

**SUPERMOVERS**

**Champions**

**1**

# Active Homes



**BBC**



**Premier League**





# Super Movers Champions: Active Homes

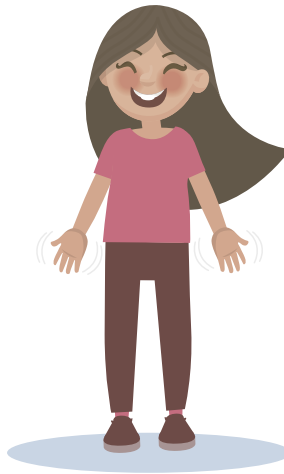
## Learning Outcome

**I will learn** about different ways that I or my family can get active both indoors and outdoors.

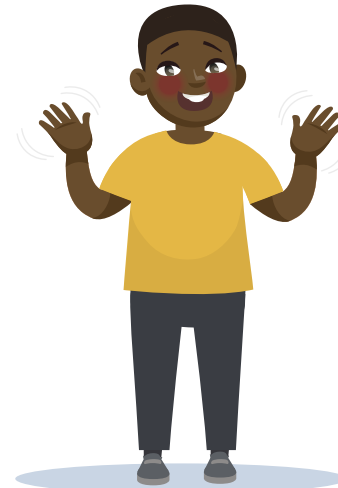


How confident are you on the waving hands scale?

Really not sure



Moderately confident



Confident





# What's your super statue?

**Step 1:** Move to the music.

**Step 2:** When the music stops, freeze in a super statue shape that represents a physical activity or sport you like doing.

**Step 3:** Move again and each time the music stops try a different super statue.

See if you can identify your friends' statues.





# What physical activities could you encourage your family to get involved with?

① Consider the physical activities and sports demonstrated in the previous activity – which could you imagine doing with your family?



# Outdoor activities

❓ What physical activities could you encourage your family to get involved in **outdoors**?

- Go to the park
- Take the dog for a walk
- Play a game or sport together
- Jump on the trampoline
- Go for a bike ride
- Others?



# Indoor activities

❓ What physical activities could you encourage your family to get involved in **indoors**?

- Clean the house to music
- Do physical challenges during TV adverts, e.g. star jumps
- Play active video games
- Play an active game, e.g. Musical Statues, Simon Says etc.
- Copy the dancers on Strictly Come Dancing
- Others?





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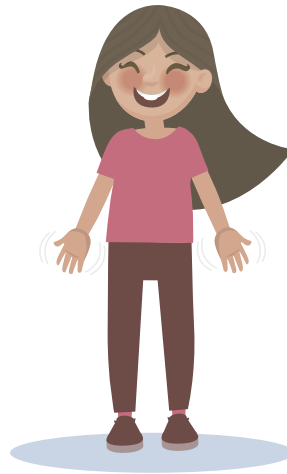
## Learning Outcome

**I have learnt** about different ways that I or my family can get active both indoors and outdoors.

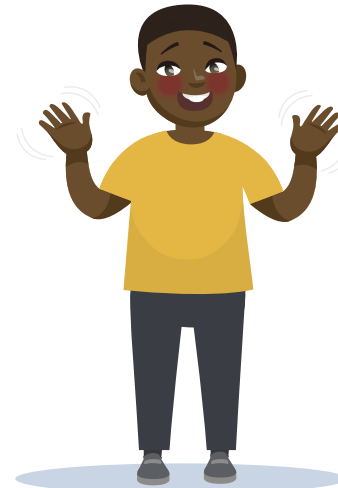


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