

What you need:

## Superheroes 1

☆ KEY FOCUS

*Physical Development*

- ▶ 'There's a Superhero in Your Book' by Tom Fletcher
- ▶ Pictures of Superheroes
- ▶ Bean bags
- ▶ Floor markers

Where Can I Play:  
**Indoors or Outdoors**

## Let's Play



### Activity 1

- Talk to the children about their favourite Superhero. Can they show you how they might move? Pick out children moving in different ways. Encourage the children to try those ways.

### Activity 2

- Pick out some key powers Superheroes have.
  - > 'Super strength' – Ask children to move around like they were lifting something very heavy. Encourage them to use different parts of their body.
  - > 'Super speed' – Ask children to move around very fast. (Ensure they have enough space.)
  - > 'Super stretchy' – Ask children to stand on a floor marker and drop a bean bag on the floor near to them. Can they reach down and pick it up while keeping one foot on the marker?
  - > 'Super soft' – Can they move around so quietly you can hardly hear them?

### Activity 3

- Read – 'There's a Superhero in Your Book'. Talk to the children about being kind. Can they think of a time when someone was kind to them? Play some happy music, ask the children to move around to the music. When the music stops, ask them to tell the person next to them about when someone was kind to them. Repeat until the children have talked to a few others.
- Repeat the activity. This time ask the children to think of when they were kind to someone else and tell someone about it.
- Ask them how it feels when someone is kind to you and when you are kind to someone else.

## Top Tips



- Listen really carefully to the children, positively reinforce that being kind to others can make you feel good too.
- Make sure the water buckets aren't too heavy.

## Let's Change Things



- Increase the distance the bean bag is dropped away from the floor marker.
- Fill some different sized buckets with water. Can the children carry them?
- Put out the gymnastics apparatus. Can the children move around the room demonstrating their Superhero powers?



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## What to look out for



- Creativity in different types of movements.

## Why is this important?



### Skills for Life

- Balance – for sitting still at a desk.
- Proprioception – for putting shoes on.
- Motor planning – for packing a rucksack.

### Active Skills

- Balance – to be able to stop and start without falling over.
- Proprioception – for being able to tiptoe and stomp.
- Motor planning – for hitting a ball and then moving into space.



### Prime areas of Learning

- PSE** Opportunities to pay attention while others are talking.
- PD** Locomotion, object control and stability.
- C&L** Talking about feelings.

### Areas of Learning

- LIT** Describe their Superhero.
- UtW** Find a story about a real-life Superhero.
- A&D** Draw or paint their Superhero.

### Vocabulary

Strength, speed, flexibility

