

Active Groups

Super Mission

Can you lead or support others
in physical activity?

Effective leader:

Inspires enthusiasm

Involves everyone



Sets a
shared goal

Shows patience
and respect

Communicates by listening and
setting instructions clearly



Also check out the
Super Mission film!

SUPER MOVERS

Champions



Your mission is to lead or support a group of pupils to take part in a new physical activity!

This could be anything from leading a Super Movers video to setting up a small game in the playground.

Perhaps try leading others in a super celebration or introduce them to the Hoop Challenge or Shape Shifters from the Active Groups pack.

1 Plan

- Who will you lead?
- What activity will you deliver?
- Where will the activity take place?
- When will the activity take place?
- How will you ensure everyone is involved?

Space

Task

Equipment

People

2 Do

- Go get a group active!

3 Review

- Did you enjoy leading or supporting others to get active?
- What leadership qualities do you think you displayed?
- Was everyone able to get fully involved?
- Would you do anything differently next time?