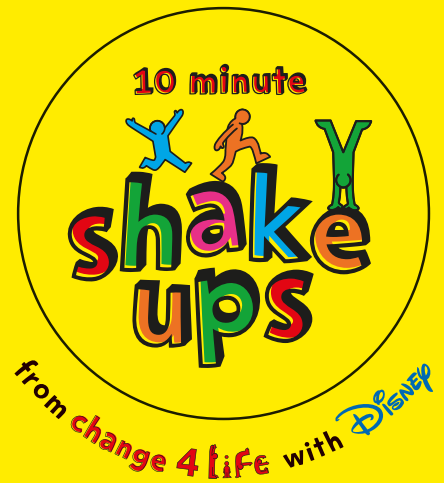
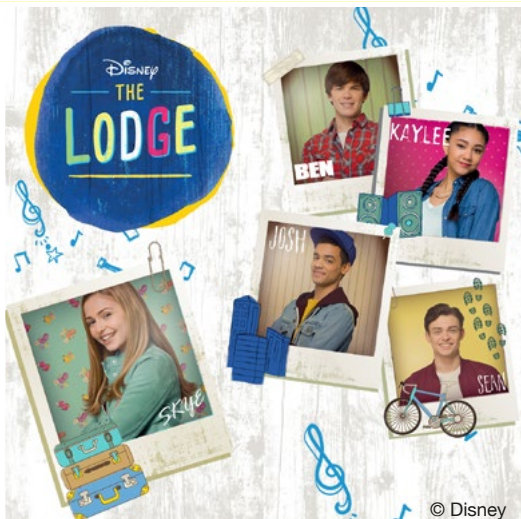


Shake up lesson plan



Lower KS2
Get your pupils active!



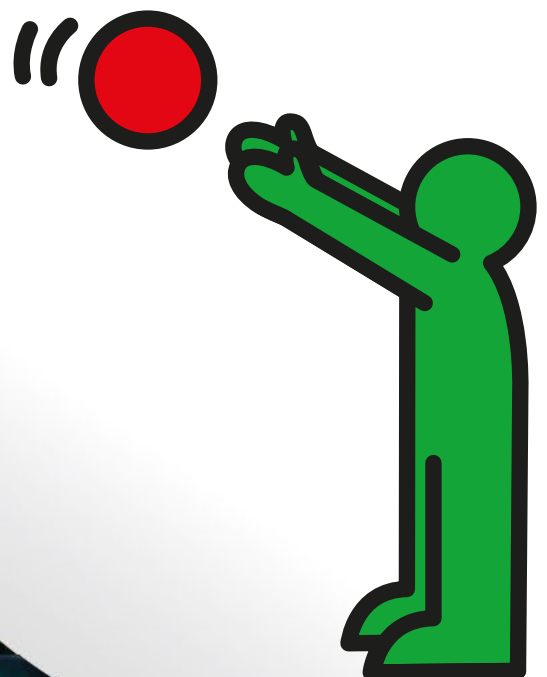
Shake up lesson plan

Lower KS2

Get your pupils active!

There are plenty of benefits to getting your pupils moving. **Evidence suggests** that physical activity has positive links with academic achievement, increased attention span, improved self-confidence and better physical health and fitness.

We're making it easy for you to help your pupils stay active with Change4Life 10 Minute Shake Ups inspired by Disney. Use these tools to quickly energise your pupils, get them having fun and help them burn off steam at any point in the school day. Make sure your pupils get their Shake Up suitcase to take home, so they can stay motivated and active after school too.





Using the resources

These flexible, curriculum-linked ideas will help encourage pupils to use their suitcase. There are three options for using the ideas, depending on how much time you have:



Option 1 Quick introduction (45 minutes)

Complete sections 4 and 5 of the lesson plan.



Option 2 Lesson (60 minutes)

Follow the whole lesson plan.



