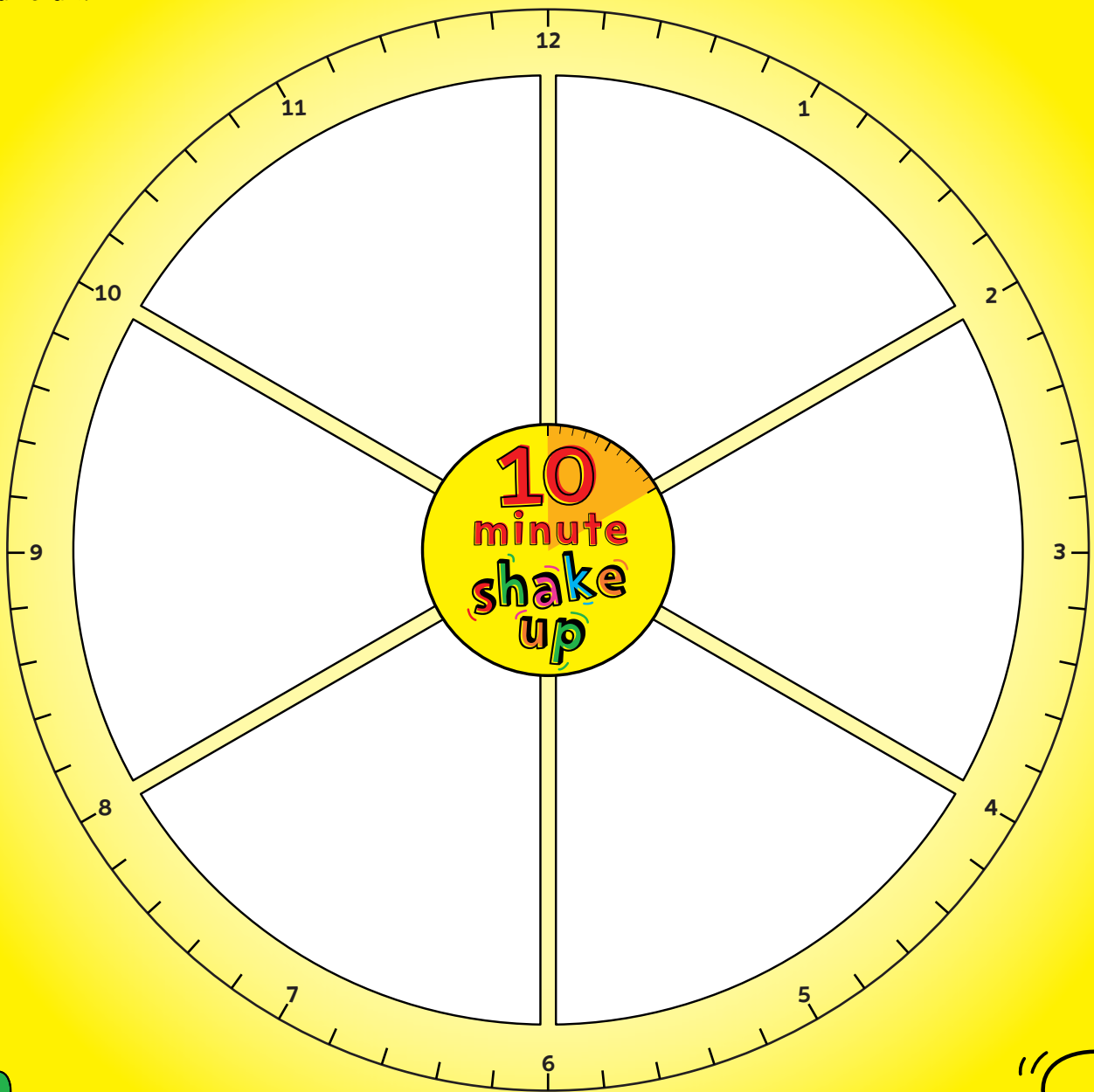


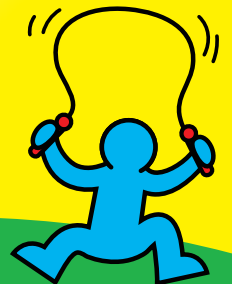
take home activity sheet

Earn more points for your team by shaking things up at home. There are four exciting, Disney inspired activities for you to choose from. And when you've done one, either colour in or draw your favourite Disney character in a ten-minute section on the shake up clock below.

Don't forget to share it with your teacher so they can add your active minutes to the 10 Minute Shake Up wall chart.



Don't forget! Ask your parents to sign up for 10 Minute Shake Up online to find more fun ideas and get your free team activity band.*



*While stocks last

Here are four 10 Minute Shake Up games to get you going. But why not create your own too.



Big Hero 6

Hiro says

Hiro leads Big Hero 6, so listen carefully to his instructions.

Ask a friend to be Hiro.

- Pretend to be your favourite character from Disney's Big Hero 6.
- If Hiro tells you to do something like **Hiro says jump up and down** – jump up and down.
- If he doesn't say **Hiro says** before the instruction then DON'T do the task. If you do, you'll have to run around the play area 3 times.
- After 1 minute, swap with your friend to be Hiro.



Frozen

Olaf's summer dance

Grab your hat and cane (or an umbrella, or even a rolled up paper) and dance yourself cool. Then copy Olaf's moves.

Now with the hat in your right hand. The stick or umbrella in your left. Here are the steps:

- Throw your arms up in the air.
- Place the hat on your head, step back two steps.
- Next, hold on to your hat – lean forward on your stick.
- Lift your stick back over your head and skip forward four steps.
- Hold your stick out to the left, right hand on your chest and slide back one step.
- Keep going. Do you feel cooler yet? No? Add in some cooler moves of your own and put a summer dance routine together.



Monsters

Monster balloon tennis

So you think you can play balloon tennis better than Mike? Let's see what you got then.

- Remember eye on the ball!
- Get two players and make some rackets from a rolled up magazine.
- Use your rackets to bat a balloon back and forth to each other.
- Count how many hits you can keep it off the ground.
- Take turns to serve.
- See if you can beat Mike's record and keep it in the air for 10 minutes.



Toy Story

Jessie's big rope jump

Jessie knows you're not a cowgirl or cowboy unless you have some serious rope skills. Jumping rope is the perfect way to start.

- Grab a skipping rope and make sure you've got plenty of room.
- Now get two friends to swing the skipping rope from each end.
- Next bits easy. Start jumping!
- How many skips can you manage?
- Too easy for you? How about skipping backwards or hop on one foot, like a rabbit.
- Keep swapping so everybody gets a turn – there'll be no rope hogs around these parts.