Active Schools
Super Mission

Can you get your whole school moving for a day?

As part of a Super Movers Day, your mission is to work as a team to champion your school moving more throughout the school day.

Make sure everyone can get involved and have fun!

Also check out the Super Mission film!
Your mission is to work together to plan and deliver a Super Movers Day for your whole school!

1. Plan
   - Work with a teacher to pick a date for your Super Movers Day.
   - Map out your school day to see what activities you could introduce to help people move more.
   - How can you make it fun and challenging for everyone?
   - What role will you play in preparing and delivering your Super Movers Day? You may need to give your team different roles.

2. Do
   - Go get your school active and deliver your Super Movers Day!

3. Review
   - Did everyone have a chance to get involved?
   - Were there opportunities to get active throughout the whole school day?
   - Would you have done anything differently?
   - Do you think your school will continue any of the activities you introduced?