



SUPERHERO ACTIVITY SHEET IDEAS



1. ELASTIGIRL STRETCHES AND WARM UP

- Reach your arms as high above your head as you can, then see if you can reach your toes - repeat.
- While walking, lift knees high in the air.
- Hold your arms out to your side and turn in small circles - go forwards then backwards.
- With feet together, jump from side to side.

2. BATGIRL'S BALANCE

Stand on one leg for 30 seconds and then swap to the other leg - to make it harder you can try it on tip toes.

3. WONDER WOMAN'S WALKING LUNGES

Whilst standing, pick one leg up and step as far forward with it as you can, bending your knee. Do the same with the other leg until you have got from one side of your room/garden to the other - repeat.

4. THE CAPTAIN AMERICA SQUAT

Whilst standing squat down bending your knees, then puff chest out and stand with hands on hips - repeat.

6. THE HULK SMASH JUMP

Jump up tucking your feet up, then land looking angry!

8. MS. MARVEL'S MARCH

Standing, march on the spot swinging your bent arms forwards and back - start slowly and then speed up to see how fast you can march before slowing down again.

5. THE IRONMAN

Whilst standing; lunge forward on your left leg and step back, then the same with your right leg. To finish jump as high as you can - repeat.

7. SUPERMAN'S SIDE SHUFFLE

Whilst standing, step to one side and touch the ground, then step to the other side and touch the ground - repeat

9. SPIDERMAN'S WEB

Using chalk, tape, ribbon or your imagination, create a web on the ground and see if you can get from one side of it to the other without standing on the web- you could move really slowly and then really fast over it.