



SUPERMOVERS

Champions

3 Active Schools





Super Movers Champions: Active Schools

Learning Outcome

I will learn about different ways that we can be more active at school.



How confident are you on the cheerleading scale?

Really not sure

Moderately confident

Confident

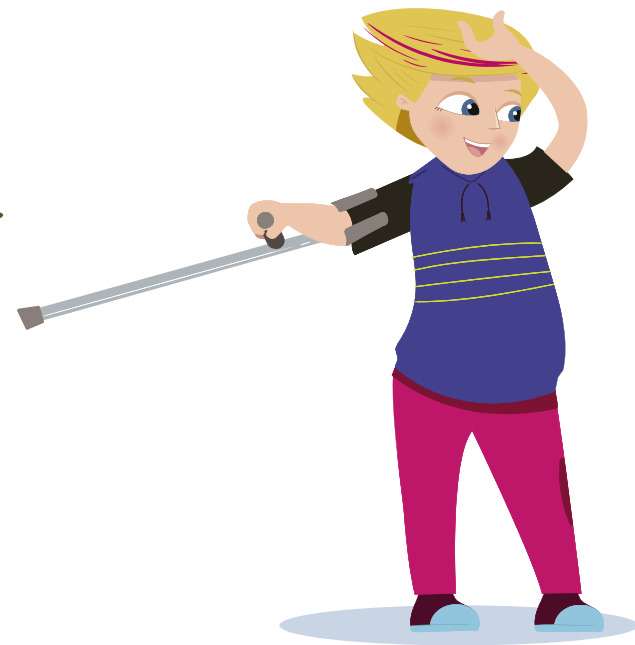




Just for Fun



Try out some of the **Just for Fun** videos





Activity: Make your own Just for Fun video



Make your wet breaktimes more active by creating your own Just for Fun video

Step 1: In fours, create your own Just for Fun video

Step 2: Share your video or routine with others.





Activity: Make your own Just for Fun video

STEPS to make it work for you

- You can make your Just for Fun video work in any **space** by moving on the spot using high and low movements.
- You can change the **task** by using more or less movements, and simple or complex movements.
- You can use **equipment** like chairs or cheerleading pom-poms, or use slower or faster music.
- You can include movements with different numbers of **people**.

For reference, STEPs relates to a method to make a task easier or harder by changing the Space, Task, Equipment or People.

Activity: Make your own Just for Fun video

 **Walk and talk! Pair and share**

In pairs walk and talk, then split to find a new friend to compare.

- What kind of music do you think your classmates would prefer to move to? Why?
- Are there any themes for a Just for Fun video, that you think would be popular with different groups of pupils in your school?
- How might the movements differ for different ages? Why?





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I have learnt about different ways that we can be more active at school.



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Confident

