

SUPERMOVERS

Champions

3

Active Homes





Super Movers Champions: Active Homes

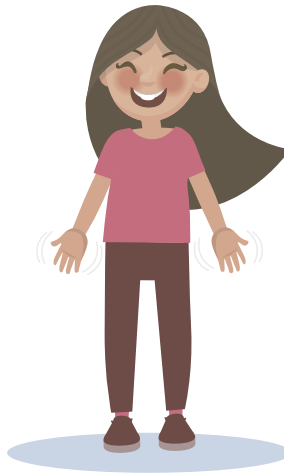
Learning Outcome

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

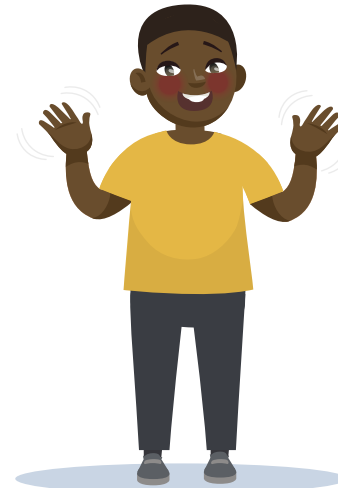


How confident are you on the waving hands scale?

Really not sure



Moderately confident



Confident





Super Movers Champions: Active Homes

Most children are least active during weekends and evenings.

However, you're more likely to be active if one or more of your family members are active.

Getting grown-ups moving with you at home allows for fun family time and helps everyone achieve 60 minutes of physical activity a day.





Activity: Super active home



Dive into our **Blue Planet** as we swim through the ocean with this Just for Fun film.



Do you think your family would enjoy joining in with this video at home?





Activity: Family Fitness Fun



Step 1: In small groups, come up with four moderate to vigorous super moves you think your family might enjoy taking part in.

Step 2: Test the movements out by trying to perform each for 30 seconds each.





Activity: Family Fitness Fun

STEPS to make it work for your family at home

- Do you need to adapt any movements to make it safe in the **space** available at home?
- Do you need to make the **tasks** easier for anyone to be able to perform for 30 seconds each?
- Would adding **equipment** from around the house, such as a teddy or a chair, make it more fun?
- Who could you get involved? Is there 10 minutes in the day where more **people** could join in?

For reference, STEPs relates to a method to make a task easier or harder by changing the Space, Task, Equipment or People.



Activity: Family Fitness Fun

 Walk, talk and test it out as a group.

Questions

1. Demonstrate the movement you think your family would enjoy doing most. Explain to your group why?
2. How could you set up this activity up at home?
3. Why might using music be a good idea?





Get your home active!



Try out your movements as a fitness circuit at home with your family.

Put on some music and do each movement for 30 seconds each. Remember to rest in between.



How many bursts of 30 seconds would you need to perform, to add an extra 10 minutes of physical activity to your day?





Super Movers Champions: Active Homes

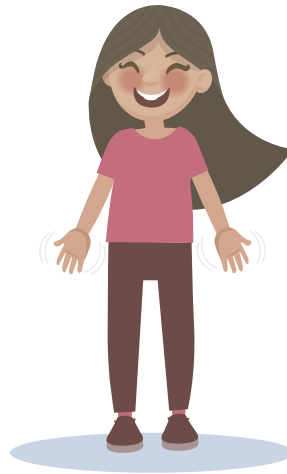
Learning Outcome

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

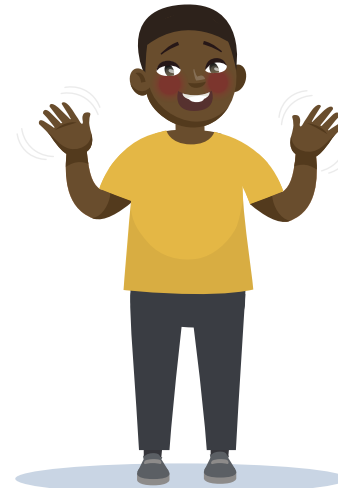


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