

SUPERHERO (NURSERY)

Learning Intention: How can you move like a superhero ?



Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, dancing, hopping and skipping.

Warm Up: Superhero's Go!

Track 1: Superhero Theme Tune

You can do this first without the music, then repeat and add the music.

1. The children walk, skip, and gallop around the room. The teacher can show this.
2. When the teacher calls out one of the commands the children do the action:

COMMANDS:

Flying: = Fly around the room

Zapping: Shooting out magic in all directions

Climbing: Imagine they are climbing up a wall

Duck: Crouch down low

FREEZE- Stop the music and everyone freezes in their superhero shape.

3. When the teacher says "**Go Superhero's!**" They continue to move around the room.

Repeat as many times as you like.

ACTIVITY 1: Getting Superhero Ready!

The teacher guides the children through the actions:

1. Put on your boots/shoes
2. Put on your trousers/skirt/dress
3. Put on your belt
4. Put on your cape
5. Put on your mask
6. Now off you go and FLY...Moving to the music

ACTIVITY 2: Superhero Fun! (Why are superhero's so special?)

Suggested Music: Track 2

1. Talk to the children about any superhero's they know... Paw Patrol, PJ Masks etc
2. The children to have a go at some Paw Patrol superhero moves:
 - a) **Crawling** around on all fours (like dogs) saving people
 - b) **Flying** around in their superhero Rocketship
 - c) **Driving** around in their superhero car
 - d) **Driving** their superhero motor bike
3. Now have a go at being a superhero with magic:
 - a) Can they use their magic wands?
 - b) Can they have magic hands?
 - c) You could use scarfs to pretend it is magic
4. The children spread out and are going to journey around the room on a mission (they can use their scarf)
 - a) Crouch down small- slowing wake up- you could count to 5
 - b) Grow into a superhero - your favourite one or a made up superhero
 - c) Off they go fly, drive, walk, jump....

TP: Teacher can add words that might help as the children explore: leap, dart, dodge, crawl, swing, climb, spin, roll etc.

1. Teacher discusses sounds e.g. Pow, Whizz, Stomp, Whoosh and gets the children to say them out loud.

2. Teacher now says the word and shows the children an action to copy:

POW: Jump into a star shape

WHIZZ: Roll arms

BANG: Jump wide with two legs

WHOOSH: SPIN

Extension: The children spread out and stand opposite the teacher.

The teacher sends the class one of the actions e.g. POW

Then the children send their POW move back....and so on, until all moves have been performed.

TP: Encourage children to use the words out loud when they perform their actions.

COOL DOWN

Superheros to fly around slowly, take off their capes and lie down and go to sleep.

PLENARY

Ask the children what they liked about their superhero adventure.

Did they like being a superhero?