

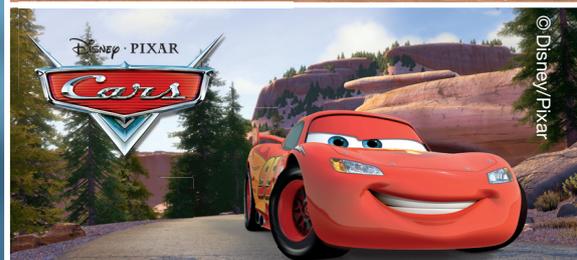
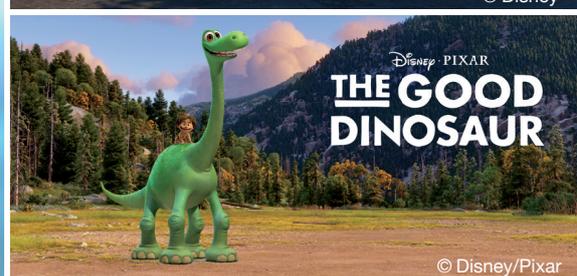
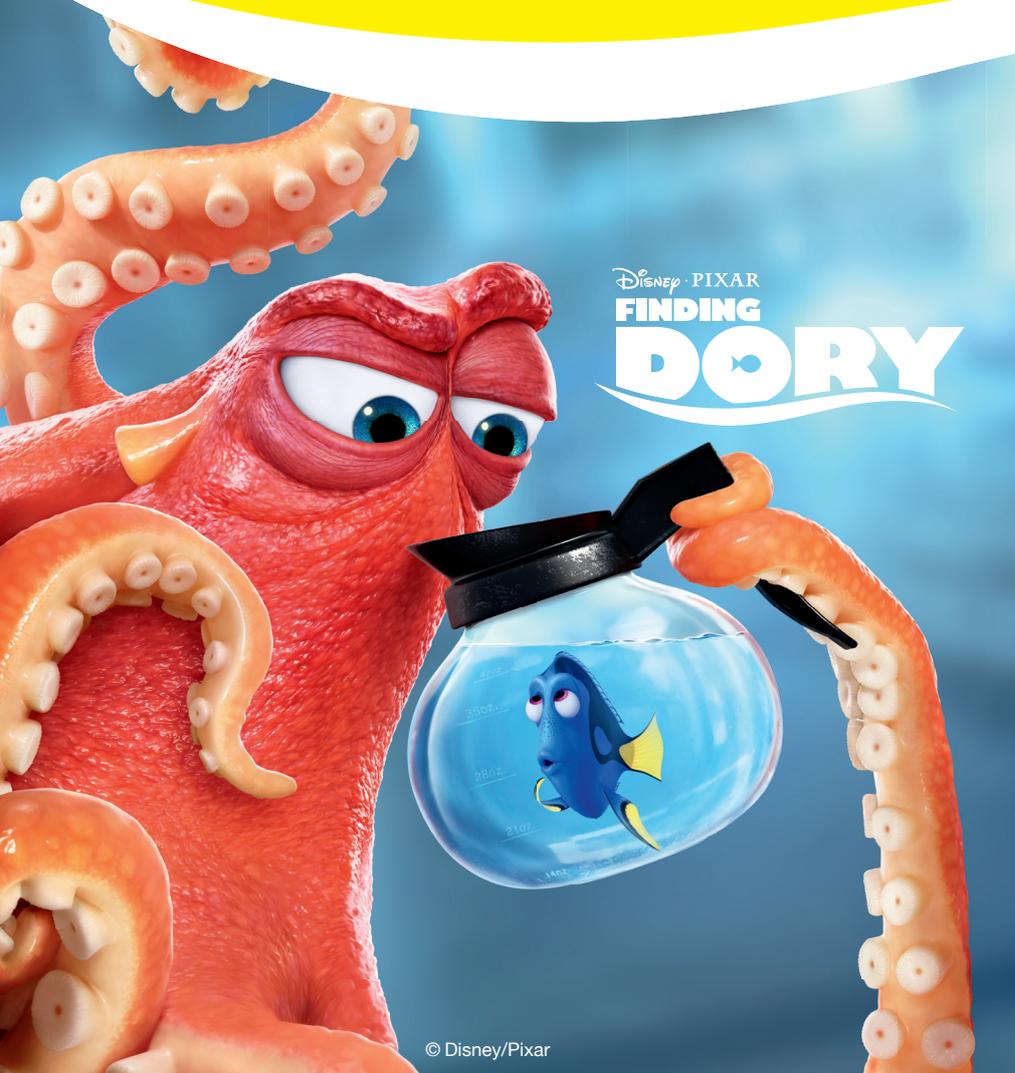
10
minute
shake
up

