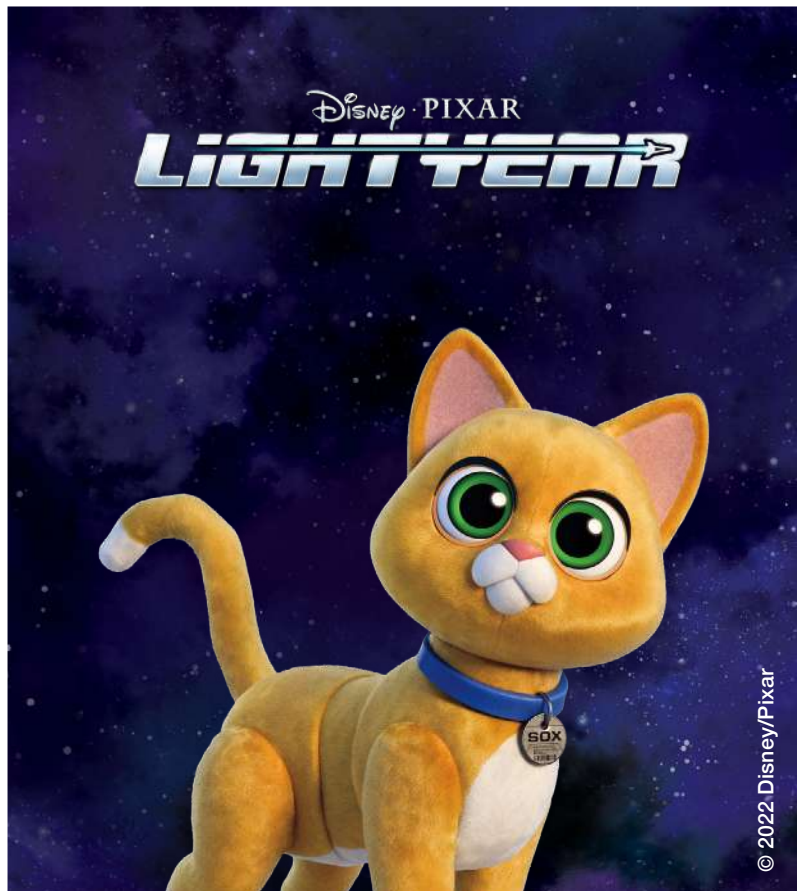
Start/Finish line

Equipment required

Nothing, just yourselves. You can repeat the activity as many times as you like and see how many hops your group can do without stopping.

To infinity and beyond!

Sox the robot cat is Buzz Lightyear's companion on his space mission. He loves hopping and jumping over obstacles. In space, each jump takes you further – especially when you're a springy robot cat! **How far can you hop?**



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Instructions

- 1 Everybody stands in a line at the start.
- 2 The person at the front of the line runs a short distance, stops, crouches down and tucks in their head.
- 3 Now the next person in the line should run and leapfrog over the first person, just like Sox leaping around the spacecraft. Then they run a little further and crouch down too.
- 4 Now the third person in the line runs and superhuman leaps over the first person, then the second person. Keep going until everyone in the line has leapfrogged and is crouching.
- 5 Now the person who started should stand and leap over everyone, one at a time. How long can you leap for?

