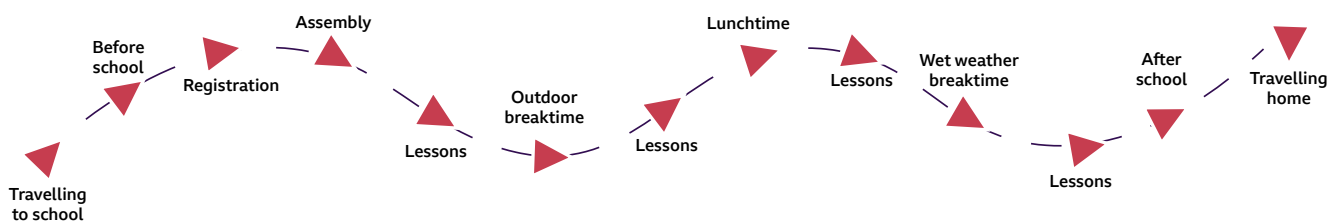


# Active Schools Super Mission

Can you get your whole school  
moving for a day?

As part of a Super Movers Day, your mission is to work as a team to champion your school moving more throughout the school day.

Make sure everyone can get involved and have fun!



Also check out the  
Super Mission film!

**SUPER MOVERS**

**Champions**



Your mission is to work together to plan and deliver a Super Movers Day for your whole school!

## 1 Plan

- Work with a teacher to pick a date for your Super Movers Day.
- Map out your school day to see what activities you could introduce to help people move more.
- How can you make it fun and challenging for everyone?
- What role will you play in preparing and delivering your Super Movers Day? You may need to give your team different roles.

## 2 Do

- Go get your school active and deliver your Super Movers Day!



## 3 Review

- Did everyone have a chance to get involved?
- Were there opportunities to get active throughout the whole school day?
- Would you have done anything differently?
- Do you think your school will continue any of the activities you introduced?