

Active Communities

Super Mission

Can you spread the super movement and get your local community active?

This is a mission to take on with friends. Work together to plan and deliver a Super Movers visit for those less active.

Think about who you would like to invite from your community to visit your school or whether you could visit them.

Remember, a community is a group of people:

Living in the same **place**



Having a particular **characteristic**

With an **interest** in common



Also check out the Super Mission film!

SUPER MOVERS

Champions



Your mission is to work with friends to plan and deliver a Super Movers community visit.

1 Plan

- Who will you engage with?
- What are their interests and abilities?
- Can you invite them to visit your school or should you go to them?
- What will you deliver that will be active and fun?
- Could you tell them what you've learnt by taking part in Super Movers Champions?



2 Do

- Go set up your visit and get ready to get active!

3 Review

- Did everyone get involved?
- Was everyone active and having fun?
- How did you encourage, support and motivate your visitors?