Defend the hyperspeed crystal



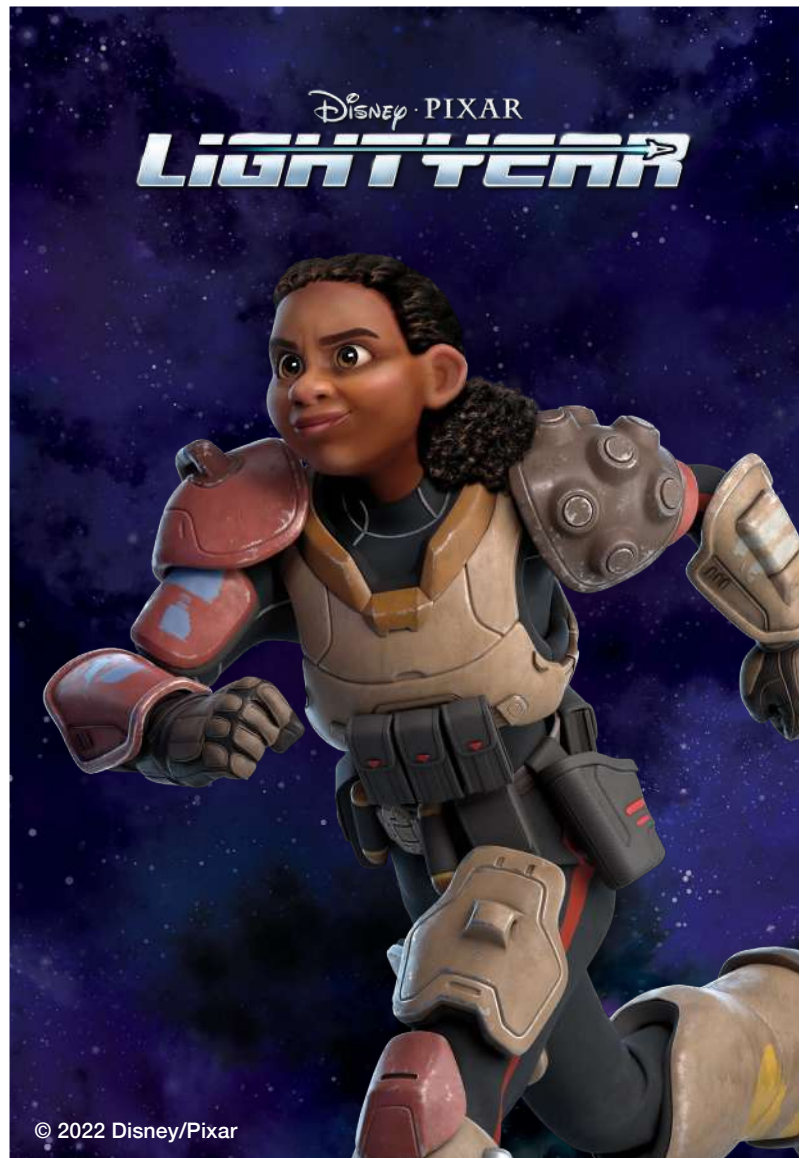
Props

Equipment required

A small box, ball or other object to be the crystal. You can repeat the activity as many times as you like or play in groups and see who can score the most points.

To infinity and beyond!

Izzy is the eager leader of the Junior Zap Patrol in Buzz Lightyear's space crew. She's full of energy – and you'll need all your energy for this mission! Your crew need the hyperspeed crystal to get back to Earth – but Zurg's aliens are after it! **Get ready to dodge and grab!**



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Instructions

- 1 Choose one person to act as Izzy. Then form a circle and put your 'crystal' in the middle.
- 2 Everyone else must try and grab the crystal without getting tagged by Izzy.
- 3 If you're tagged, you act as Izzy. If you grab the crystal, you win a point.
- 4 Keep going, and keep score. Whoever has the most points after 10 minutes is the winner!

Black Panther's warrior mission



Props

Equipment required

Soft balls or paper crunched into balls. You can repeat the activity as many times as you like and see which team can stay 'in' the longest.

Avengers Assemble!

Black Panther is a highly skilled warrior. He and his tribe must use all of their athletic ability and energy to defeat the Jabari tribe. Can you dodge, weave and catch to defend your tribe's area?

Show us how you can dodge, throw and catch.



Instructions

- 1 Divide an area in two. Grab some soft balls or balls of paper and split into two teams – one team acts as Black Panther tribe and the other team plays as Jabari tribe.
- 2 The Jabari tribe throw the balls and try to hit the Black Panther tribe.
- 3 The Black Panther tribe have to duck, and weave – but cannot leave their area! If you get hit, you're 'out' and go to jail. Cheer your tribe on from the side if you're out.
- 4 If you catch a ball, you can rescue one 'out' tribe member from jail. Keep going until everyone is out, then switch teams and play again!

Captain Marvel's energy blast tag

Equipment required

Just yourselves. You can repeat the activity as many times as you like or play as groups and see which team of troopers can stay 'in' longest.

Avengers Assemble!

Captain Marvel is the most powerful Avenger of all. She must use her superpowers to capture the evil Kree troopers and deliver them to Skrull justice. Can you use your speed and energy to tag and dodge?

Get ready to run and dodge!



Instructions

- 1 Choose one person to act as Captain Marvel. Everyone else is a Kree trooper and runs away.
- 2 Captain Marvel counts to 10, then chases after the Kree.
- 3 If Captain Marvel tags you, you've been blasted and must freeze with your legs apart. If someone who has not been tagged crawls through your legs, you are unfrozen and back in the game!
- 4 The last Kree to be frozen becomes the new Captain Marvel, and the game starts again. Play for at least 10 minutes!

Blast space bombs like Iron Man



Props

Equipment required

Soft balls or paper scrunched into balls. You can repeat the activity as many times as you like and see which team can stay 'in' the longest.

Avengers Assemble!

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, 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!