



**SUPER MOVERS**

**Champions**

# 3 Active Friends



# Super Movers Champions: Active Friends

## Learning Outcome

**I will learn** to practice patience and understanding when working with others.



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

Really confident



Moderately confident

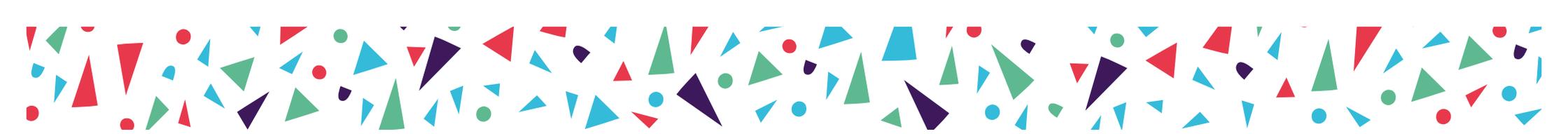


Not sure



Really not sure



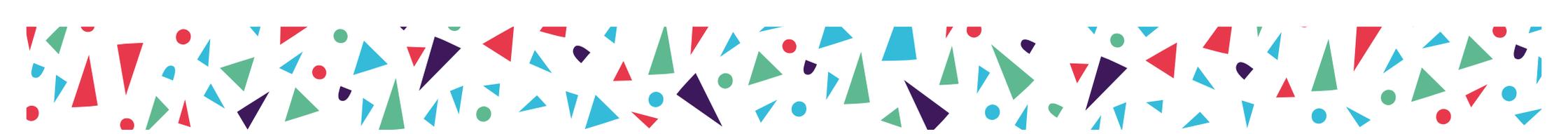


# Super Movers Champions: Active Friends

Working with other people helps develop confidence, communication, leadership, cooperation and how to be sensitive to others' feelings.

Being patient and understanding how other people work helps you and others achieve goals quicker and makes you a better friend.





## Activity: Teach me to ...



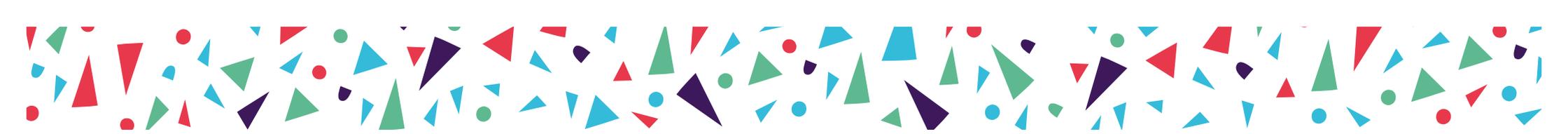
In pairs, you are going to work together to complete a challenge. The sillier the better!

Take it in turn to help each other achieve the new silly skill by sharing ideas!

### Ideas:

- Hula Hoop – around the body or a leg
- Catch a coin off your elbow
- Tie your shoe laces without using your thumbs





# Activity: Teach me to ...

## STEPs to make it work for you

If there is limited **space**, make this a standing challenge. For example, hang a spoon off your nose.

Start by trying a simple **task**, such as putting your jumper on with your eyes closed. Then look for a way to make it more complex, such as taking it off again without using your hands.

It can be a challenge with or without **equipment**, from learning a handclap to practising a football trick.

Once you've mastered your challenge, can you teach other **people**?

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

# Activity: Teach me to ...

**?** In pairs walk and talk, then split to find a new friend to compare.

## Questions

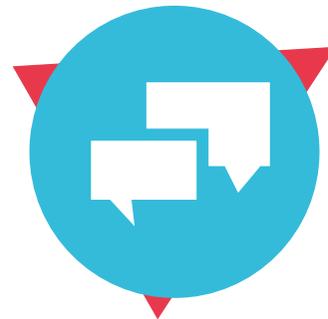
- How should you react if your friend does not immediately achieve success? Why?
- If your friend finds a task challenging, what could you do to help them?
- What did you enjoy about helping your friend to achieve the challenge?
- Why is it better to learn a new skill or activity with another person?



# Top tips: Helping a friend

- Listen
- Don't be judgmental
- Encourage
- Offer ideas:

**Tell them your ideas**



**Show them**



**Involve them**



 **Can you add any top tips?**

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