



**SUPERMOVERS**

**Champions**

# 1 Active Schools



**BBC**





# Super Movers Champions: Active Schools

## Learning Outcome

**I will learn** to share ideas about how we can be more active at school.



How confident are you on the cheerleading scale?

Really not sure

Moderately confident

Confident





# What's your super moving chant?



In a small group, create a super moving chant to celebrate what you love about your school.

## For example:

Super Movers is lots of fun (star jump)

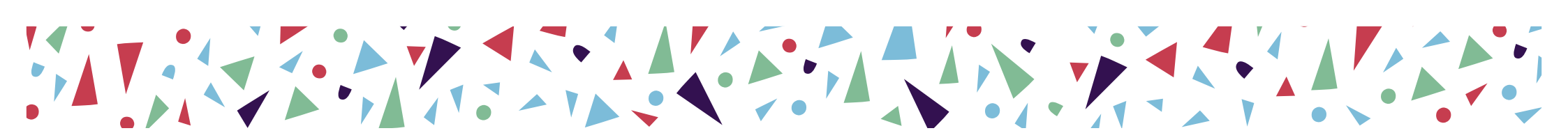
Our celebration has just begun  
(waving arms side to side above head)

Mind boggling Science (scratching head) and  
challenging Maths (pretend to walk a tightrope)

Creative writing (wiggle body) and lots of laughs  
(smile while performing 'jazz hands')

Share your super movers chant with others.





# Where around the school could pupils get active?

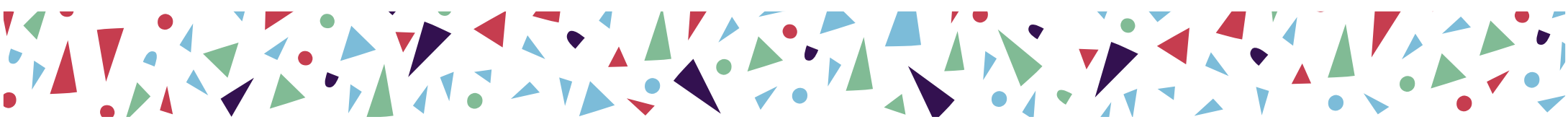


Watch this **'Join the Super Movement'** film on [bbc.co.uk/supermovers](http://bbc.co.uk/supermovers)



Create a list of all the places around a school that you can get active?

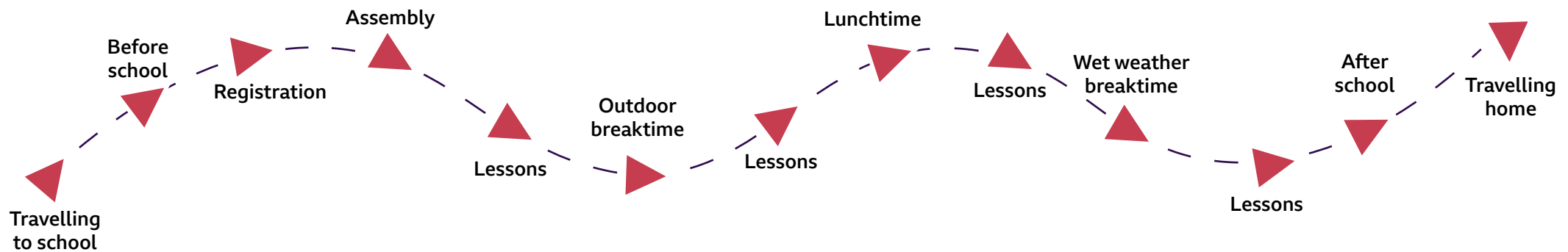




# Moving more throughout the school day



What activities could you introduce throughout the school day to help everyone move more?





# Super Movers Champions: Active Schools

## Learning Outcome

**I have learnt** to share ideas about how we can be more active at school.



How confident are you on the cheerleading scale?

Really not sure

Moderately confident

Confident