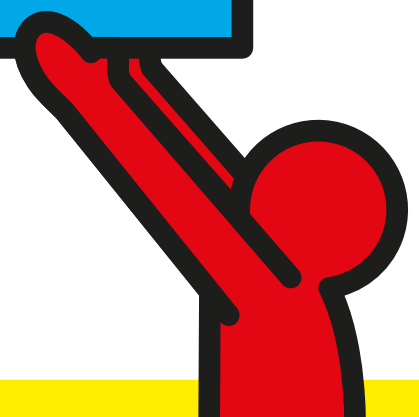
Option 3 Lesson plus follow up activities (60 minutes+)

Complete the whole lesson plan, then do one or more of the included Shake Ups each day for a week.

You can also find more ideas for 10 Minute Shake Ups online. Search [Change4Life/schools](https://www.change4life.org.uk/schools)

All options will provide a great introduction to 10 Minute Shake Up activities and help kids take ownership of their activities.

However, we recommend you use option three as it provides the most complete experience and helps bring physical activity into all pupils' daily routines.

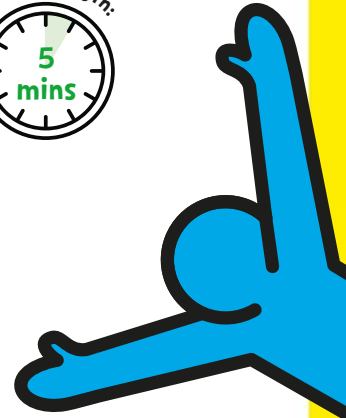
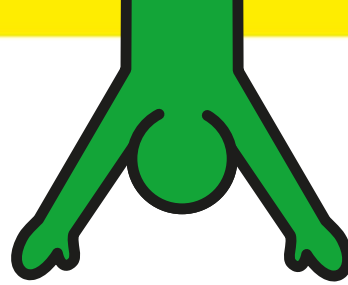


1. Introduction and scene setting

You can do this in the classroom before moving to your activity space.

Share the PowerPoint presentation with pupils to introduce the concept of Shake Ups and get pupils excited about exploring the Disney stories.

Explain that now they are going to get ready to pack their suitcase with 10 Minute Shake Up ideas.



2. Lesson starter activity

Take pupils to the activity space telling them to travel as a train, plane, bicycle, someone horse riding, etc. as if starting their active adventure.

You could remind them that they're moving around in different ways, and see if they remember from the presentation what we call these kinds of skills (agility skills) or which characters were good at them (Lightning McQueen and Cruz Ramirez from *Cars 3*).



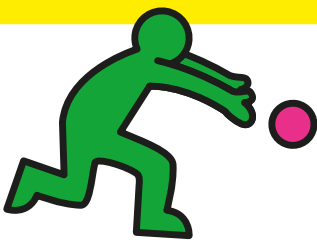
3. Warm up – Group mania

The warm up prepares pupils for the activities to come, and reminds them of the skills and characters they've already been introduced to.



- Tell pupils to travel around the play area in different ways and in different directions.
- Call a number; pupils must get into groups of that number.
- Call out one of the Disney characters and actions from the presentation (e.g. "Balance like Moana!") and ensure groups all do that action.
- Repeat the activity several times. Encourage exploration of different ways of moving and create groups of varying sizes to challenge pupils.





4. Main activity – Around the world Shake Ups

Pupils get a taste of several activities, and choose one they want to practise more.

- Ideally, give a brief demonstration of each activity, explaining how it is performed and highlighting the key movements and skills involved. Allow 2–3 minutes for each Shake Up demonstration.
- After pupils have been introduced to the Shake Ups, ask them to choose their favourite. Note the top three Shake Ups. Alternatively, you can select the three you'd like pupils to do.
- Explain that they're now going to spend more time on the top three Shake Ups. Set a timer for 10 minutes (or draw attention to a wall clock to indicate the end point) and lead pupils through each of the three Shake Ups. Use the teacher prompts to ensure good quality movements.

