



SUPER MOVERS

Champions

3 Active Groups



Super Movers Champions: Active Groups

Learning Outcome

I will learn to adapt activities to help everyone get active.

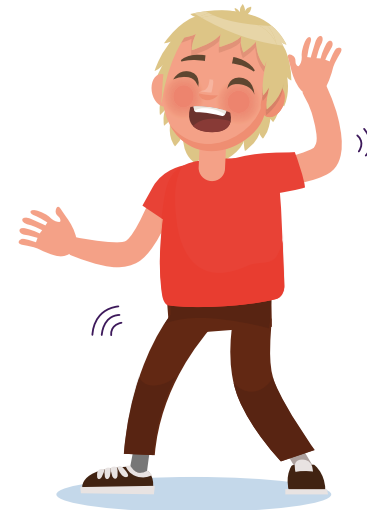


How confident are you on the active scale?

Really not sure
(Squat)



Moderately confident
(Wiggle)



Really Confident
(Jump)



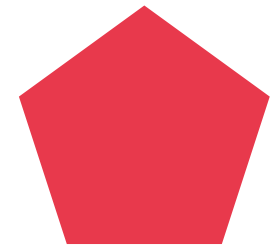
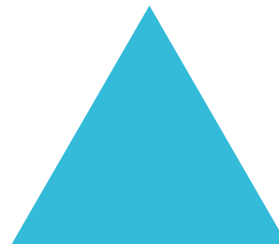


Activity: Shape Shifters



Step 1: Get into groups of between 6 to 10 people and join hands to form a circle.

Step 2: Your group will be asked to make a shape without letting go of each other's hands. For example, stand in a triangle, square or pentagon.





STEP Principle

Not everyone is the same, so we can change activities to ensure everyone is challenged and having fun.



Try changing the **S**pace, **T**ask, **E**quipment or **P**eople to make the Shape Shifters activity easier or harder.

What happens when you ... ?

Space ... make the activity area bigger or smaller?

Task ... add a new rule? Or apply time limits?

Equipment ... introduce a piece of equipment, such as a ball or hoop?

People ... change the size of the group?



Activity: Shape Shifters

STEPS to make this work for you



Here are some specific ideas you can try applying to the activity Shape Shifters or other activities, to test out how the STEP Principle works.

- If it's safe to do so, try the activity in an open **space** such as the playground and then the classroom.
- Try the same **task** with eyes open and then closed. If individuals don't want to close their eyes, then don't allow them to speak to share instructions.
- After playing the basic version, pick a player who now needs to control a ball or other piece of **equipment** by their feet as you play.
- Change the size of the group, by starting with four people, then ten **people**.



Which version of the activity comes with more challenges?



STEP Principle: In the playground

We learn because we want to, not because we have to!

So, if people aren't engaging, use the STEP Principle to mix it up and ensure everyone is learning and having fun.



Try applying the STEP Principle to a playground game, such as a game of tag or a passing game.

Remember, if an activity is adapted for individuals it allows everyone to succeed in a group regardless of differences.



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