from change 4 life with Disney

Just keep moving

**Lesson Plans and Teachers' Guide
for Early Years, Key Stage 1 and Key Stage 2**

Supports the PE curriculum



Just keep moving

Your teaching resources

Change4Life and Disney have teamed up to bring you even more great ways to engage your class and encourage them to just keep moving.

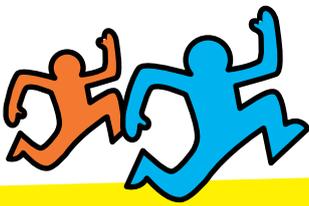
10 Minute Shake Up activities are fun and easy to use in PE lessons and throughout the day in the classroom, hall or playground. They are flexible enough to be used by one teacher or as a whole school activity.

For the first time, Change4Life has developed (with support from physical education experts) PE lesson plans and 10 Minute Shake Up activities to help you deliver the PE curriculum. They are aimed at children aged four to eleven. They include a range of activities, inspired by the Disney·Pixar film Finding Dory and lots more Disney family favourites, that are suitable for Early Years, Key Stage 1 and Key Stage 2 classes.

Disney·Pixar's Finding Dory reunites everyone's favourite forgetful Blue Tang, Dory, with her friends Nemo and Marlin on a search for answers about her past.

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10 Minute Shake Up

As you know, children need to do at least 60 minutes of physical activity every day that really gets their hearts pumping. Doing 10-minute bursts of activity throughout the day is an easy way to help them do this. It makes them feel good and strengthens their heart, bones and helps maintain a healthy weight.



For more teaching resources make sure you're signed up to the Change4Life School Zone, [search change4life/schools](https://www.change4life.com/schools)

What's in this kit?

It contains everything you need to help your class meet the PE curriculum, have fun, and just keep moving.

- This teacher resource guide – including Early Years, KS1 and KS2 PE lesson plans.
- Cut-out 10 Minute Shake Up Disney inspired activity cards.
- Photocopy-friendly take home sheet.
- Plenty of reward stickers for your class.
- Character introduction sheet. (You'll find a PowerPoint version on the Change4Life School Zone too.)

PE lesson plan

Early Years and Key Stage 1



Curriculum links

These activities provide opportunities for helping children develop their physical literacy (build confidence in using their body) and contributes to meeting the following National Curriculum requirements:

Early Years

- Show good control and co-ordination in large and small movements.
- Move confidently in a range of ways, safely negotiating space.
- Know the importance of physical exercise for good health.

Key Stage 1

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games.

Resources

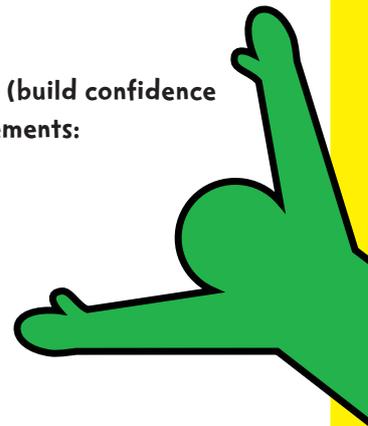
- Cushions (turtle shells) and sticky tape to attach them to the children's backs.
- Beanbags – even numbers in different colours and enough for one per child.

