Superhero FUN activities at home!
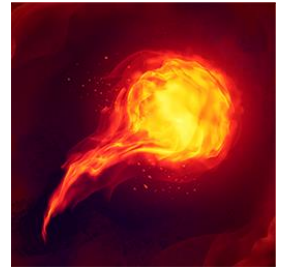
Fantastic Four Fireball throwers!

Equipment:

Area markers- make sure playing area has nothing that could trip anybody up- a safe area

Plenty of socks rolled up.

Progressions/changes in game:

Change throwing arm

Can only throw under arm

Can us other soft items to throw. E.g sponge ball/ teddy bears

Game: FANTASTIC FOUR FIREBALL THROWERS (NOT ACTUALLY USING FIRE)

Best to play in the garden, but can play all around the house.

Requires two teams. E.g child and parent.

Each team member has a few rolled up socks, aim is to hit opponent with a sock with a fireball throw. Moving around set area/house

If hit lose that body part. If hit on a body part must lose that part. E.g hop if lose leg. Throw with other arm if hit on arm

Flash's Speed Challenge

Equipment:

Something to jump over side to side, to create a small line

E,g: a sock laid flat. A T-shirt rolled

Progressions/changes in game:

Hop over

Spin when jumping

Frog Jumps

Increase time

Increase distance have to jump

Game: FLASHES CHALLENGE

Flashes challenge is to do as many jumps side to side over marked line as many times as you can in 30 seconds.

How did it make your body feel?

Which parts of your body were you using?

Superhero FUN activities at home!

Superman's obstacle course

Equipment:	Progressions/changes in the game:
Anything you want to use!	How could you make it more challenging?
	Could you add a time limit?

Game: SUPERMANS OBSTACLE COURSE

Can you set up an obstacle course around the house or in your garden that include:

Balance- being in control and steady with different body parts.

Agility – moving your body quickly and easily

Coordination- using different body parts to complete a task/activity.

Spiderman's web throwers

Equipment:	Progressions/changes in the game:
Anything you can throw at a target e.g rolled up socks	How could you make it more challenging?
Something to use as a target	Could you add a time limit?
e.g Teddy bears	Add different targets/small large
	Change what you are throwing

Game: SPIDERMANS WEB THROWERS

Have some targets set up with different distances away.

See how many you can knock over in a certain time.

E.g 30 seconds, then see if you can improve. Think what you throw.