



**SUPERMOVERS**

**Champions**

## 2 Active Me



**BBC**

 **Premier  
League**



# Super Movers Champions: Active Me

## Learning Outcome

**I will learn** to explain how much physical activity I should be doing and identify the positive benefits.



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

Really not sure



Moderately confident



Confident





# Super Movers Champions: Active Me

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



# Activity: Intensity Gears



**Step 1:** You will be asked to perform an action, this could be anything from walking to star jumps, to dribbling a football within an area.

**Step 2:** To change the intensity of each activity, you will also be instructed to change gears to move quicker or slower:

- One is **super slow**
- Two is a **little quicker**
- Three is **pretty quick** (moderate)
- Four is **super-fast!** (vigorous)





# Activity: Intensity Gears

## STEPS to make it work for you

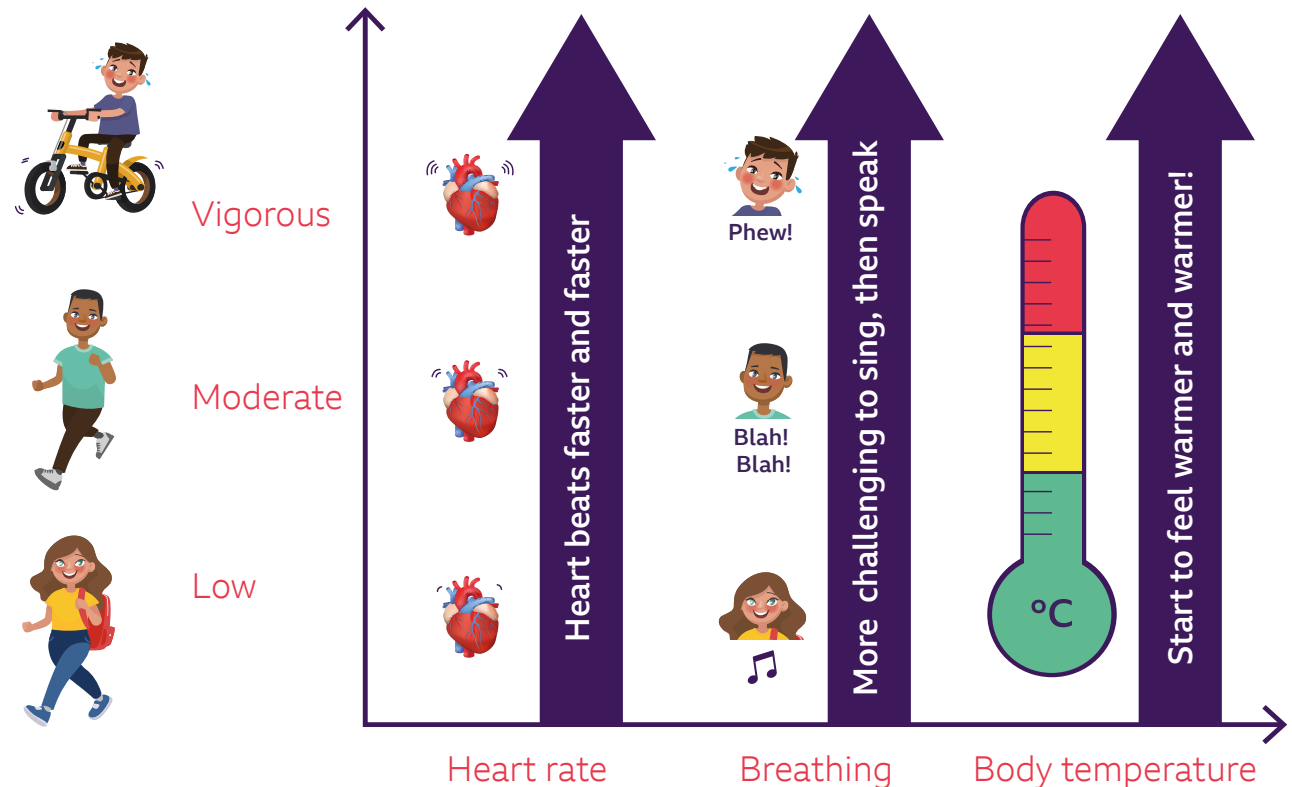
Start with walking, working up through the gears to jogging and finally running.

- If **space** is limited, try jumping on the spot and make each jump bigger and faster.
- Change the **task** to varying the size of movement, rather than speed, e.g. 1. Clapping, 2. Knee bends, 3. Jogging with high knees, and 4. Star jumps.
- Dribbling a football adds another level of focus, as it introduces **equipment**.
- A game of chase allows you to work with other **people**, e.g. moving from running to walking to escape one another.

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

# Intensity: Moderate vs Vigorous

All activity should make you breathe harder and feel warmer, as your heart is having to beat faster.





# Activity: Intensity Gears

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

## Questions

- How much physical activity should children do every day?
- Which gear felt like moderate intensity to you and which vigorous?
- How can you change the intensity of an action?
- Why do different activities feel different to different people?
- Can you show me actions that could be moderate? And those that could be vigorous?



## 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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