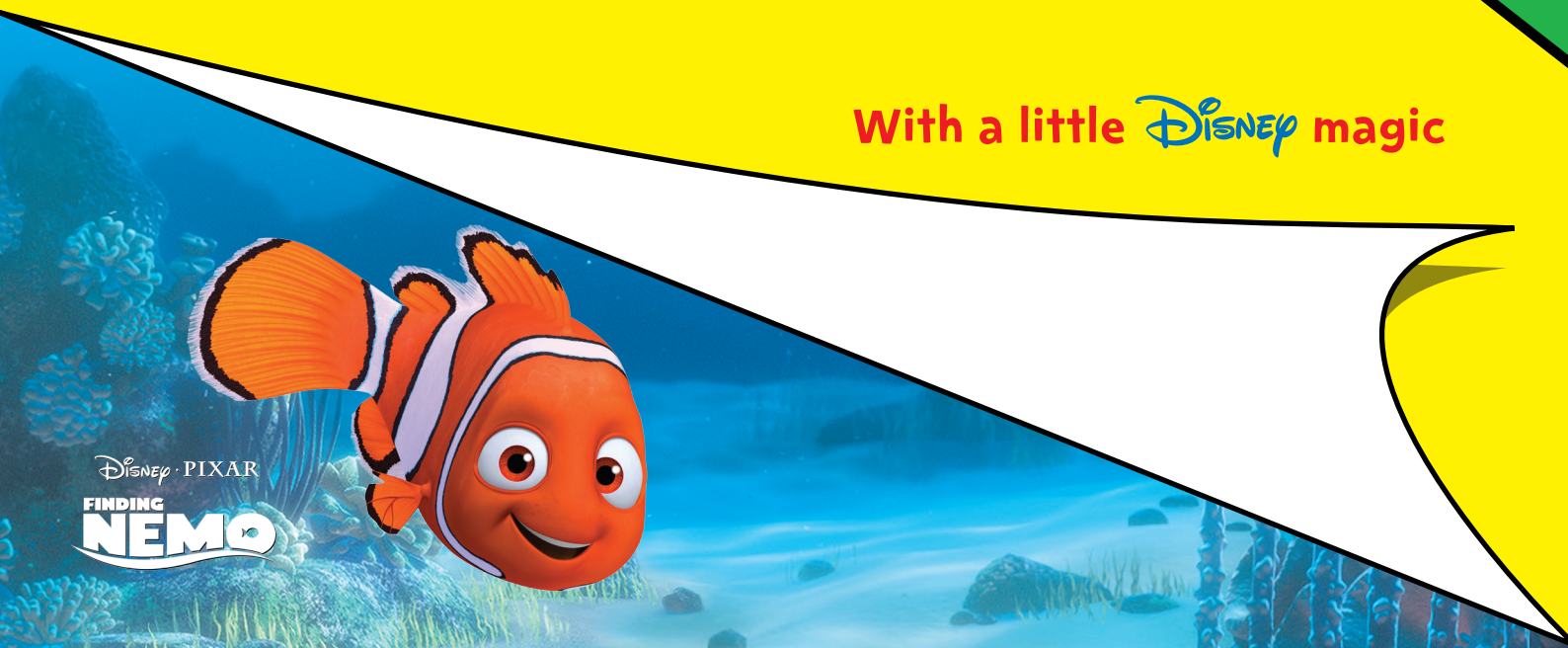
10 minute shake up

from change 4 life with Disney

Teacher resource booklet

With a little Disney magic



10 minute shake up

inspired by Disney

The Change4Life 10 Minute Shake Up game is a brilliant way to engage your class and get them active with a little Disney magic. Using their great stories and fantastic characters, the children will be inspired to do the eight 10 Minute Shake Ups.

10 Minute Shake Up

As you know, children need to do 60 minutes or more of physical activity every day to really get their hearts pumping. Doing 10 minute bursts of activity is an easy way to help children get at least 60 minutes of activity a day. Not only does it make them feel good, but it helps to strengthen their heart and bones too, which is important to help keep them healthy in childhood and later in life.

Engaging parents with the Change4Life 10 Minute Shake Up campaign

Research from our previous campaigns tells us that parents think school is a great way to get information on getting their children moving more and eating better.

After the TV adverts, information from primary schools is the main way that mums and children under 11 find out about Change4Life campaigns.*

More ways to engage parents

One of the best ways to help children get active regularly is for the whole family, especially their parents, to be involved. Holding a 10 Minute Shake Up event at your school is a great way for you to get the healthy living message across to children and their parents in a fun and engaging way. It may help other family members to get going too.

Where possible, please support us by explaining to parents the importance of children being active every day, and the value of 10 minute bursts of activity. Don't forget diet and nutrition messages too.

To do this you could:

- Explain what a 10 Minute Shake Up is in your school newsletters and other parent communications
- Run a 10 Minute Shake Up family session
- Involve parents and carers in your 10 Minute Shake Up event as volunteers or activity leaders
- Invite parents and carers to take part in your 10 Minute Shake Up event

Don't forget the 10 Minute Shake Up game can be used by individual classes or the whole school can play together at any point during the school year. It's also designed to be used outside of the school environment by other groups and organisations.