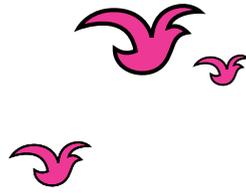
Before you start

Why is it important to do exercise? Explain that it helps to make our heart and bones strong, helps us maintain a healthy weight and helps our learning, co-ordination and movement skills.

Introduce the warm up. Why do we need to warm up? Explain that it is so our bodies are prepared for the activity we are about to do, so that we don't hurt our muscles.

How will we know that our bodies are ready? Explain that we should get warmer, breathe harder and our hearts will beat faster.





Warm up option 1

Dory's Domain

In Dory's world there are plenty of pals and loads of plants. There is an action that suits each of them. Teach the children the list of moves inspired by Disney-Pixar's Finding Dory.

As you shout out the items on the list, the children use their bodies to recreate the underwater environment that Dory enjoys. Each position should be held for six to ten seconds.

Explain to the class that Dory is a Blue Tang fish who suffers from short term memory loss. "Let's see how good your memory is, can you remember the moves?"

Dory - Blue Tang Fish

Hold arms out parallel to the floor and circle them - move those fins.

Nemo - Clownfish

Heel kicks - flick that tail fin.

Hank - Octopus

Sit on the floor and shuffle along using only your tentacles (legs) like you're hovering on the sea bed.

Destiny - Whale Shark

Lie on your tummy, lift your legs off the floor and make a shark fin with your hands.

Loons - Aquatic Birds

Hop and flap your wings (arms).

Otters

Hug yourself tightly.

Sea Horse

Gallop.

Starfish

Star jumps.

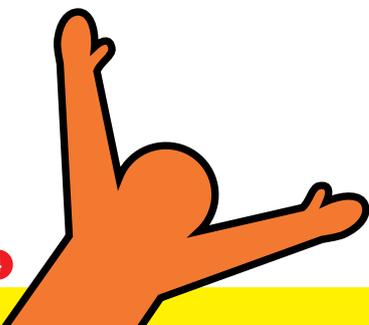
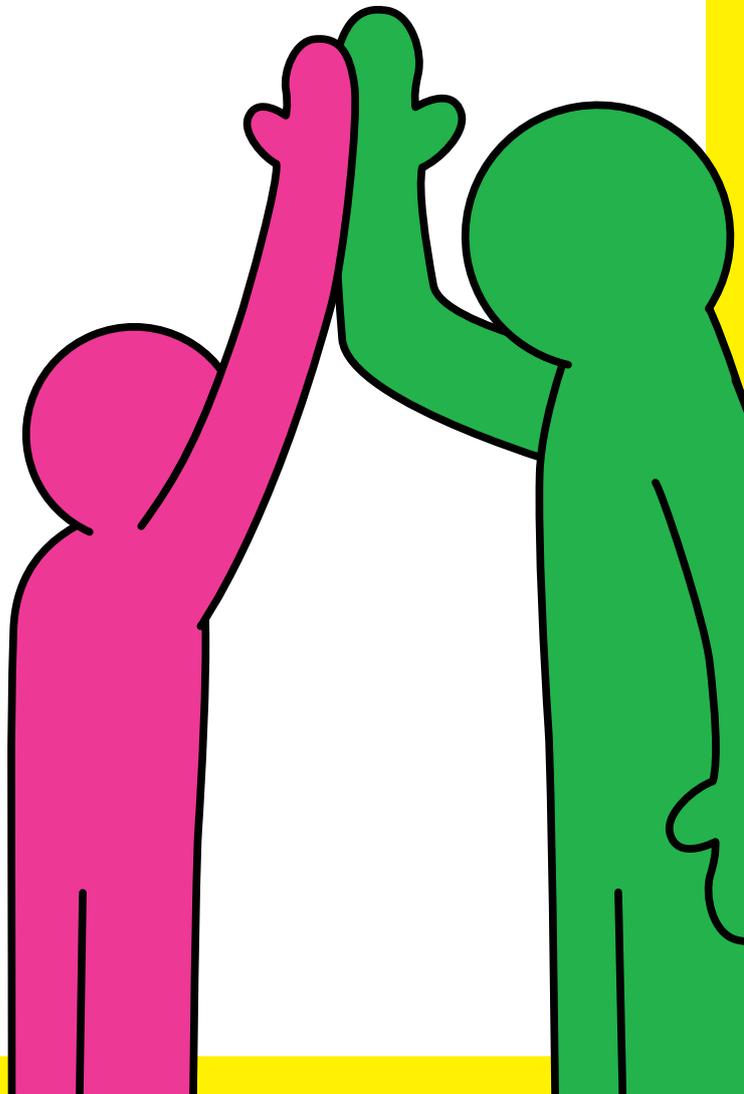
Seaweed

