



SUPER MOVERS

Champions

1 Active Friends



Super Movers Champions: Active Friends

Learning Outcome

I will learn to communicate more effectively with others.



How confident are you on a scale of head, shoulders, knees and toes?

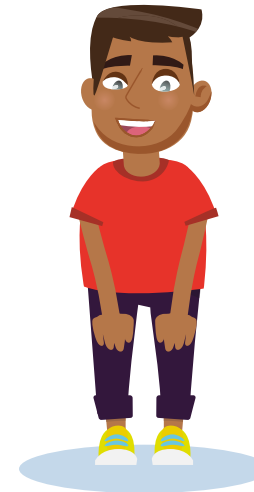
Really confident



Moderately confident



Not sure



Really not sure





Super Movers Champions: Active Friends

Getting active can be more fun when you do it with friends.



Have a go with your friends now, joining in with the **HomeBros** robotic super moves on bbc.co.uk/supermovers



What's your super move greeting?



Step 1: With a friend, create an active super move greeting.

Step 2: Teach another pair your greeting and explain why you chose these movements.





How did others communicate their super move greeting?



Discuss



Told me



Showed Me



Involved Me



Communication and friendship

Communication is an important part of a friendship, as it's how you share information.



As you make friends you will learn about similarities, such as the things you both enjoy doing together.

As no one is the same, you may also discover differences that lead you to try new activities together.



Some of the benefits of taking part in physical activity with friends



It's extra fun



It can improve performance, as you support and learn from one another



It allows you to do activities you can't do by yourself



It helps you meet and make new friends!

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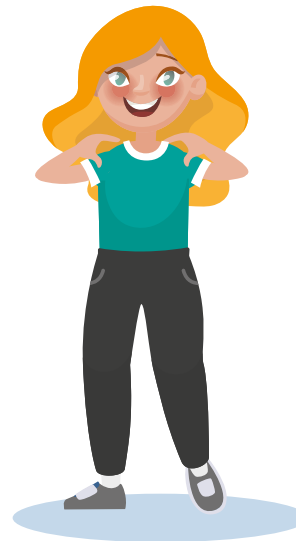


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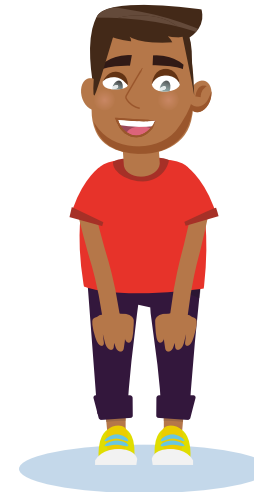
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