Active Communities
Super Mission

Can you spread the super movement and get your local community active?

This is a mission to take on with friends. Work together to plan and deliver a Super Movers visit for those less active.

Think about who you would like to invite from your community to visit your school or whether you could visit them.

Remember, a community is a group of people:

- Living in the same place
- Having a particular characteristic
- With an interest in common

Also check out the Super Mission film!
Your mission is to work with friends to plan and deliver a Super Movers community visit.

1 Plan
- Who will you engage with?
- What are their interests and abilities?
- Can you invite them to visit your school or should you go to them?
- What will you deliver that will be active and fun?
- Could you tell them what you’ve learnt by taking part in Super Movers Champions?

2 Do
- Go set up your visit and get ready to get active!

3 Review
- Did everyone get involved?
- Was everyone active and having fun?
- How did you encourage, support and motivate your visitors?