Reach up and sway.

Rock

Curl your body into a small ball on the floor.

At the end, ask the children to check for the signs that their warm up has been effective. How do they know?





Warm up option 2

Hide, Hank!

Hank is an Octopus – he is excellent at camouflage and moving around objects and spaces without being spotted. Ask the class to move around the room (following these instructions) just like Hank from Disney-Pixar’s Finding Dory.

Hank is hovering on the seabed

Ask the class to sit on the floor and shuffle along using only their tentacles (legs) to move.

Hank is hopping

Ask children to hop around the room, changing legs occasionally.

Hank is hurdling

Ask the class to make giant leaps over imaginary obstacles on the seabed, such as shipwrecks.

When you shout “Hide, Hank!” the children are to freeze in their position, being careful not to wiggle those tentacles.

Extension:

You can add to this activity by asking the class to disguise themselves as something after you have called “Hide, Hank!” They may move, but have to remain on the spot, holding each position for 6 to 10 seconds.

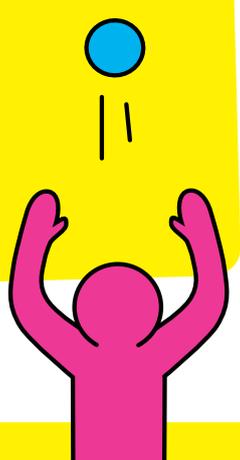
Disguise yourself as seaweed Stretch up and sway.

Disguise yourself as a rock Curl your body into a small ball on the floor.

Disguise yourself as the seabed Plank your body on the floor.

Disguise yourself as a snappy crab Bend your knees and pinch your fingers together.

Disguise yourself as a starfish Stand with legs wide apart and arms stretched wide to the sides.





Main activity option 1

Crush Contest

In Disney-Pixar's Finding Dory, Crush is a Sea Turtle who's been cruising the ocean for more than a hundred years. He uses his flippers to glide through the tropical waters. Can you use your flippers like Crush to move along in a contest?

- Using tape, attach a cushion to each child's back.
- Encourage the children to lie down on their tummies, and without lifting their tummies off the floor, let them practise dragging themselves along using their arms and legs.
- When the children are confident with the movement, arrange a race.
- The race winner is the 'Crush Contest Champion' – flip, flip hooray!

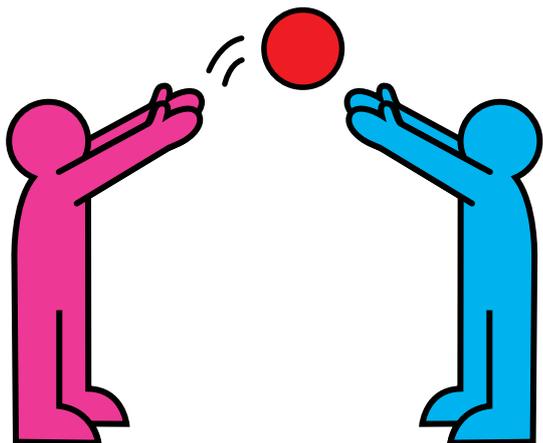


Main activity option 2

The Otters' Sea Urchin Search

The furry Otters are searching for Sea Urchins. Will you help them to dive to the ocean floor to find them?

