

Disney FROZEN



Disney · PIXAR TOY STORY



MARVEL AVENGERS



Shake Up toolkit

Better
Health

Let's
do this



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We're going to be moving with some of our favourite characters

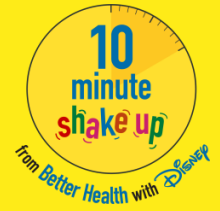
It's time to shake things up and have some fun as we get moving with exciting activities from Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers!

Better Health

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If you could invite them home for the summer...



Which character would you choose to play with?



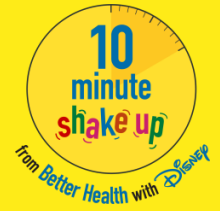
Why would you choose them?



What activities would you do together?

There are lots of ways to move

You could try...



**Defending
like Black Panther**

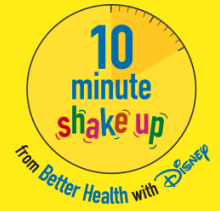


**Jumping
like Bo Peep**




**Heaving ice
like Kristoff**

How does moving make you feel?




After each activity, ask yourself...




Disney PIXAR
TOY STORY

How does your body feel?

A card featuring the character Jessie from Toy Story. She is a young girl with red hair in a large afro, wearing a yellow and white patterned dress. The background is a light blue sunburst pattern. The card has a green curved bottom section.

MARVEL

How does your mind feel?

A card featuring Iron Man from the Marvel universe. He is in his red and gold armor, with his right hand raised. The background is a dark blue with light rays. The card has a red curved bottom section.

Disney
FROZEN

How does your mood feel?

A card featuring Olaf from Disney's Frozen. He is a snowman with a carrot nose and stick arms. The background is a sunset over a snowy landscape. The card has a blue curved bottom section.

Spin the wheel to get moving!



Click the Spin button to spin

Click it again to stop





Protect the treasure

Black Panther is the protector of his kingdom. Can you help him to protect its treasures when enemies try to steal them? Like Black Panther, you will need to have speed and stamina!

Who will finish the game with the most treasure?

You will need to set up two large bases at either end of the playground. One is Black Panther's kingdom. The other belongs to his enemy – Thanos.

4

Play for 5 minutes. How many treasures can you steal or protect?
If time, swap teams and play again.

MARVEL





Freeze like Anna!

Anna is fearless and strong. Even though Elsa's magic makes her start turning to ice, Anna still dives in front of Hans to stop his sword striking Elsa. At that moment she turns to ice!

Can you freeze like Anna?

Get ready for a game of freeze tag. When you are tagged, can you freeze like Anna?

3

Play for 2 minutes then change the tagger.





Intercept for Iron Man

Iron Man needs to use his intelligence and speed to intercept messages from the mischievous Loki. Practise intercepting like Iron Man!

Can you stop the message getting past?

This group activity needs 5-8 players.
Stand in a wide circle with Iron Man in the middle.
The other players are Loki.

4

Can Iron Man make more interceptions next time?





Harvest ice like Kristoff

Disney
FROZEN

In winter, ice harvesters, like Kristoff, work together to take ice from the frozen lake, cutting the blocks with their sharp saws. Can you work together to collect ice blocks?

Collect the ice blocks before they melt!

Stand in a line with your team mates (4-6 per team) and spread out so you're arm's length away from each other. How quickly can you get an ice block down the line?

3

Keep playing until everyone has collected an ice block – or until time is up. Can you beat your team score/time next round?



You could use a ball, bean bag or balloon as a pretend ice block.





Move like Woody



Woody is a tall, lanky cowboy, but he can fit into spaces that only a toy can. What different ways can you move?

Can you move like Woody?

Follow the instructions to move like Woody, but be ready to run back to base when Andy is coming!

3

Make up your own actions and play again. How else might Woody move? How might the other toys move?





Travel 'to infinity and beyond!'



Buzz Lightyear believes he can fly. He pops out his wings and shouts 'To infinity and beyond!' when he tries to take off. Can you try and go 'To infinity and beyond!' and see how far you can travel?

How far can you travel each time?

Try out your new wings and go for a test flight. Set a timer or get a friend to time for 2 minutes. How far can you travel in that time?

3

How will you encourage each other to fly as well as Buzz Lightyear?





