

Active Home Super Mission

Can you get your home moving more?

This is a mission to help get you and your family more active.

Work together to take on new activities and make it fun as you rise to the challenge!

Don't forget to encourage, support and motivate each other!

The secret to supercharging your home:

Make it part of
your routine!

Make it fun for
everyone!



Also check out the
Super Mission film!

SUPER MOVERS

Champions



Your mission is to try new activities to make your home more active.

1 Instructions

- Introduce new physical activity to your time outside of school and try to get members of your family to join in.
- Try some of the challenges in the activity tracker below and add any additional activities you try at home over the next week.



2 Do

- Go get active!

Activity Tracker

By yourself

Complete a Super Movers just for fun film	Do star jumps during the TV adverts	
		Write in your score out of 5

With a member of your family

Go for a walk or to the park	Play a bonkers balloon game	
		Write in your score out of 5

3 Review

- Did every member of your family manage to join in an activity?
- Did everyone taking part have fun?
- Will any of the activities become a part of your daily routine?