- For this game you will need to divide the children into teams. They will be the Otters.
- Each team is to be allocated a beanbag colour. There should be enough Sea Urchins (beanbags) for each child in the team to have one.
- Spread the Sea Urchins randomly in the depths of the ocean (at the far end of the space), opposite to the lined up teams.
- For the Sea Urchin search, the first child in each line is to pretend to dive (jump) into the ocean, and doggy paddle as they swim (run) towards the Sea Urchins, being careful not to bump into any other Otters.
- Once they have picked up one of their team's Sea Urchins, they should return to their team in the shallow waters and tag the next Otter to dive.
- The first team to have collected all of their Sea Urchins wins.



Variation:

Why not place obstacles, such as hurdles to step over or hoops to go through, along the way?

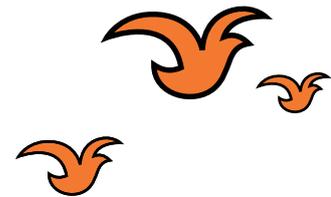


Cool down

Destiny's Slo-mo Slow-down

Explain to the class that we are now going to do a cool down. It will help our muscles to relax and we'll be less sore tomorrow.

- Start by introducing Destiny. She is a Whale Shark – the largest fish in the ocean who is a clumsy swimmer and speaks whale.
- Tell the children that they are going to moooooove and stretch sloooowly, and that all instructions will be issued in (deep-toned) whale-speak, just like Destiny from Disney•Pixar's Finding Dory would give.
- Tell the class to perform stretches and movements like the ones below, drawing out your words to make them slo-mo (e.g. Shoooooulder shrrrruuuugs).
- Demonstrate as you go, ensuring that the children do not bounce or stretch rapidly, that they do not over-stretch so that it hurts, that they keep breathing calmly and that they do not compete with their classmates. Exercises should include:
 - Shoulder shrugs
 - Straight arm across chest
 - Link fingers and straighten arms away from body
 - Heel digs
 - Sit with legs and arms spread wide
 - Slow march on the spot



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PE lesson plan



Key Stage 2

Curriculum links

These activities provide opportunities for helping children develop their physical literacy (build confidence in using their body) and contributes to meeting the following National Curriculum requirements:

Key Stage 2

- Use running in isolation and in combination.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement.

Resources

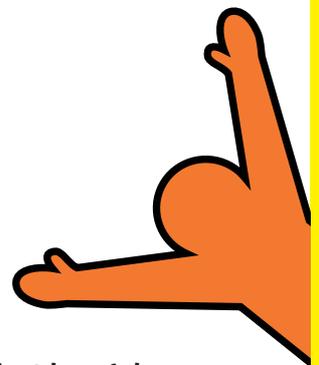
- Large bouncing balls for each child (sponge football, netball or lightweight basketball).

Before you start

Why is it important to do exercise? Explain that it helps make our heart and bones strong; helps us to keep a healthy weight and helps our learning, co-ordination, movement and social skills.

Introduce the warm up. Why do we need to warm up? Explain that it is so our bodies are prepared for the activity we are about to do, so that we don't hurt our muscles.

How will we know that our bodies are ready? Explain that we should get warmer, breathe harder and our hearts will beat faster.





Warm up

Dory's Domain

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As you shout out the items on the list, the children use their bodies to recreate the underwater environment that Dory enjoys. Each position should be held for six to ten seconds.

Explain to the class that Dory is a Blue Tang fish who suffers from short term memory loss. "Let's see how good your memory is, can you remember the moves?"

Dory - Blue Tang Fish

Hold arms out parallel to the floor and circle them - move those fins.

Nemo - Clownfish

Heel kicks - flick that tail fin.

Hank - Octopus

Sit on the floor and shuffle along using only your tentacles (legs) like you're hovering on the sea bed.

Destiny - Whale Shark

Lie on your tummy, lift your legs off the floor and make a shark fin with your hands.

