1 Active Friends
Super Movers Champions: Active Friends

Learning Outcome

I will learn to communicate more effectively with others.

How confident are you on a scale of head, shoulders, knees and toes?

- Really confident
- Moderately confident
- Not sure
- Really not sure
Super Movers Champions: Active Friends

Getting active can be more fun when you do it with friends.

Have a go with your friends now, joining in with the HomeBros robotic super moves on bbc.co.uk/supermovers
What’s your super move greeting?

**Step 1:** With a friend, create an active super move greeting.

**Step 2:** Teach another pair your greeting and explain why you chose these movements.
How did others communicate their super move greeting?

Discuss

- Told me
- Showed Me
- Involved Me
Communication and friendship

Communication is an important part of a friendship, as it’s how you share information.

As you make friends you will learn about similarities, such as the things you both enjoy doing together.

As no one is the same, you may also discover differences that lead you to try new activities together.
Some of the benefits of taking part in physical activity with friends

- It’s extra fun
- It can improve performance, as you support and learn from one another
- It allows you to do activities you can’t do by yourself
- It helps you meet and make new friends!
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