



GET ACTIVE



20 MINUTES



IN THE CUPBOARD

SUPERHERO TRAINING SCHOOL

PART OF THE SUPERHERO THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Being a superhero requires agility, speed, great reaction speeds, determination and a large portion of bravery. Put all these qualities to the test at 'Superhero Training School'.

Complete the following activities, either as an obstacle course race or as activity stations.

Building Hop: Chasing the villains can require getting across a busy city fast. Set up some hoops as stepping stones and see how quickly they can jump from one building to the next?

Gotcha!: Catch the villain with a bit of target practise. Place skittles or bottles on a table and print pictures of villains to stick onto them. Give children a bean bag, ball or nerf gun to use. How many villains can they knock down?

Flying: Set up a long jump area and challenge the group to see how far they can 'fly'. Who can do the best pose whilst flying?

Agility: All good superheroes need to have eyes everywhere to dodge anything that is thrown at them. Can the superheroes get across the length of a room without being hit by a villain (soft ball)?

Create Your Own: Challenge the group to think of their own superhero training activity.



WHAT YOU'LL NEED

- Obstacles
- Games Equipment



KEEPING EVERYONE SAFE

Please maintain social distancing where required. Keep shared equipment to a minimum. Where sharing equipment, please include a hand sanitiser break before and after the activity.