



SUPERMOVERS

Champions

3

Active Communities





Super Movers Champions: Active Communities

Learning Outcome

I will learn how to adapt physical activity for different community groups.

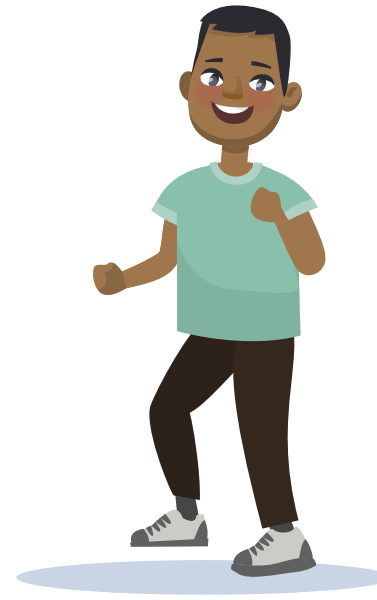


How confident are you on the stomping scale?

Really not sure



Moderately confident



Really confident





Super Movers Champions: Active Communities

Physical activities and sport can help build community relationships as they bring people together.

However, different members of our community will have different abilities and levels of fitness. Activities may need adapting to make them easier to join in.





Activity: Community Fun



Pick three pieces of equipment and design a fun game of moderate to vigorous intensity.





Activity: Community Fun



Choose one of the community groups below to play your game.



Elderly



Disabled



Office workers



What challenges might they face playing your game?



Activity: Community Fun

STEPS to make it work for your selected group



Explore how you can make your game more accessible and fun for your chosen community group?

- Try making the **space** smaller and bigger to help support different levels of fitness.
- Try the **task** stood up and sat down as some people have better balance than others.
- Try using different **equipment** that might help people with less coordination.
- Try playing in pairs or small groups of **people**.

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

Activity: Community Fun

? In pairs walk and talk

1. Where do you think it would be best to meet with your community group to play your game?
2. Consider another community group and discuss whether you would adapt your game again?





Super Movers Champions: Active Communities

Learning Outcome

I have learnt how to adapt physical activity for different community groups.



How confident are you on the stomping scale?

Really not sure

Moderately confident

Really confident

