



SUPER MOVERS

Champions

1 Active Me



Super Movers Champions: Active Me

Learning Outcome

I will learn to identify how much physical activity I should be doing and the positive benefits.



How confident are you on a scale of sitting to standing?

Really not sure



Moderately confident



Confident





What's your super move?



Check out the 'What's your super move?' films on bbc.co.uk/supermovers



Step 1: Create a two action super move.



Step 2: Teach the person next to you your super move and explain why you chose these movements.



Step 3: Combine and perform your four action super move repeatedly for one minute.

Activity Intensity



Low intensity:
Little or slow
movement



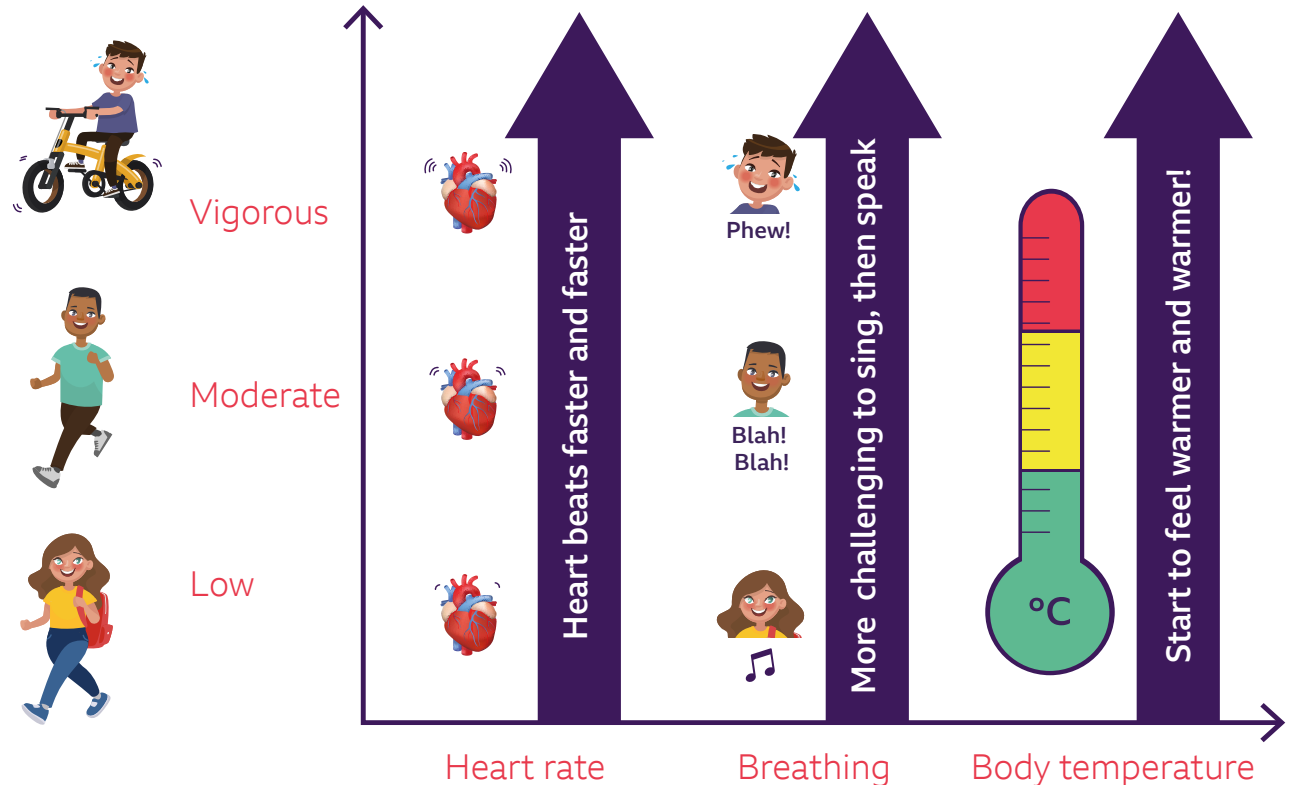
High intensity:
Large or fast
movement

Intensity means how hard your body is working when performing an action or activity.

You can **change the intensity** by changing your speed or range of movement.

Intensity: Moderate vs Vigorous

All activity should make you breathe harder and feel warmer, as your heart is having to beat faster.



Reflecting on your super move

? In pairs walk and talk, then join another pair and share your answers.

- At what intensity did you perform your super moves?
- How did repeatedly performing your combined super moves make you feel?
- What do you think the benefits of regular physical activity are?



Word bank

Intensity	Low	Moderate	High
Breathing	Heart rate	Warmer	Ability to speak



Some of the benefits of regular physical activity



The more often you move the longer you can perform before getting tired.



Physical activity improves concentration for up to 2 hours afterwards.



Regular activity helps grow new brain cells which boosts learning and memory.



Moving more can make you happier and improve your mood.



How much physical activity every day?



All children should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day.

Short bursts of physical activity throughout the day are just as good for you as longer periods.

Top Tip

Increase your physical activity by reducing the amount of time you spend sitting down.

Super Movers Champions: Active Me

Learning Outcome

I will learn to identify how much physical activity I should be doing and the positive benefits.



How confident are you on a scale of sitting to standing?

Really not sure



Moderately confident



Confident