Training station

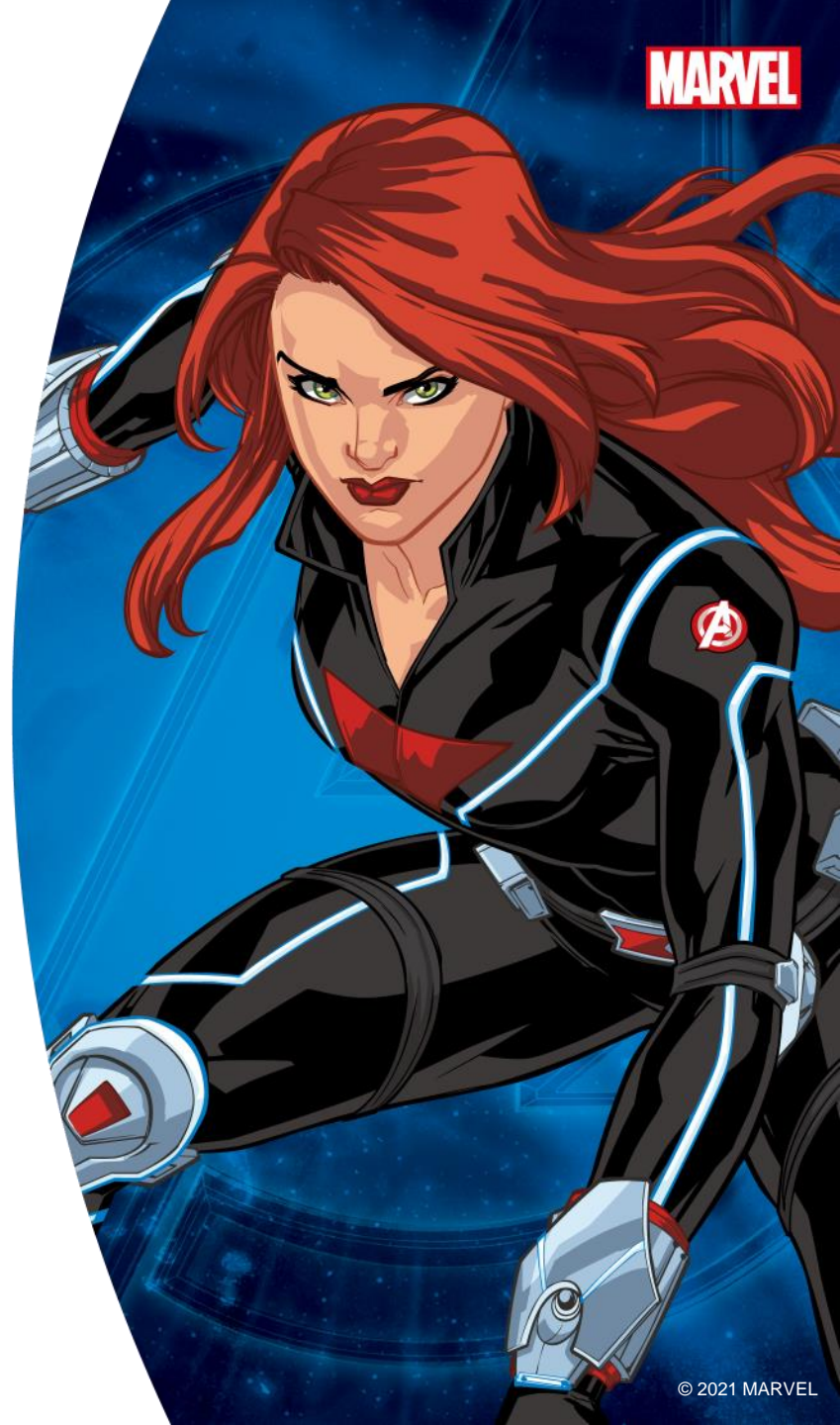
Black Widow had to train for more than a decade to become a super spy! Can you train like Black Widow?

Follow the instructions to become a super spy!

One person will be the chief spy (trainer).
They stand at the front and call instructions.

4

Change the chief spy after 2 minutes.



MARVEL



Add to the action!



Brave and tough, Bo Peep has lightning-quick reflexes and never goes anywhere without her staff (the long blue pole).

Are you as agile as Bo Peep?

Stand in a wide circle in your team (4-6 players).
Imagine you each have a staff. Include this in
your moves.

3

Can you put all of your moves
together to make a routine?

Can you keep in time with
each other?





Make up your own Shake Up for your favourite character!

1. Write the name of, or draw, your favourite Disney or Marvel character.
2. Design a Shake Up for your character by writing or drawing different moves or actions. How many can you think of?
3. Take your Shake Up home and teach it to your family and friends.

Challenge: can you make your Shake Up moves:

quicker?

smoother?

more flexible?

with control?

Top tip: think about how your favourite character would move.





And there are more activities to try with your family at home!

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For more activities with your favourite characters, search **10 Minute Shake Up**.

