**Superheroes to the Rescue**

Equipment:

Spots

1. Place spots in a corner of a large area

2. Identify what super hero you would like to be

3. Ask children what super hero they would like to be, giving suggestions such as Spiderman, Superman, Ben 10, Batgirl, Batman, Princess Girl, Power Rangers, etc.

4. Spots are where the superheroes will recharge their super powers

5. All to stand on a spot and adopt their superhero pose

6. Explain that you are going to save people

7. “Superheroes, there is a building on fire. Shall we go save them and put the fire out?”

8. Once they have all agreed, put your one arm in the air and tell them to adopt the flying pose

9. Tell them to follow you and all run around until you decide you have reached the building

10. Climb the building, pick up the people, jump out, all to take deep breaths and blow out the fire with their super breath

11. “Well done superheroes, you’ve saved the people”

12. You now need to go back to recharge your superpowers

13. Raise one arm in the air and all fly back, ensure to tell them to follow you, and run back

14. Other ideas – Stop two trains from crashing, pull a car out of the river, save a cat in a tree, get children to come up with their own ideas

15. Skills can be delivered through this game

**Benefits**

Can support skills, other areas of learning, topics, imagination, spatial awareness and children reluctant to do physical activities.

**S.T.E.P. into Year 1:**

 S – Create an obstacle course in the space provided for them to go through before they get to the fire/building.

 T - Develop the story into more problem situations. Generating talk for writing also.

 E - Give the children equipment to be used creatively, for fighting the fire, helping the casualties.

 P – Can the children work in teams? Can they set up their scenarios, as a group of 4, each having a job?

 **STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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