Super Movers

Champions

2 Active Homes

BBC Premier League
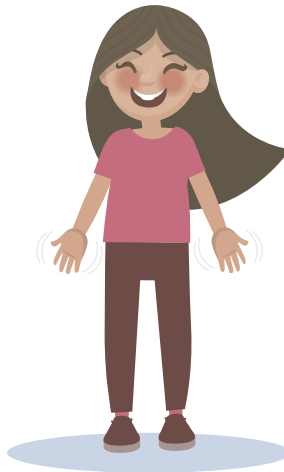
Super Movers Champions: Active Homes

Learning Outcome

I will learn about different ways that I or my family can get active both indoors and outdoors.

How confident are you on the waving hands scale?

Really not sure

Moderately confident

Confident

Super Movers Champions: Active Homes

Most children are least active during weekends and evenings.

However, you're more likely to be active if one or more of your family members are active.
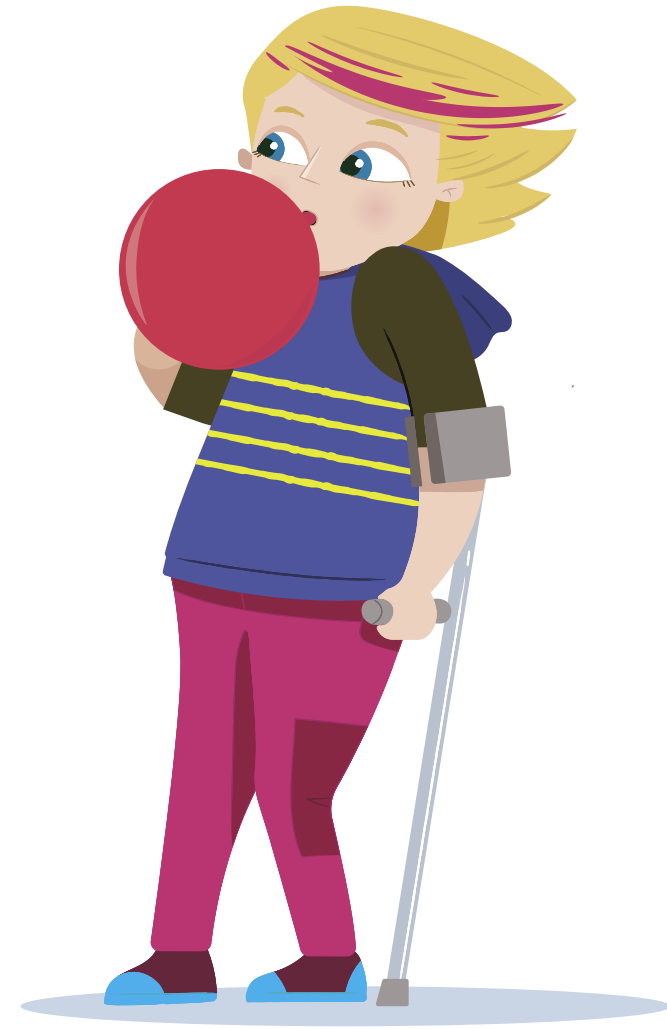
Activity: Balloon Bonkers

Step 1: Work in a small group to create a game using a balloon that will increase your heart rate.

This could be something you play individually, in pairs or small groups.

Step 2: Share your game with others, explaining how to play and any rules.

? Can you suggest any changes that will make the game more fun or challenging?

Activity: Balloon Bonkers

STEPs to make it work for everyone

Think about what changes you might look to make to play your balloon game at home.

- Do you need to adapt the game to make it safe in the **space** available at home?

- Do you need to make the **task** easier for anyone at home to be able to join in?

- Would adding **equipment** from around the house, such as a teddy or a chair, make it more fun?

- Who could you get involved? Is there 10 minutes in the day where more **people** could join in?

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

Activity: Balloon Bonkers

Tap a balloon back and forth in pairs.

When you hear 'stop' whoever is receiving the balloon must catch it and talk to their partner about the question posed. Then repeat.

Questions

1. Was your game easy to set up?
   Why is this important?

2. Whose game did you enjoy playing most?
   Why?

3. Can you suggest other active games you might be able to play with your family at home?
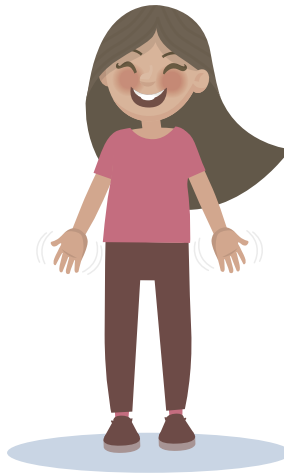
Super Movers Champions: Active Homes

Learning Outcome

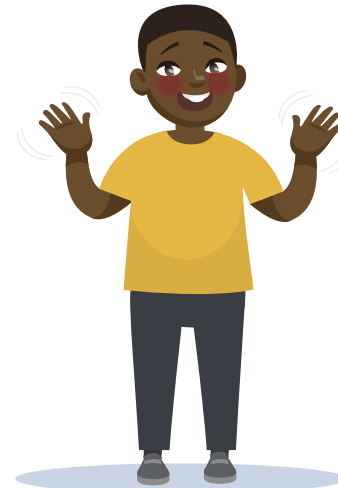**I have learnt** about different ways that I or my family can get active both indoors and outdoors.

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