

Help your pupils get moving with some of their favourite characters!



Which **shake up** will your class do first?

DEFEND LIKE BLACK PANTHER



© 2021 MARVEL

JUMP LIKE BO PEEP



©Disney/Pixar

HEAVE ICE LIKE KRISTOFF



©Disney

Physical activity can help improve pupils' wellbeing and our **Shake Up toolkit** has lots of fun ideas to get children moving more now and during the holidays.

- Short, fun activities that fit into the school day
- Can be done outside, without PE kit
- Encourages cooperation
- Accessible to all and simple to use
- Downloadable certificate to reward pupils
- Perfect for the end of term!

"We've had real success using **10 Minute Shake Up activities**. Each **Shake Up** is inspired by a popular Disney character, which has proved to be the perfect incentive to get children involved with physical activity."

Darren Rubin, Executive Head,
St John's Primary School

Better
Health

Let's
do this

Search **School Zone/being active** and download our **Shake Up toolkit**.