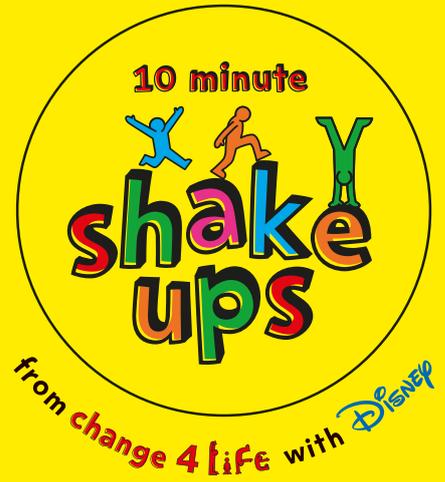
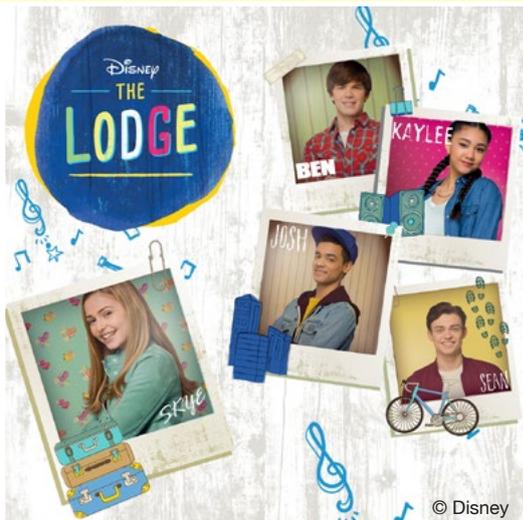
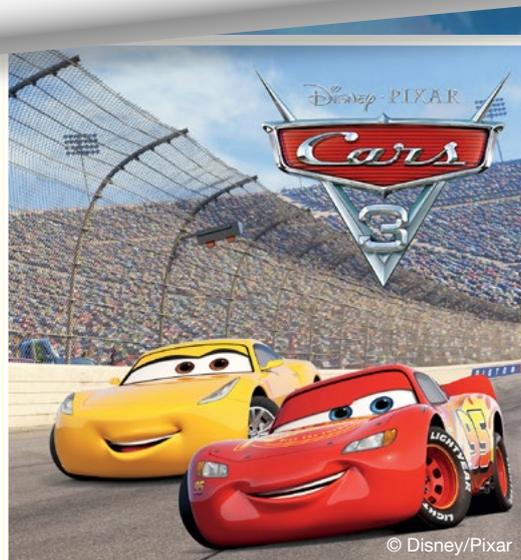


# Shake up lesson plan



Upper KS1  
Get your pupils active!



# Shake up lesson plan



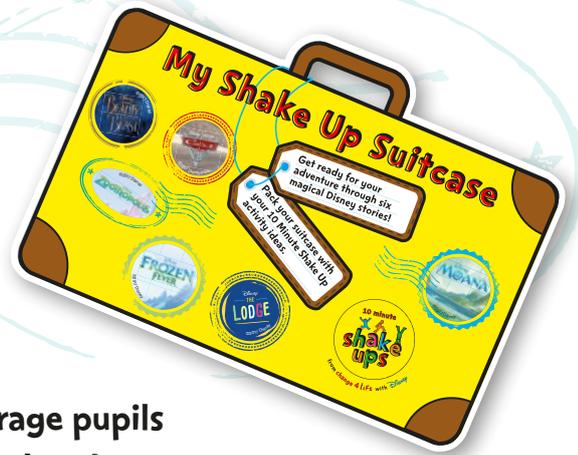
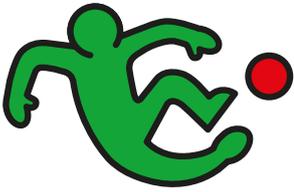
Upper KS1

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.





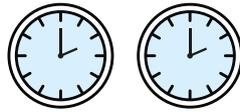
## Using the resources

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.



