

Sports Super Movers

In addition to the daily mile, St Leonard's, use Sport Super Movers, from the BBC, as a lesson to get children active. On video clips there are songs with dancing which are really fun and educational. They even teach you your times tables and about punctuation!

We interviewed Ben A he said, "I think Sports Super Movers are really good exercise and good for kids all over the school."

The premier league and BBC have put a lot of time and effort into creating the Sports Super Movers site to help protect the physical and mental health of future generations. They want to ensure that primary – age pupils have regular opportunities for exercise throughout the school day.

We interviewed Amelia C, she said, "They are so funny and they get us moving."

It's been proven that short bursts of exercise can make all the difference for a child's concentration and academic performance throughout the school day. This is particularly true for primary-age children who are undergoing an important time for the development of their minds and bodies.

This is why the government's chief medical officer recommends at least 60 minutes of physical activity per day. It's also recommended that at least 30 minutes

should be delivered in schools. This can be achieved across break times, PE or an extra curricular clubs. This is why here, at St Leonard's primary School we take part in both the daily mile, and now Sport Super Movers. It is then up to parents and carers to make sure their children have regular exercise outside of school time as well.

We interviewed Maddie and she said, "Its good exercise and it's lots of fun."

If your child wants to have fun exercising and learning, then use Sports Super Movers at:

<http://www.bbc.co.uk/sport/football/supermovers>



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