Can you lead or support others in physical activity?

Effective leader:

- Inspires enthusiasm
- Involves everyone
- Sets a shared goal
- Shows patience and respect
- Communicates by listening and setting instructions clearly

Also check out the Super Mission film!
Your mission is to lead or support a group of pupils to take part in a new physical activity!

This could be anything from leading a Super Movers video to setting up a small game in the playground.

Perhaps try leading others in a super celebration or introduce them to the Hoop Challenge or Shape Shifters from the Active Groups pack.

1. Plan
   - Who will you lead?
   - What activity will you deliver?
   - Where will the activity take place?
   - When will the activity take place?
   - How will you ensure everyone is involved?

   **Space**
   **Task**
   **Equipment**
   **People**

2. Do
   - Go get a group active!

3. Review
   - Did you enjoy leading or supporting others to get active?
   - What leadership qualities do you think you displayed?
   - Was everyone able to get fully involved?
   - Would you do anything differently next time?