

SUPERHEROES TO THE RESCUE



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, either make up their own or give them suggestions such as Spiderman, Superman, Ben 10, 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 physical skills, other areas of learning, topics, imagination, spatial awareness and children reluctant to be physically active.



