

Keeping children active - the 10 minute shake-up campaign

The Change4Life team are encouraging children to keep active at the end of term and through the summer holidays. Children and families can sign up for resources and there are resources to download for KS1 & KS2

Further information from Change4Life:

This summer Change4Life with Disney will return with the 10 Minute Shake Up campaign. As part of the wider campaign they are asking school children to team up with some of their favourite Disney characters to keep active and have fun at the end of the term.

Free 10 Minute Shake Up packs are arriving now with School Fruit and Veg Scheme deliveries. These include leaflets to go home in children's book bags, encouraging them to sign up to receive a Disney wristband, wallchart and stickers to help keep them active during the summer holidays.

Teachers can also [register](#) to receive new resources for teaching healthy eating via the newsletter below. These will be sent out in September and are available while stocks last

To find out more go to the Change4Life with Disney 10 Minute Shake Up Campaign: <http://bit.ly/1e55PrE>

To receive new KS1 and KS2 curriculum linked resources for teaching healthy eating, please sign up here: <http://bit.ly/1Qr06NK>

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