*source: TNS BMRB Change4Life Smart Swaps Evaluation (April 2014)

The 10 Minute Shake Up game

Shake up your day with a little Disney magic. Ask your class to find the eight 10 Minute Shake Up cards you've hidden around school. There are special stickers up for grabs when they've found them all. Each card has a Disney inspired game for them to play for 10 minutes.

How to play the 10 minute shake up game

1

Decide where you'd like to hide the cards around school. Photocopy the 10 Minute Shake Up clue sheet and fill in the clues to help the class find them. E.g. you'll find this card where everyone goes every day at 12:15.

2

Hide the 10 Minute Shake Up cards in your chosen spots around your school, playground or classroom.

3

Warm up

It's time to explain the 10 Minute Shake Up game to the class. Tell them that there are 10 Minute Shake Up cards hidden around school.

4

Hand out a copy of the completed clue sheet to each child and let the game begin.

5

The search

Start the class looking for the clues. When they've found a card, ask the children to hand it to you, so you can read out the activity to the whole class. Use the game instructions in this guide to help explain each game.

6

Follow the instructions on the card – there are more tips on how to play each game on pages 4-7.

7

Make sure the class keeps hold of the 10 Minute Shake Up card. And start them looking for the next one.

8

Cool down

Once your class has found all the 10 Minute Shake Up cards and played the games, get them to take them back to the classroom. Ask the children to hang them on the wall chart.

9

Ask them which was their favourite activity, or how it made them feel. Did they notice their heart race? Together, discuss the 10 Minute Shake Up games and encourage the class to celebrate by playing their favourite game.

10

Played all the games? Why not ask the class to invent their own 10 Minute Shake Up activities. You can download blank card templates from the Change4Life schools resources page: www.nhs.uk/c4lschools

the 10 minute shake up games

dance-a-jig

Tell the class that they are in medieval Scotland just like Merida from Disney Pixar's Brave and it's time to do a little jig. Ask them to get into pairs, A and B, then stand in a large circle A, B, A, B.

Partner A skips forward for four steps into the centre, and then four steps back. Everyone joins hands and circles to the left with side skipping steps.

Partner B skips forward for four steps into the centre, and then four steps back. Everyone joins hands and circles to the left with side skipping steps.

Ask them to face their partner, join hands and swing around until they've swapped positions. Then swing back until they're in their original positions.

Tell them to stand side by side, join hands in a big circle and all skip forward into the middle. Then back again. They should do this four times.

cool!

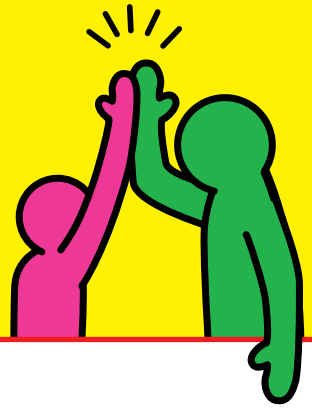
Pick two children, explain to them and the class that they are just like Elsa from Disney's Frozen, with the power to freeze anyone on the spot.

Tell the rest of the class to dance around in the play area while the two children chase them. If they are tagged they will be frozen to the spot and have to freeze like a snowflake with their feet apart and their arms outstretched.

The frozen children can be set free by another member of the class going through their legs or under their arms.

You can play this game for up to 10 minutes or until everyone is frozen.

You can also:
Freeze the two children to give the others the chance to unfreeze their friends.



in the jungle

Ask the class to spread out in the play area. Explain that they are in the jungle just like Mowgli and Baloo from Disney's The Jungle Book.

Ask them to act like different animals by doing these basic moves:

- **Snake:** slither on the floor
- **Bear:** stomp with large steps
- **Panther:** run on the spot as fast as they can
- **Monkey:** swing their arms low and make monkey noises

You can shout out the animal name in turn and ask the class to do the corresponding move. Ask the children to get into small groups to put the moves together into a great animal dance.

To finish the game, ask all the groups to demonstrate their routine to the rest of the class.

Safety tip:
Make sure there is enough space between groups for them to move freely.

zoom, zoom

This game really gets the class moving, and their hearts pumping fast.

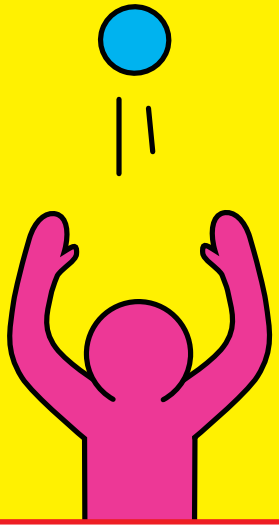
Explain to the group that they are getting ready to race just like Lightning McQueen in Disney Pixar's Cars. Stand at one end of the play area and ask the class to get into two teams and stand at the other end.

