

EARLY YEARS LESSON PLAN: SUPERHEROES



Physical adaptations

- Change the superhero movements to meet the needs of the children.
- Use wheelchair tennis as inspiration for adapted superhero movements.
- Replace the 'drop-bounce-catch' activity with a throw and catch in sitting or rolling the ball across a tabletop to bounce against a wall.
- Offer pupils a range of size/weight of tennis rackets.

Sensory processing adaptations

- Give time for children to process a movement command and master it before moving onto another one.
- Describe what gently means and describe the mechanics of drop-bounce-catch with demonstration.
- Give a point of reference for 'too high a bounce' (e.g. up to your waist).
- Give repeated demonstrations of "low.. swing... superhero fly!" and "Drop... bounce... swing" giving pupils plenty of time to process the information.

Visual and hearing adaptations

- Use a visual cue for each command, such as picture/symbol of the action.
- Create a storyboard with a picture for each of the 4 stages of "low.. swing... superhero fly!"
- Create a storyboard with a picture for each of the stages of "drop... bounce... swing".
- When playing "Save the City" replace the cones with skittles so it is easier to see if they have been hit.

Cognition and learning adaptations

- When issuing a command, give a brief description of the command each time to support understanding
- Give a concrete point of reference for 'too high a bounce' (e.g. up to your waist).
- Clearly talk children through common errors focusing on what they should be doing and highlighting what they are doing right as well as what needs improving.

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EQUIPMENT

- Cones
- Spots
- Balls
- Hoops
- Rackets or hitting hands
- Traffic cones

WARM UP: SUPERHERO TRAINING CAMP

SET THE SCENE

"Welcome to Superhero Academy!"

HOW TO PLAY

- Place the cones to set up "training zones"
- Define the space clearly and walk the boundary line to reinforce this
- Children move around space with different actions. Demonstrate each action, starting with just three actions and build up if the children are ready.
 - Fast feet – quick feet on the spot (light toes).
 - Super jump – two-foot jump (soft landing).
 - Power pose – freeze in a strong wide stance (balance).
 - Side step save – side steps (knees bent).
 - Superman – lie on tummy and lift hands and feet off ground (core).
 - Swivel – spin on the spot (balance).
 - Super car – bridge or table pose (core).

TEACHING POINTS

- Make the actions big and overacted.
- Eyes looking where going.
- Keep body upright.
- Knees slightly bent.
- Arms active in all movements.



BRAIN FOCUS ACTIVITIES

SKILL UP

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- Add in a reaction challenge. Place spots around the space enough for one per child. On the call of "Villain attack!" children move to a spot and get into the ready position (facing forwards, knees slightly bent, hands out front).

BODY & BALL: POWER BOUNCE

SET THE SCENE

"Now let's power up our balls."

HOW TO PLAY

- Children stand on a spot with a ball.
- On the command "go" they "power up" their balls by walking around the space and bouncing their ball on every spot.
- Every time they catch the ball they "super power up" their ball.

TEACHING POINTS

- Drop the ball in front of the tummy.
- Watch the ball "super eyes on ball."
- Cup hands to catch after the bounce.
- Children can use cue words to help with timing "step, drop, bounce, catch."

BRAIN FOCUS ACTIVITIES



SKILL UP

- Increase the number of bounces before catching.
- Tap the ball down continuously as they move around the space.

RACKET & BALL: SUPER SWING

SET THE SCENE

"Now we'll learn the super swing."

HOW TO PLAY

- Children stand in a space with a racket each.
- Place hoops on the floor opposite where the children are stood.
- Children practice a forehand shadow swing (without a ball).

TEACHING POINTS

Please note that this is not about achieving a perfect forehand! The teaching points will help achieve success and illustrate how to model the swing.

- Use cue words to help with timing "low, swing, superhero fly!"

BRAIN FOCUS ACTIVITIES



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- Repeat several times.
- Children now have a ball each, and drop the ball before tapping the ball with the racket towards the hoops.
- Children stand side on and hold the ball against the racket and swing both arms forwards towards the moons aiming to get the ball to land in the moon.
- Hold the ball in the non-racket hand.
- Drop the ball gently to the side and front.
- Swing racket low to high after the ball bounces.
- Point the palm and strings at the target.
- Finish with the racket up.
- Stay super balanced.

SKILL UP

- Score a point if the ball lands in a hoop.
- Choose a hoop for children to aim at changing the direction of the target.

GAME: SAVE THE CITY

SET THE SCENE

"Let's knock down the wall and save the city."

HOW TO PLAY

- Set up a line of cones with hoops as the 'city wall.'
- Children work in pairs and stand one behind each other.
- Children tap the ball with the aim of hitting the city wall. Their job is to send their balls one at a time to hit the city wall and move all the cones out of their place, or send them through the hoops.
- They can send underarm or overarm.

TEACHING POINTS

- Gentle swings.
- Encourage partner.
- Control power.

BRAIN FOCUS ACTIVITIES



SKILL UP

- Increase the distance between children and the 'city wall'.

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COOL DOWN

Set the scene "Superhero Recovery."

- Children sit in circle and concentrate on breathing:
 - "Inhale... power up."
 - "Exhale... calm hero."
- 3–5 slow breaths.
- Finish in superhero pose.