

Communication and Language

New language: power, strength, skills, brave, rescue, heroic

- Talk about '**If I was a superhero.....**'
- Make a set of **rules** to be a superhero
- Set up a **superhero HQ** with a toy phone to call if someone needs saving
- Think of a new superhero and a **catch phrase**

Personal Social Emotional Development

- Talk about helping others, what makes me special, keeping fit and healthy
- Discuss fictional superheroes, what are their powers? Do they have special gadgets?
- Talk about **real life super heroes** (firefighters, nurses, police, teachers!) How do they show their super powers?

Physical Development

- Make an **obstacle course** around the house or garden and complete it chasing the 'baddies!'
- Build towns/cities** out of lego/duplo/junk modelling for superheroes to save people from.
- Create super hero **cars/planes**, etc from blocks/duplo/lego/junk
- Encourage children to make a **healthy snack** for lunch suitable for a superhero.
- Talk about different foods and their **properties/nutritional** value, etc.
- Pretend to be a superhero acting out picking up **heavy items or flying**
- Have a **super strength competition** - see who can jump the highest, throw the furthest, run the fastest, etc (great use of mathematical language!)
- Make sticky spiders' webs on the door with sellotape/masking tape - throw paper balls (flies) at it and see if they can stick

Literacy

- Read 'Stay at home superheroes' on the HETTY website (Coronavirus page/useful links page)
- Create own 'superheroes'** and draw/write about characteristics (eg. sun man who melts ice, etc.)
- Read stories** about Superheroes

SUPERHEROES

Maths

- Draw a Superhero to fly along a **numberline** to 20. Make up simple number problems for the superhero to work out with the children.
- Have a **super strength competition** - see who can jump the highest, throw the furthest, run the fastest, etc (great use of mathematical language!)
- Print off numbers 1-10 or 1-20 on pictures of capes (or just draw your own on paper and ask children to write the numbers. Ask children to **arrange the capes in ascending and/or descending order**
- Hide pictures of superheroes or actual figures around the house. Use **positional language** to find them

Expressive Arts and Design

- Listen to '**Superman**' by **Black Lace** on YouTube and do the actions
- Use children/teddies/dolls/miniature world characters to **act out stories** about superheroes helping or saving the world.
- Make up a **Superhero theme tune or sound effects**, after listening to Superhero music on YouTube. Think about the scenarios that the music conjures up and how it makes you feel
- Create a Superhero **dance routine** or movement sequence
- Using a bin bag (white are better), sharpie a design to **make a cape**
- Use empty lemonade bottles to make a **jet pack**
- Make a **shield or mask**

Understanding the World

- Look at **Google Earth** to see your house from Superman's perspective
- Think about **magnetic power** and try to find things magnets will stick to like Iron Man
- Think about **super powers in nature** eg. chameleons / camouflage, cheetahs / running fast, puffer fish / expanding in size. Research on the internet.
- Record** Superhero stories or poems using microphones, film your own Superhero adventure on an iPad
- Investigate **floating/sinking** like Aquaman