



SUPER MOVERS

Champions

3 Active Me



Super Movers Champions: Active Me

Learning Outcome

I will learn to identify ways I can get active every day.



How confident are you on a scale of sitting to standing?

Really not sure

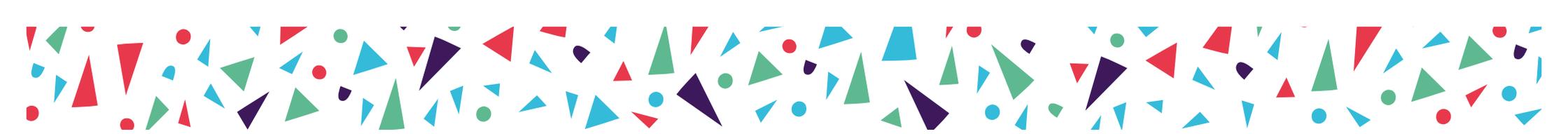


Moderately confident



Confident



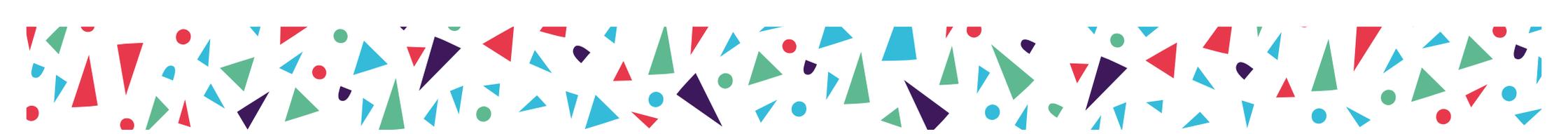


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All children should engage in **moderate** to **vigorous intensity** physical activity for **at least 60 minutes every day**.

The intensity of the physical activity should **increase your heart rate**.





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Your daily physical activity doesn't have to be sport. It could be dancing, jumping, skipping, in-class activity breaks, or walking to school.

It can be done anywhere – make your classroom an active classroom!



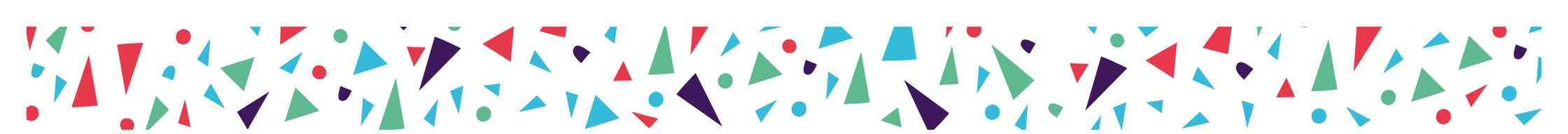
Why not try a super movers film on bbc.co.uk/supermovers **just for fun**

Activity: Activity Tennis

 In pairs, find another pair to play against.

- Each pair will take it in turn to act out a moderate or vigorous activity that they could take part in during the week, for example pushing along on a scooter or skipping.
- Once the opponents have guessed the activity, it becomes their turn to perform; like knocking a ball back and forth in a game of tennis.
- If your opponents hesitate to perform, you score a point!





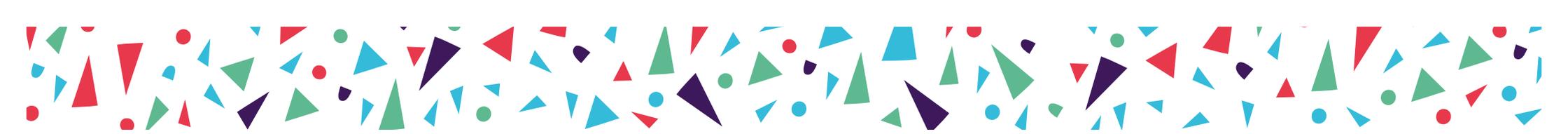
Activity: Activity Tennis

STEPS to make it work for you

Start by sharing activities you already do, such as walking to school, games in the playground or sports you play.

- You don't need much **space** to get active, this game can be played in the classroom.
- Try acting out physical activities you would like to try. This will give a good variety of new **tasks** to have a go at.
- Pass a tennis ball or similar piece of **equipment** back and forth, to know whose turn it is.
- Change groups to share your activities with other **people**.

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

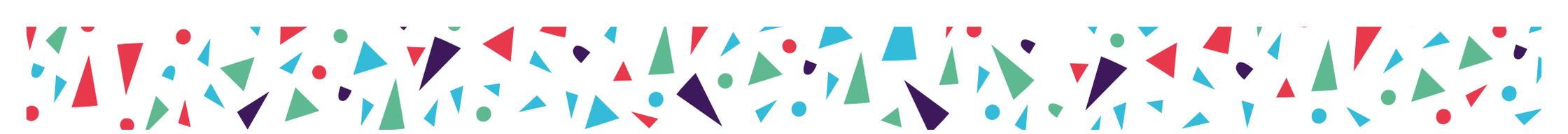


Activity: Activity Tennis

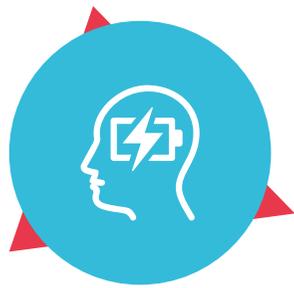
? In pairs walk and talk, then join another pair and share your answers.

Questions

- What intensity of physical activity should you take part in every day?
- How will you know your body is working hard enough?
- What types of physical activity do you already do during an average week?
- Identify a time and place you could add additional physical activity into your day?



Some of the benefits of regular physical activity



The more often you move the longer you can perform before getting tired.



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.

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