

Individual Activity Lesson Plan

Date: Thursday 2nd July 2020

Activity Title: Superhero Training Camp

Learning Intention:

- Be able to follow instructions and move in a variety of way.

Links to EYFS:

Physical Development:

- Moves freely with pleasure and confidence in a range of way, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping

Mathematics:

- Recites numbers in order to 10.

Literacy:

- Gives meaning to marks they make as they draw, write and paint.

Activity Overview:

Complete the tasks to become a member of the Superhero Team.

Resources:

- Superhero Training Camp Letter (no need for printing)
- Blankets, towels, rug, materials, sheets
- Chairs
- Tape/string
- Paper, markers/crayons
- Stuffed animals

Key vocabulary:

Listen, follow, instructions, obstacle course, leap, crawl, step, hop, jump, catch, build, construct, count, numbers 1-10, draw, paint, superhero.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- Recap the story of the day *Supertato Veggies Assemble* by Sue Hendra.
- Have a discussion with your child about superheroes, how he/she sees them and what superheroes mean to him/her.

*What superheroes do you know? What do they do?

*I wonder how they became superheroes.

*Would you like to be a superhero? Why/why not?

Main Activity:

- Explain to your child that every superhero must complete certain tasks to become a member of the Superhero Team and that today, he/she is going to do a Superhero Training Camp to become one of the Superhero Team members.
- Bring up the Superhero Training Camp Letter on a device and read it to your child.
- Allow your child to choose which activity from the list he/she would like to do first.
- Support and praise your child for completing the tasks.
- When doing the obstacle course task, ask your child to look around the house and think what he/she could use to create an obstacle course.

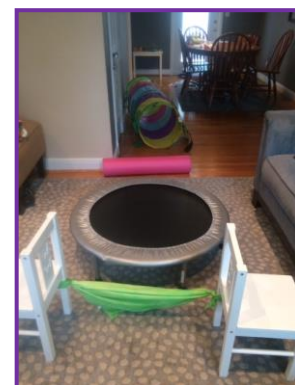
*What do you think we could use to make an obstacle course?

*Shall we use some chairs to crawl under? Are they high enough?

*What could be the next obstacle?

*Maybe you could jump over something? What would you like to use?

*What about doing some throwing?



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Ideas for an indoor obstacle course:

- Tape a towel in a doorway for your child to crawl under.
- Bring together a few chairs and throw a blanket over them for your child to crawl under.
- Lay some tape on the floor or a piece of string and warn your child not to step on them.
- Lay a rug or piece of material on the floor for your child to jump over.
- Line up stuffed toys along the course for your child to avoid.
- Roll up a rug to create a balance beam.
- Use masking tape to create different lines on the floor and have your child to follow them.



Challenge:

- Encourage your child to go through the obstacle course again and find new ways to go through it.
- Suggest to your child to create a diploma for completing the Superhero Training Camp.

Additional ways to support your child:

Role model the activity and complete the obstacle course together with your child. Give him/her a helping hand to get through some of the obstacles.

Extension:

Set up an obstacle course in the garden (weather permitting). If you do not have sports toys like balls, hoops, tunnels etc. use whatever you have in the garden, planks of wood, logs, table, chairs, blankets, cardboard boxes.

