



Super Movers Day

Super Movers Day: Thursday 19 March 2020

Duration: 20 minutes (approx)

Programme: [Super Movers Day](#)

Why Super Movers Day?

Being active helps you in so many ways – it improves your concentration and makes your brain cells grow. This boosts your memory and makes you happier!

It's easy to introduce fun activity into daily life using Super Movers, and we want to make it even easier – especially for teachers and families - so we've created a new set of resources to empower children to lead the way and get their schools and homes active.

Setup

How much space and equipment are needed?

The active programme can be used in any room with a computer screen linked to a reliable broadband connection. Good audio equipment is not essential but will make the experience more enjoyable.

We'll be encouraging children to participate in physical activities during the session, so children may enjoy it more if they have space to move around.

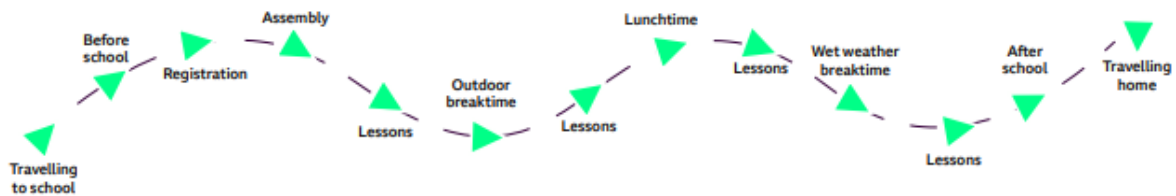
It may be beneficial to turn the subtitles on during the Brain Booster videos so that everyone can sing along.

How many people can participate?

It's completely up to you how many people you have participating in the session. We want to get as many children as possible engaged so space might be a consideration if you have a large group.

1) Including physical activity throughout the day (3min40)

SUGGESTED ADDITIONAL ACTIVITY: This is an opportunity to pause the programme and support children to think about ways they might suggest introducing a little bit of physical activity throughout the school day and at home.



- Start by identifying when pupils are active during the school day or at home
- Then think about when children might be sat for long periods of time – are there opportunities here to introduce a quick burst of physical activity?
- This could be revisited at the end of the programme.

Why not try getting dressed without using your hands, an active greeting, or simply use an active Super Movers video to help boost your learning? Download the Super Movers Champions [Active Schools](#) or [Active Homes](#) pack for more ideas.

2) Understanding the recommendations of daily physical activity

It is recommended that 5-to-18-year-olds aim for an average of at least 60 minutes of moderate to vigorous intensity physical activity a day across the week.

This programme will help children understand these guidelines, explaining what moderate to vigorous intensity activity looks and feels like, and understanding that this can also be achieved through short bursts of movement.

SUGGESTED ADDITIONAL ACTIVITY: Test children's knowledge and understanding by asking some of the following questions:

- What is the recommended amount of time that you should aim to be moderately to vigorously active every day? (Answer: 60 minutes)
- Describe how your body feels at different intensities of activity, by reflecting on your heart rate, body temperature and ability to hold a conversation while:
 - a) Walking on the spot (low intensity) – expect low heart rate, no sweating and normal breathing.

- b) Skipping on the spot (moderate intensity) – expect your heart to be pumping a little faster, your body should feel warmer and though your breathing is heavier you should be able to carry on a conversation.
- c) Tuck jumps (high intensity) – expect a notable fast heart rate, the body sweating and breathlessness that makes it hard to hold a conversation.

3) True or False Active Quiz (7min45)

Children will watch a Brain Booster video about shapes and afterwards answer questions in a true or false quiz. Children should answer in an active way – star jumps if they think the answer is true and arm circles for false.

- We'll be introducing children to the concepts of perimeter and area, how to calculate these and their applications in real world scenarios.
- Children will be tasked with remembering how to find the area of a football pitch, what the space around a 2D shape is called and how to find the perimeter of a square.

SUGGESTED ADDITIONAL ACTIVITY:

- Can your children prepare their own Active Quiz using one of the Super Movers [Brain Boosters](#)?

4) Brain Boosters (11min50)

Join in with the clips from three Super Movers Brain Booster videos. We recommend turning on the subtitles to singalong. For the full videos see –

- [KS2 Science The Solar System](#)
- [KS2 English Relative Clauses](#)
- [KS2 Maths The 6 Times Table](#)

At **13min03**, choreographer Clare Crane gives tips on how children can come up with their own Brain Booster videos, with the opportunity for you to join in.

SUGGESTED ADDITIONAL ACTIVITY:

- Challenge your children to create their own Brain Booster or Just for Fun routine. Use this [Active Schools](#) resource to support your Super Movers Champions.

At **16min54** join in with the PSHE Teamwork Brain Booster, you may again wish to put the subtitles on to highlight key messages. For the full videos see –

- [KS2 PSHE Teamwork](#)

5) Leading a group in a new physical activity (17min36)

The Super Movers Champions in the programme are set the challenge of leading some guests in a physical activity.

As part of this they explain the STEP Principle as a means of adapting their activity to make it accessible.

STEP Principle

Space ... make the activity area bigger or smaller?

Task ... add a new rule? Or apply time limits?

Equipment ... introduce or adapt a piece of equipment, such as an appropriate sized ball or hoop?

People ... change the size of the group?

SUGGESTED ADDITIONAL ACTIVITY: Challenge your children to lead or support someone else or a small group to take part in a new physical activity, by using the Super Movers Champions [Active Group Super Mission](#).

Contact us

Get involved! There will be a live commentary feed on the BBC Teach website on Thursday 19 March showcasing emails, tweets and photos of people taking part.

Tell us how you're getting involved with Super Movers Day and share your pictures with us by emailing teach.bbc@bbc.co.uk or using the hashtag **#supermovers**.

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