



SUPERMOVERS

Champions

2 Active Schools





Super Movers Champions: Active Schools

Learning Outcome

I will learn how to make lessons more active.



How confident are you on the cheerleading scale?

Really not sure

Moderately confident

Confident





Some of the benefits of super charging your classroom



Physical activity improves concentration for up to 2 hours afterwards.



Regular activity helps grow new brain cells which boosts learning and memory.



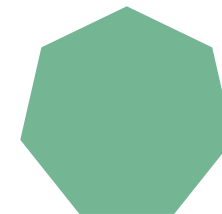
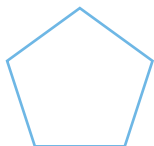
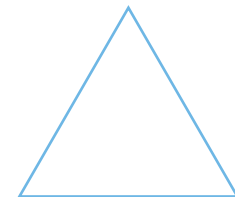
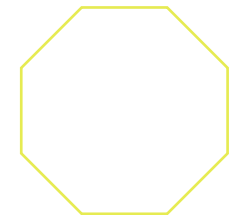
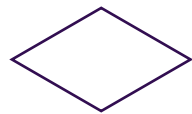
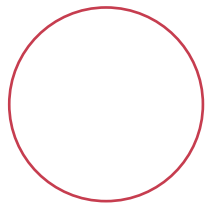
Moving more can make you happier and improve your mood.



Activity: Super Movers active learning



Join in with Radzi as we learn about **2D shapes**





Activity: True or False 2D shapes

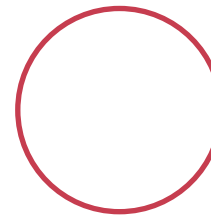


Test what you've learnt about 2D shapes, by performing:

Star jumps for true



Circling arms for false



1. A square contains 4 right angles
2. A rectangle has 4 equal sides
3. A right angle is 45 degrees
4. A heptagon has 6 sides
5. An acute angle is smaller than 45 degrees.



Activity: True or False 2D shapes

 In pairs walk and talk, then join another pair and share your thoughts.

1. Was it fun learning about 2D shapes while joining in with Radzi? Why?
2. Was the active true and false quiz more fun than a written quiz? Why?
3. When do you think would be the best time to introduce physically active learning in a lesson?





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