Fluke and Rudder - Sea Lions

Sit and v-hold - keep those flippers off the floor!

Loons - Aquatic Birds

Hop and flap your wings (arms).

Otters

Hug yourself tightly.

Sea Horse

Gallop.

Starfish

Squat thrusts.

Hermit Crab

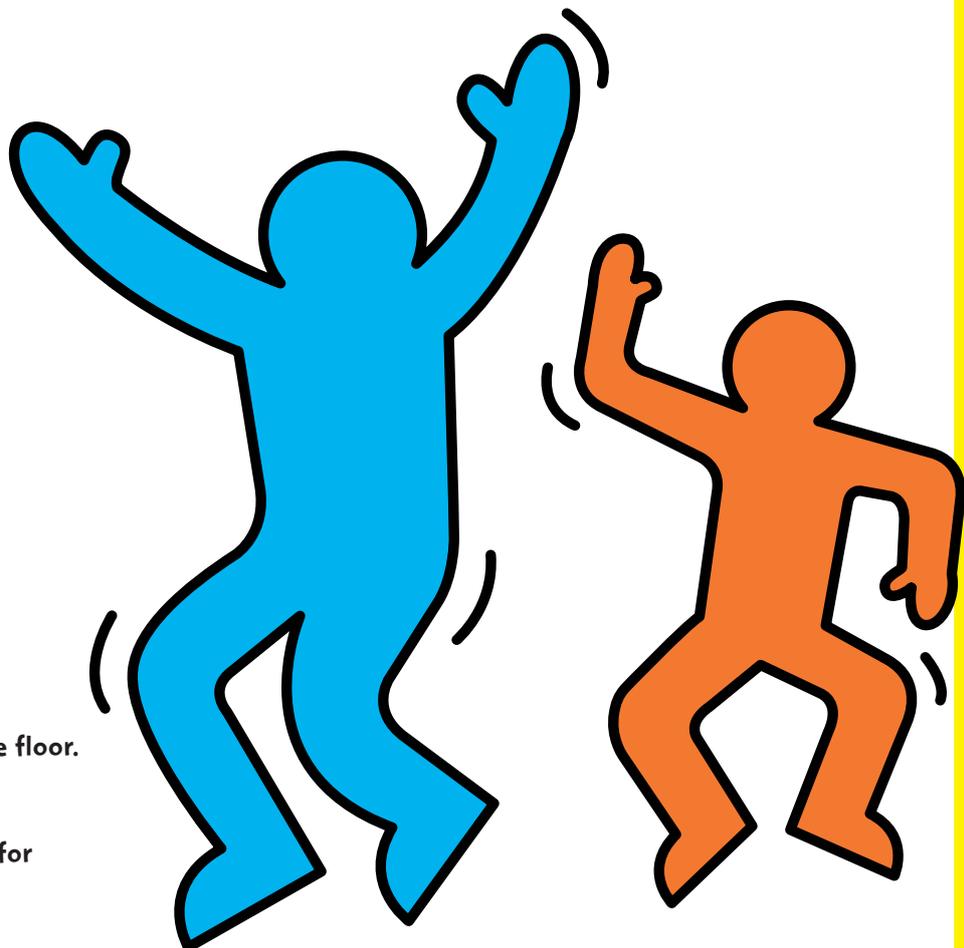
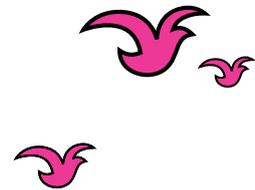
Crab walk quickly from side-to-side.

Seaweed

Reach up and sway.

Rock

Curl your body into a small ball on the floor.



At the end, ask the children to check for the signs that their warm up has been effective. How do they know?



