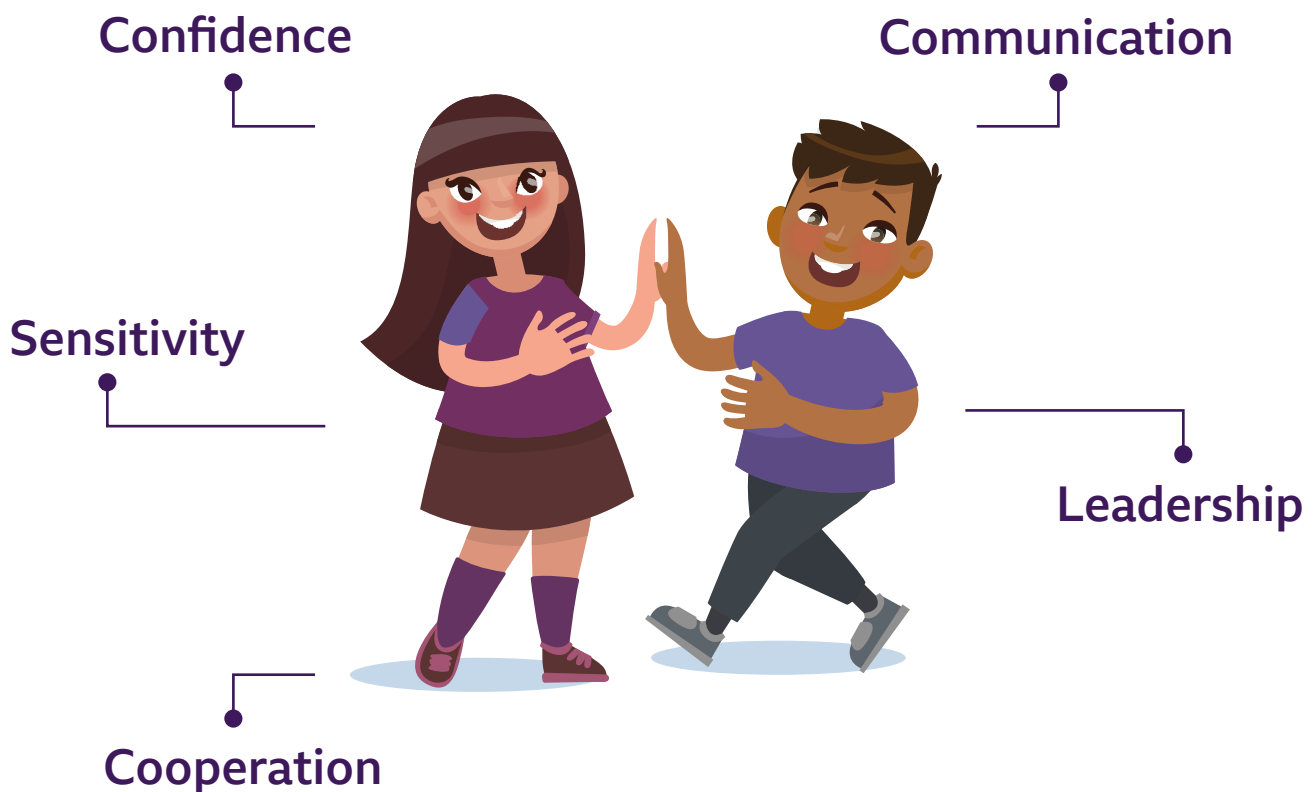


# Active Friends Super Mission

Can you take on the daily challenge  
with a friend?

This is a mission to take on with a mate!  
Work together to communicate and  
support one another.

**Working together helps develop:**



Also check out the  
Super Mission film!

**SUPER MOVERS**

**Champions**



Your mission is to take on the daily challenge with a friend!

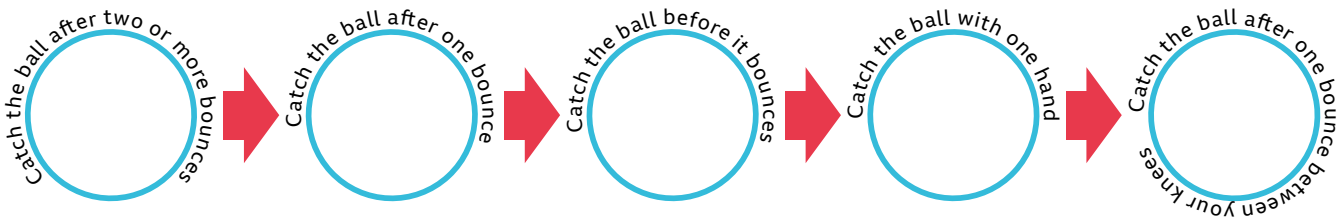
## 1 Instructions

- Stand feet shoulder width apart, with knees slightly bent and hands resting on them.
- Your friend will hold a ball at your nose height.
- With no warning they'll drop the ball and you must try to quickly react to catch it.



## 2 Do

There are a number of steps to measure your success over the week. If you complete each step, try and do it again with less attempts each day.



## 3 Review

- What did you enjoy most about the challenge?
- How did you support one another?
- Do you think you'll be more active in future missions if you can do it with a friend? Why?