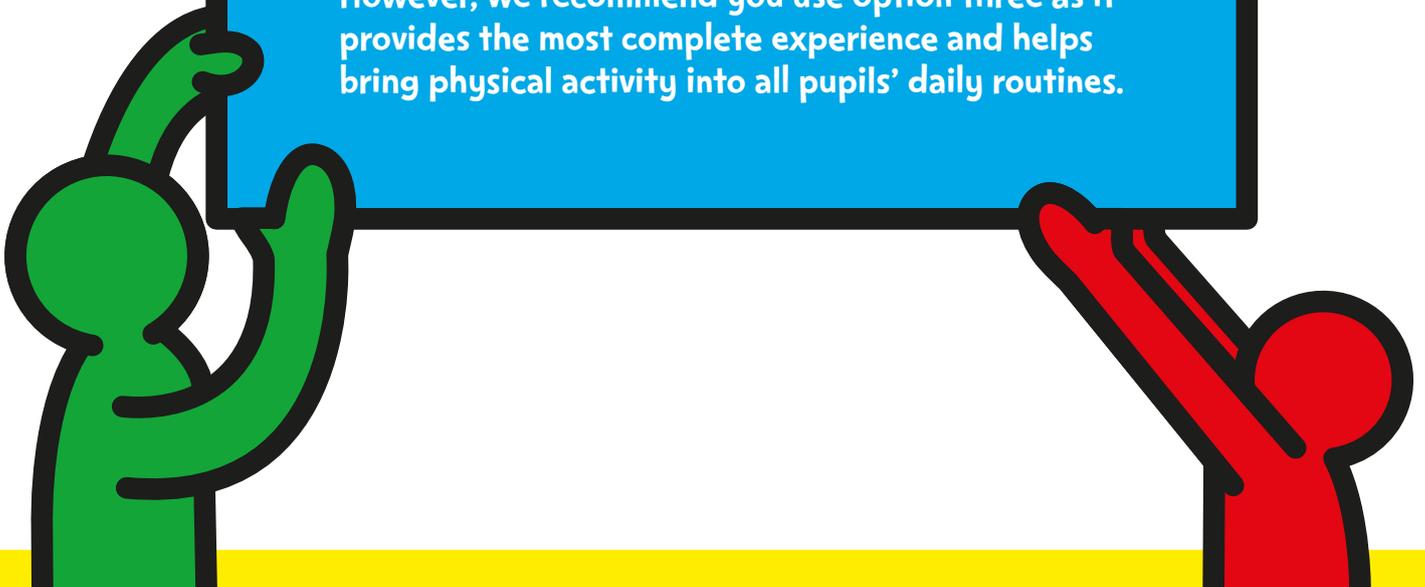
### Option 3 Lesson plus follow up activities (60 minutes+)

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.co.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.



## Upper KS1: Year 2

### Outcomes

#### Pupils will:

- explore agility, balance and coordination skills individually and with others
- develop running, jumping, throwing and catching skills
- develop balance, agility and coordination skills, applying these in a range of activities
- create a 10 Minute Shake Up to play individually or with others.

### Resources required (available to download on the School Zone)

- Four of the six 10 Minute Shake Ups provided
- Introductory PowerPoint
- A copy of the Disney inspired Shake Up suitcase for each pupil

### Equipment needed (for options 2 or 3)

- At least one bean bag per pupil
- Markers or cones for start and finish lines and obstacles
- Selection of small balls or quoits
- Hoops - one per five players

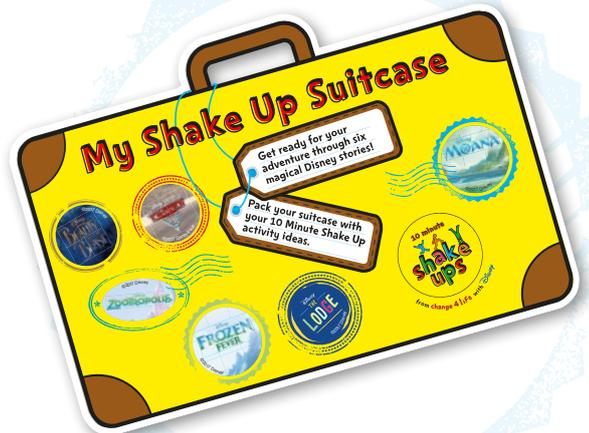
### Cross-curricular links

#### Main subject:

- PE

#### Supplementary subjects:

- PSHE: health and wellbeing
- English: instructional writing
- SMSC: creating and following rules, working with others



