



Superhero Challenge

5 minute Warm-up

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Children respond to the following commands linked to fundamental movement skills - walk, run, leap, hop, skip plus ABC's

Off to Save the planet - jog around the area

Back in time - walk backwards

Baddies coming - freeze

The Flash - run fast around hall/on spot

Superman - straight jump up with 1 hand in air

Batman - leap from 1 to other foot

Wonder Woman- side step in circles

Dodge a bullet - dodge out of way





Superhero Thor Challenge

Hit the target

Use a bucket, box, large saucepan as a target.
Begin by standing 1m away.

Throw 5 objects into target e.g. tennis ball, beanbag, balled up socks, toilet roll etc.

Once you get 5 in the bucket then move another metre back

Challenge

EY - use markers to mark out square instead of bucket to make it easier. Can you get all 5 objects into square? How far away can you be and still get 5 objects into square?

KS1 - mark out square and use bucket. Score 1 point for throwing object into square and 5 points for throwing object into bucket. How many points can you get after 5 throws? How far away can you be and still score points with each throw?

KS2 - Throw into bucket only. How far away from bucket can you be and still get 5 consecutive objects in the bucket?

Have a virtual competition and share your results with your friends.

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Superhero Challenge

Dash's Dilemma



Set up a row of 4 markers using any household items e.g. clothing, toilet roll, tin of beans.

Using a tennis ball or balled up pair of socks how quickly can you complete the following challenge.

Ask someone to time you and see if you can beat your time after each go.

Challenge - Dash needs to keep moving the ticking time bomb to stop it from exploding. Can you help?

Place ball/socks next to first marker now move ball to next marker then run back and touch first one then return and move ball up to next marker etc. each time returning to the first marker. Until ball has been placed and then moved to all 4 markers.



To make it easier – fewer markers nearer to each other

To make it harder – space out the markers or add more