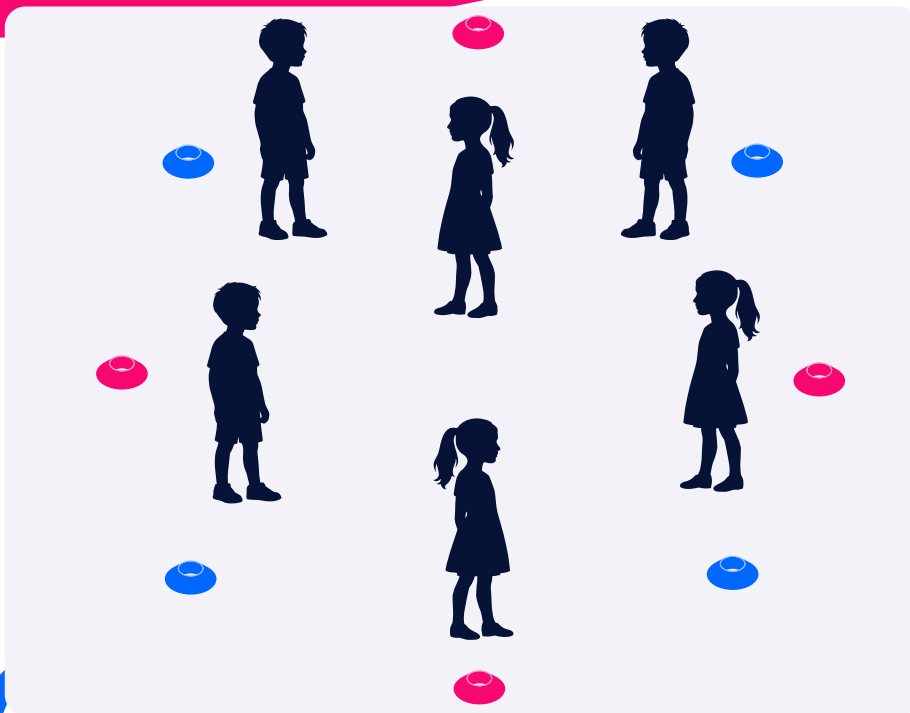


SUPERHEROES WARM UP:

Superhero Training Camp

Set the scene:

“Welcome to Superhero Academy!”



Brain focus
activities:



Equipment:



Cones

How to Play:

- Place the cones to set up a “training zone.”
- 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.
 - **Lightning feet** – quick feet on the spot or around the space (light toes).
 - **Super jump** – two-foot jump (soft landing).
 - **Power pose** – freeze in a strong wide stance (balance).
 - **Superman** – lie on tummy and lift hands and feet off ground (core).
 - **Super Swivel** – spin on the spot (balance).
 - **Super car** – bridge or table pose (core).
 - **Side step save** – side steps (knees bent).

TEACHING POINTS:

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

SKILL UP:

- 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).



SEE IT IN ACTION