Tell the class that they need to zoom to the finishing line. While they are racing, shout out signals for them to follow:

- **Red Light** = Stop
- **Green Light** = Go
- **Gear 1 / 2 / 3** = Walk, Jog, Run
- **Roundabout** = Spin Around

The first team to have done all the moves and cross the finish line is the winner.

You can also:
make it a relay race – a member of the team races to the finish line and back to the start, then the next team member does the same. Play until everyone in the winning team has had a go.



the 10 minute shake up games

tidy the toys

This is a fun and creative way for children to keep fit and active.

Use cones to mark the centre of the play area. Divide the class into two groups, A and B.

Explain to the class that they are in a bedroom much like Andy's from Disney Pixar's Toy Story. All the toys have escaped from the toy box and they need to tidy their room before bedtime.

Ask group A to stand in their bedroom on the right hand side of the play area, and as for group B, their bedroom is on the left.

Tell the class that the tennis balls are toys and then release 10 tennis balls into each side of the play area. Explain that the aim is to roll as many of them into the other room before you shout 'bedtime'. The children can take it in turns with everyone's scores added together.

The aim is to have the lowest number of toys in your bedroom. The team with the least number of tennis balls remaining are the winners.

Safety tip:
Make sure everyone rolls the tennis balls across the floor rather than throwing them to reduce the risk of injury.

it's incredible!

This is a great game to show children how to get their blood pumping and be active in a fun way.

Set out markers for the children to run between. Start with a relatively short distance.

Explain to the class that they are all superheroes like Dash Parr from Disney Pixar's The Incredibles, with super speedy running powers.

Tell the class to stand by the markers on one side of the play area, and to get ready to run to the other side when you say 'Dash'. And explain that everyone needs to duck down from imaginary flying disks when you say 'disks'.

Once everyone has run as fast as they can between the markers, increase the distance.

You can also:

- Split the class into two and ask them to time each other.
- Make it a race – the fastest to reach the cones gets the chance to be the race starter for the next round. They call out 'Dash' and 'disks' instead of you.

scary feet, scary feet

Pick three children to act as sleeping children, just like the sleepers in Disney Pixar's Monsters University. Ask them to lie down at the far end of the play area with their eyes closed.

Tell the rest of the class to stand at the opposite end of the play area in a line.

They are scarers like Sulley and need to sneak up on the three sleeping children. But at any point, the sleepers could wake and sit up. When they do, the monsters need to duck down so they're not seen.

Anyone seen sneaking up by the children is sent back to the beginning again. The winner is the first to reach and scare the children.

sharks

This is a fun way for your class to keep fit and active. You'll need some mats.

Explain to the class that they are in the sea just like Nemo and friends from Disney Pixar's Finding Nemo. Ask them to get into pairs and lay out a mat per pair.

Tell the class that when you say 'the sharks are coming' they need to swim to safety by running to dry land on one of the mats.

Every couple of rounds remove a mat to make it more difficult for all the children to find a space on dry land.

If the children do not find a mat in time, they become sharks and stay swimming in the sea until the game is over.

Safety tip:
Make sure there is plenty of space between the mats so the class can easily move around them.

Played all the games?

Why not ask the class to invent their own 10 Minute Shake Up activities. You can download blank card templates from the Change4Life schools resources page:
www.nhs.uk/c4lschools

useful change4life links for schools

There are more 10 Minute Shake Up resources for teachers online. Go to www.nhs.uk/C4Lschools to download them.

You'll find more teaching resources on physical activity and healthy eating at www.nhs.uk/C4Lschools

To find out about Change4Life Sports clubs visit www.youthsporttrust.org/how-we-can-help/programmes/change4life-sports-clubs.aspx

other useful resources

Visit Disney.co.uk to find out more about the magical world of Disney and some of the stories referenced in the 10 Minute Shake Up game.

healthy eating

For lots of ideas on school food and how to create a great school food culture, visit www.schoolfoodplan.com/www

Visit the British Nutrition Foundation at www.foodafactoflife.org.uk for a wide range of free resources on the importance of healthy eating.

Does your school run cooking activities? If so, you can join the Let's Get Cooking network. Receive extra support on running cooking sessions and access over 300 recipes and resources online. Visit www.letsgetcooking.org.uk/apply for more information.

Learn more about promoting school meals in your school with National School Meals Week, which celebrates all that's great about school lunches at www.nsmw.org.uk

physical activity

The Youth Sport Trust is passionate about changing young people's lives through PE and sport. Visit www.youthsporttrust.org

The British Heart Foundation has a range of school resources covering everything from learning to read to PE, science and PSHE. Find out more here www.bhf.org.uk/schools

Interested in encouraging your pupils to walk to school? Living Streets has lots of hints, tips and suggestions at www.walktoschool.org.uk

Get your pupils trained and ready to cycle safely with Bikeability at bikeability.org.uk

The School Games is a great opportunity to motivate young people to enjoy the benefits of playing competitive sport. Visit www.yourschoolgames.com

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