Main activity

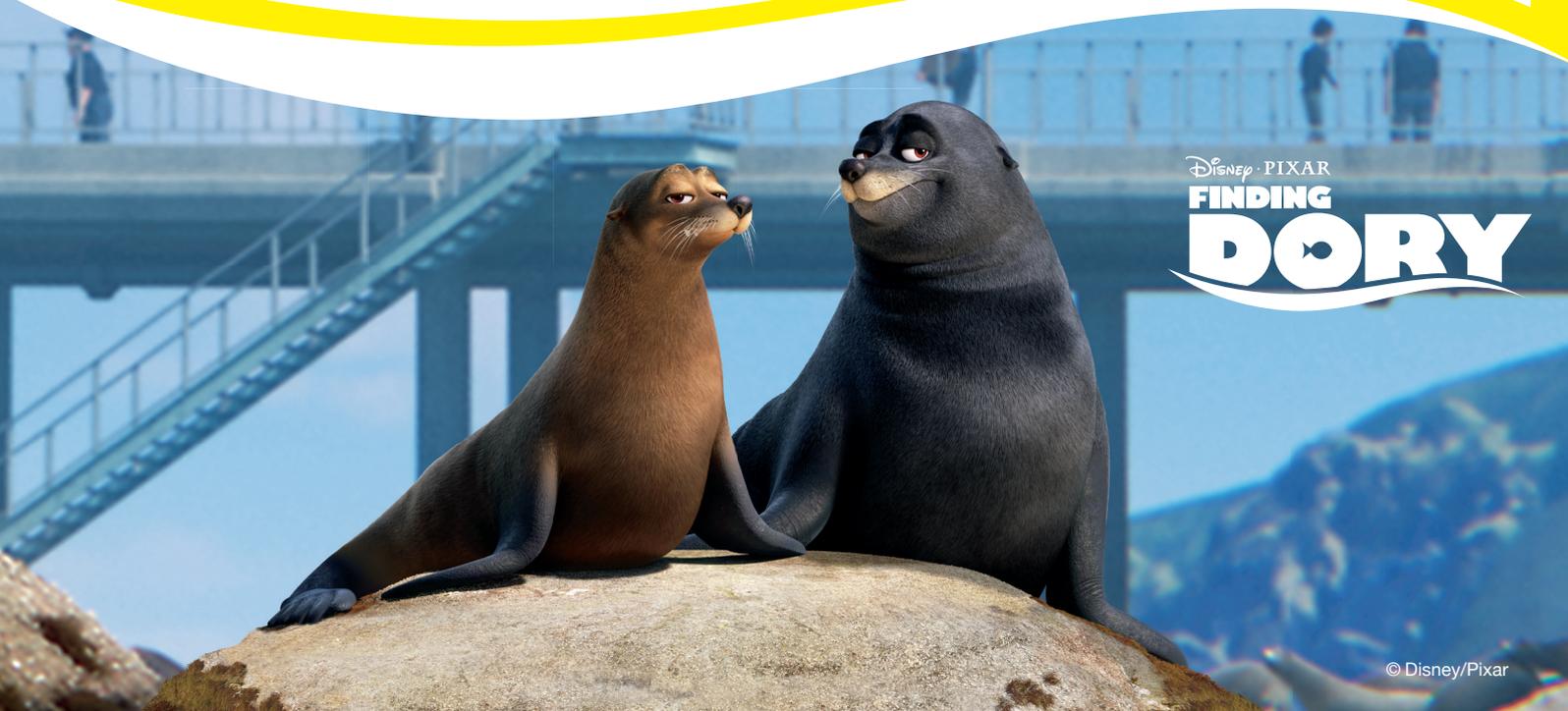
Rock on with Fluke and Rudder

Fluke and Rudder are a pair of Sea Lions, from Disney·Pixar's Finding Dory, who are precious about their rocky resting place. They will do all they can to protect it.