The six Shake Ups are:

- Queen Elsa's follow and freeze
- Kakamora target
- Sean's mountain bike challenge
- Chief Bogo's bad guy round up
- The Beast's rose protector
- Mater's pick up truck dump

Teaching points

- **Queen Elsa's follow and freeze prompts:** keep your body tight, holding your muscles firm and strong. Fix your eyes on something still.
- **Kakamora target prompts:** keep your eyes on the target and aim carefully. When defending, use your hands and feet to help keep the objects out.
- **Sean's mountain bike challenge prompts:** keep your back straight and your head looking in the direction you're travelling. Find a space and move into it.
- **Chief Bogo's bad guy round up prompts:** keep your knees slightly bent ready to move in any direction. Communicate with your partner at all times.
- **The Beast's rose protector prompts:** stay on your toes when protecting the rose. Be ready to move in any direction. Grabbers, keep your eyes on the target.
- **Mater's pick up truck dump prompts:** keep your back flat and hold your tummy in tightly. Keep your head up when travelling.



Questions for higher order thinking:

- Can you think of a sport where you might use the skills you have tried in the Shake Ups?
- What can you do with your body to have more control over your movements?

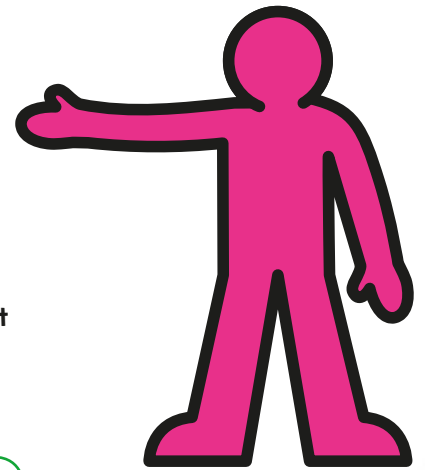
- Show the suitcase worksheet to the pupils. Explain that they will now design their own Shake Ups and record them in their suitcase later.
- Ask pupils to work with a partner and create an activity that would be simple to remember and not require any equipment. Explain that this is so it can be played anywhere – in the house, in the garden or at the park. Suggest pupils think about their favourite Shake Up and use it as an idea to get started.



5. Packing the suitcase with Shake Ups

Back in the classroom or at the end of the lesson, provide pupils with their suitcase worksheet to record their Shake Up ideas.

- Ask pupils to circle which character's story they're most excited about and then write which character's Shake Up they are most looking forward to doing. Finally, ask them to tick the skills that they think this character would be good at.
- Ask pupils to decide if the Shake Up they have created can be done alone or with friends or siblings. Next, ask them to fill in their suitcase by writing about their Shake Up and giving it a name. Ask them to think about what skills or movements their Shake Up uses and tick the boxes for each of those skills.



Optional extension: Ask pupils to find a partner and explain their Shake Up. This can help pupils to support each other to develop a name or help each other refine their ideas.





Change4Life schools

You'll find more teaching resources on healthy eating and physical activity on the Change4Life School Zone, including loads more 10 Minute Shake Up activities. Search [change4life/schools](#)

To find out about Change4Life Sports clubs visit: www.nhs.uk/c4lsportsclubs



Useful resources

Visit www.disney.co.uk to find out more about your favourite Disney stories and characters that inspired the 10 Minute Shake Up games.

Physical activity

There are loads of resources available online to help every primary school pupil to develop a healthy and active lifestyle. To find out more, have a look at our partner websites listed below.

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.livingstreets.org.uk Get your pupils ready to cycle safely with Bikeability at www.bikeability.org.uk The Modeshift STARS accreditation scheme recognises schools that encourage children to walk and cycle to school. Register your school at www.modeshiftstars.org

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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Keep in touch

We would love to hear from you. Please send your comments and photos to partnerships@phe.gov.uk