## 1. Introduction and scene setting

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

Share the introductory PowerPoint with pupils to introduce the concept of Shake Ups and get pupils excited about their adventure around 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



Guide pupils to the activity space in a 'Follow the leader' chain. Explain that this will be the start of their journey through magical Disney stories. Use different movements for the pupils to copy such as travelling as a train, plane, bicycle or horse riding. Introduce different directions such as zig-zag or sideways travel where possible.

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 – Don't lose your ticket!



Explain to pupils they will travel around the activity space in different ways (such as walking, skipping, striding, jogging) while carrying a bean bag.

Provide each pupil with a bean bag and explain that this is their ticket for their journey. Provide an opportunity for pupils to travel around the activity space holding on to their ticket safely and ask them to listen carefully for instructions.

Introduce and demonstrate different instructions to the activity.

“Oops dropped my ticket”: pupils must drop their bean bag onto the ground and carry on travelling until they hear the next instruction.

“Found my ticket!”: Pupils must then pick up another bean bag from the ground and carry on travelling.

“Take your ticket around the world”: pupils stand still and move their bean bags all over their bodies, exploring what they can do. They could move them around their waists and backs, between their legs, over their shoulders and pass from hand to hand.

“We have arrived”: pupils stand still, on one leg, with one hand to their foreheads as if peering at the view.

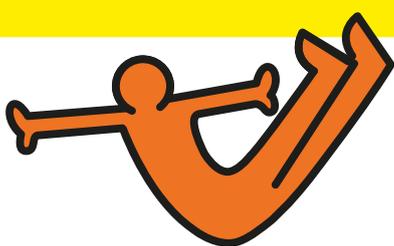
Remind pupils that their movements can be improved by:

- keeping their heads up
- swinging their arms.



Disney  
**FROZEN  
FEVER**





## 4. Main activity – Around the world Shake Ups

Pupils get a taste of several activities, and choose one they want to practise more. Choose four Shake Ups (from the six provided) to display around the activity space. This could be in the classroom, the PE hall or outdoors.

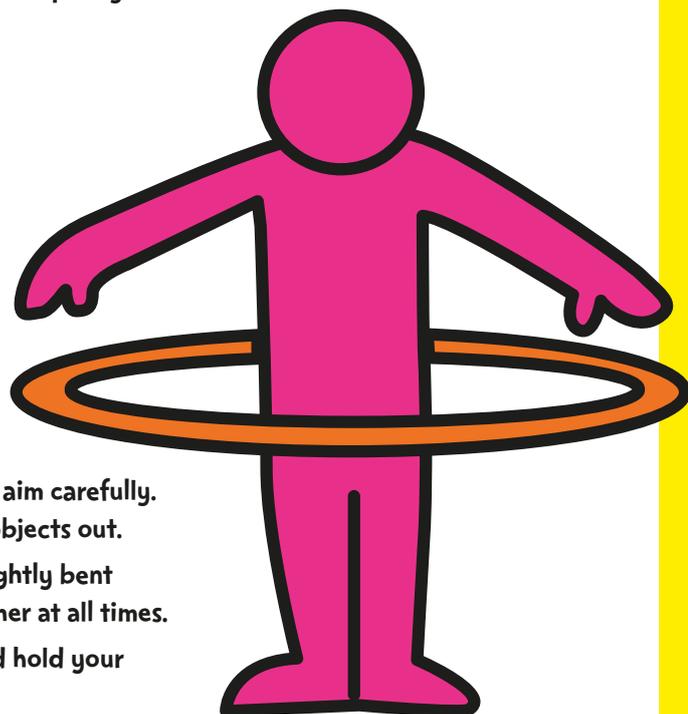
- Ensure each pupil has enough space to move freely and away from obstacles. Lead pupils through each Shake Up, giving a brief demonstration of the activity. Explain how it is performed and enable pupils to join in, using the teacher prompts to ensure progress in quality of movement. Allow 4–5 minutes for each Shake Up demonstration.
- After pupils have tried each Shake Up briefly, ask them to run to their favourite.
- Bring all pupils over to the most popular Shake Up, and explain that they're now going to spend more time on it. Set a timer for 10 minutes (or draw attention to a wall clock to indicate the end point) and use teacher prompts to ensure good quality movements.