- Section off the far end of a large space (about a quarter of the room) with small cones or beanbags. This area is the prized rock.
- Choose one child to be Fluke and another to be Rudder. They start off on their rock and must defend it from approaching Sea Lions.
- Split the remaining children into four or five rows at the opposite end of the space. They will be the other cheeky Sea Lions trying to make their way to the rock, and they are to be given balls to bounce with their flippers. They must not stop dribbling as they travel to the rock, so need to be sure to keep an eye on the ball, as well as Fluke and Rudder!
- On the command, "Rock on!" the first child in each row is to set out across the sea towards the rock (those waiting their turn should be shuffling their feet and clapping their hands like a Sea Lion). Fluke and Rudder can move off their rock to knock back the bouncing balls from the approaching Sea Lions.
- If they succeed, the Sea Lion must stop moving forward, creating a barrier for the Sea Lions who have yet to venture out. Whilst frozen, they must complete an exercise with the ball, such as reaching up to hold it high into the sky and then squatting to touch it to the floor, repeatedly. Be aware that exercises that involve them lying down, might result in bouncing balls causing injury.
- The game is over when all Sea Lions have attempted the journey.
- Discuss which tactics the children felt helped them to achieve their goals after 10 minutes. Replay the game, swapping the children in the roles of Fluke and Rudder. Can more Sea Lions make it across this time? Or will Fluke and Rudder have the rock all to themselves?

Challenge:

To increase the level of difficulty, give Fluke and Rudder a ball to bounce too.



Cool down



Destiny's Slo-mo Slow-down

Explain to the class that they now need to do some light activity to relax their muscles because this will help them feel better.

- Start by introducing Destiny. She is a Whale Shark – the largest fish in the ocean who is a clumsy swimmer and speaks whale.
- Tell the children that they are going to moooooove and stretch sloooooowly, and that all instructions will be issued in (deep-toned) whale-speak, just like Destiny from Disney·Pixar's Finding Dory would give.
- Tell the class to perform stretches and movements like the ones below, drawing out your words to make them slo-mo (e.g. Fooooorwaaaard luuuunge).

Demonstrate as you go, ensuring that the children do not bounce or stretch rapidly, that they do not over-stretch so that it hurts, that they keep breathing calmly and that they are not competitive with their classmates.

Are the children able to name some of the major muscles we are stretching?

Example stretches include:

- Forward lunge for lower leg – calf.
- Knee hug for spine and bottom – gluteals.
- Hamstring stretch for back of upper leg – hamstring.
- Quad stretch for muscles in front of upper leg – quadriceps.
- Sitting stretch for muscles in groin – adductors.
- Shoulder blade stretch for muscles between shoulders – trapezius.
- Chest stretch for muscles across chest – pectorals.

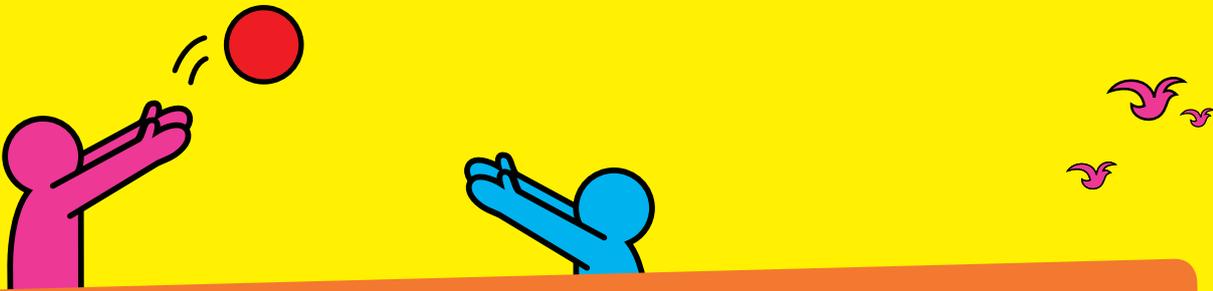


Activity cards

The 10 Minute Shake Up Disney inspired activity cards have been designed to help you add 10 minute bursts of activity to the curriculum throughout the day. Each is written in an energetic style directed to the class, with a handy key so you can easily see which subjects and time of day they are suited to.

Take home activity sheet

Don't forget to photocopy the take home sheet. Hand it out to the class so they can record any 10 Minute Shake Up activities they do at home.



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



Keep in touch

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