



Superheroes for all Week commencing 13.07.20



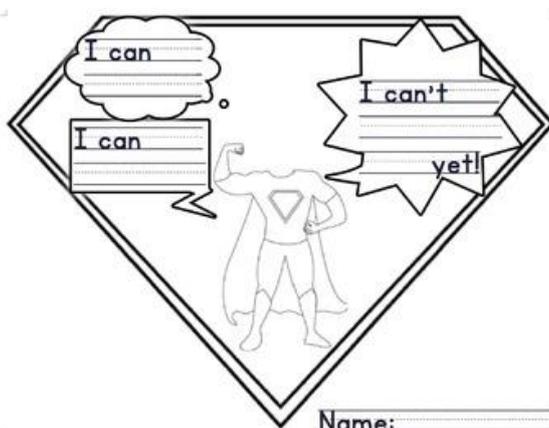
Use the sheet below to help you to create a 'Superhero identity'. Which superhero are you most like?

Think about your superpowers in your learning, what are you good at and what will you take forward into next year? What will you leave behind you? Draw two superhero 'bases' one new base where you will take the new superpowers to and an old one where you will leave anything you don't want to take forwards.

Design and label a new superhero costume - what special powers does it have and how does it help the superhero? Can you make a superhero costume using things you have around the house (ask first)?

Make a superhero comic strip about your superhero and their adventures. See below for a template.

Use hand prints to make superheroes and then make your own one up and fill in the shield.



Tell your grown-ups what super powers they have and think about what you and your family have done over the past few months to keep safe. Design a card, poster, write a song or a poem to say thank you to your family or to a keyworker.

Make a superhero base in your house (ask first!).



Think about what you would control if you were a superhero (earth, wind, fire, water, electricity, gravity or a type of weather!) what could you do to help the people of the earth? Or would you be a villain! Design a superhero who controls what you have chosen. Will they have a mask? A cape? Will they carry anything? Will they have a sidekick like Batman and Robin?

Make up an obstacle course for a superhero in the garden or an open space. Can you improve your times to complete it?

Keep a superfoods diary and record all the fruits and vegetables you eat for a day. Are you getting enough?

Try a superhero fitness workout from <https://www.pegang.com/kids-parents/nutrition/superhero-workouts/>

Websites:

BBC bitesize is carrying on until the 24th of July <https://www.bbc.co.uk/bitesize> if you would like to carry on with this.

<https://imoves.com/> has many physical activities and other subjects to try.

There are many other websites with ideas for activities on our website.

<https://www.hillsidefirst.dorset.sch.uk/parents/covid-19/home-learning-website-links>

Dorset County Council also have many ideas and links <https://mailchi.mp/dorsetcouncil/home-learning-activities>

My Superhero Identity

Name: _____

Self-portrait:

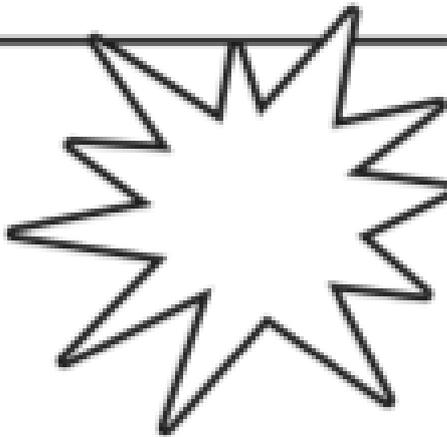
Secret Superpowers:



Top Secret Weakness:

Super Skills:

Animal Sidekick:

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