The four suggested Shake Ups are:

- Queen Elsa's follow and freeze
- Kakamora target
- Chief Bogo's bad guy round up
- Mater's pick up truck dump

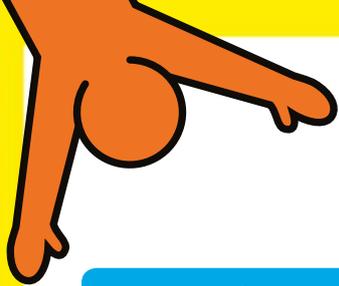
### Teaching points

- **Queen Elsa's follow and freeze prompts:** keep 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.
- **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.
- **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:

- Describe why you chose your favourite Shake Up.
- Which skill does the Shake Up we have done help us to develop?
- Show the suitcase worksheet to the pupils. Explain that they will now design their own Shake Up and will record it in their suitcase later.
- Ask pupils to think about an activity they could create 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.

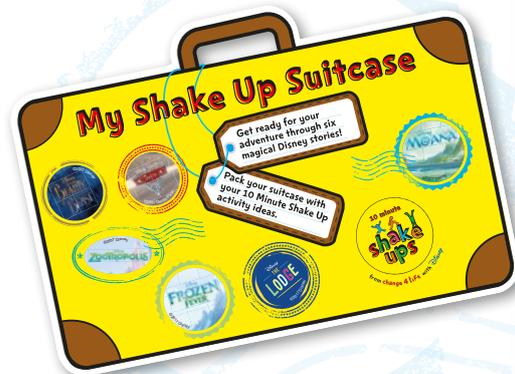


## 5. Packing the suitcase with Shake Ups

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

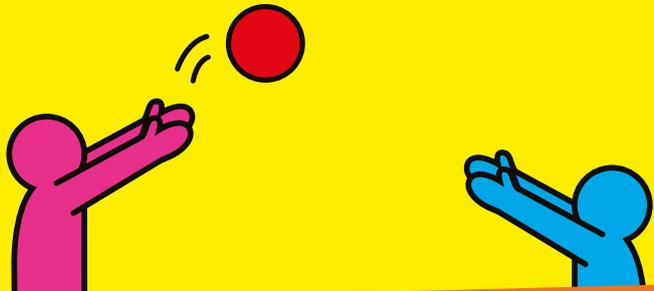
- Ask pupils to circle which character's story they're most excited about and then write which character's Shake Up they are most looking forward to doing. Finally, ask them to tick the skills that they think this character would be good at.
- Ask pupils to decide if the Shake Up they have created can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



Disney  
**BEAUTY  
AND THE  
BEAST**





## 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](http://www.nhs.uk/c4lsportsclubs)



## Useful resources

Visit [www.disney.co.uk](http://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](http://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](http://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](http://www.livingstreets.org.uk) Get your pupils ready to cycle safely with Bikeability at [www.bikeability.org.uk](http://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](http://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](http://www.yourschoolgames.com)



LOTTERY FUNDED

The 10 Minute Shake Up teaching resources are supported by Sport England Lottery Funding.



## Keep in touch

We would love to hear from you. Please send your comments and photos to [partnerships@phe.gov.uk](mailto:partnerships@phe.gov.uk)