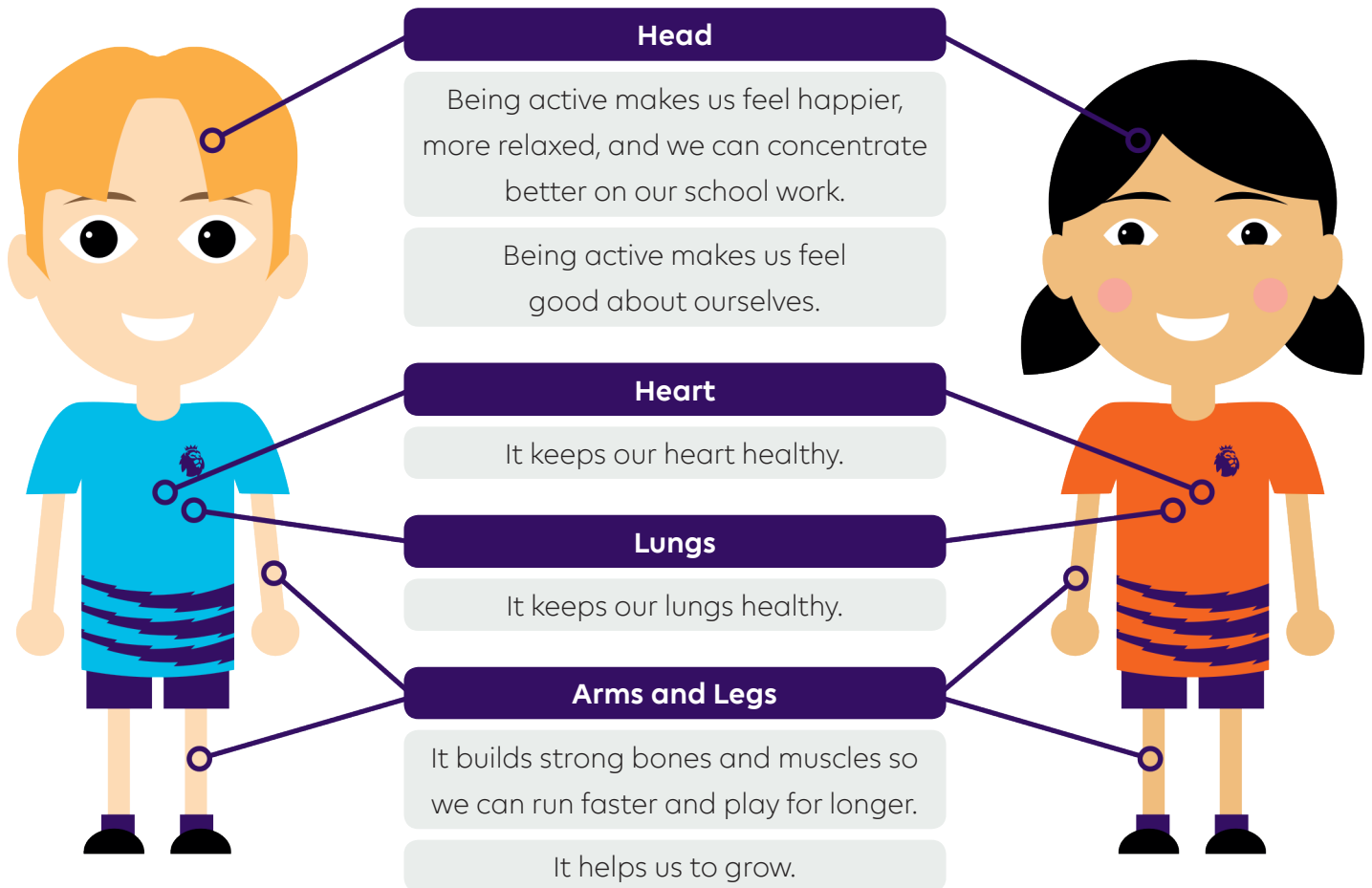


Activity sheet

Super Movers Super Celebration

Why should we be moving more?



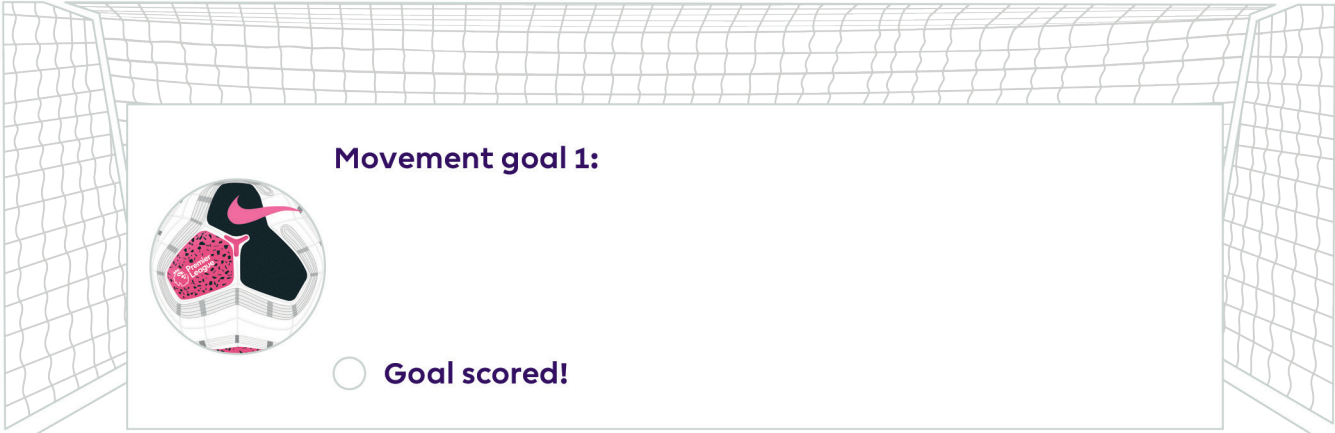
See if you can include some more movement in your daily routine - even a small change could be really helpful for your mind and body.

Why not walk to the park instead of taking the car, do some jumping jacks to start off your morning or complete a fun **Super Movers dance routine** every day. There are lots of ideas on the **Super Movers website** for incorporating physical activity into your learning of English, Maths, Science and Languages, so check it out.

Activity sheet

Super Movers Super Celebration

Write down 1-3 movement goals for the week ahead and tick them off when they are complete:




Movement goal 1:



☐ Goal scored!



Movement goal 2:



☐ Goal scored!



Movement goal 3:



☐ Goal scored!