

Superheroes have many different super powers such as being strong and super fast. This means that they must keep their bodies super fit and healthy. Can you follow one of the recipes below to make your own Superhero healthy milkshake?



Superheroes have to learn how to write just like we do. They often have to leave secret messages. Can you write your own superhero secret message using some of the ideas below? Remember to sign your name.



Eating fruit and vegetables keeps our bodies healthy. See if you can eat 5 portions of fruit/vegetables every day. Record how many you eat during the week. You could use the table below.



Challenge: Can you try a new fruit/vegetable?

Superheroes sometimes have jet packs to help them to fly. Can you make your own Superhero jet pack using recycled materials? You will need two large bottles and then you can add any other materials that you have at home. You could pretend to fly around your home.



This week we will be celebrating World Book Day! Books are amazing as they take you on so many different adventures. Our star author this term is Sue Hendra. She writes SUPERTATO and many other super books. Do you have any of her books at home? Choose one to read or find one on YouTube to watch.



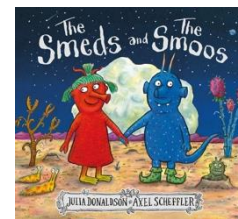
Spiderman has superhuman strength and agility. He can climb tall buildings and has spider-sense. Can you find a spider web in your garden or whilst on your daily walk? Look closely at its patterns and shape. Can you draw or create your own web?



Who is your favourite Superhero? Is it Superman? Spiderman? Wonder Woman? Can you draw a picture of your favourite superhero?



We have lots of different stories that we have read at story time. Which one is your favourite? Was it The Gruffalo? The Smeds and the Smoos? Or maybe something different. Can you draw your favourite character?



What foods do you like? What foods don't you like? Can you draw a picture of your favourite meal? Remember to include some fruit and vegetables to stay healthy.



We have been working hard on those teen numbers. Remember, 1 tens always comes first. Can you choose your favourite numbers from 11-20 and create a superhero with that number on? You might want to create more than one.

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Using the instructions below, can you make your own Superhero stick puppet? Use your superhero to save the day!



SUPERHERO PHYSICAL!!

Using the sheet below, can you complete the superhero action training?



Useful links:

<https://www.phonicsplay.co.uk/resources/phase/2> - Phonics phase 2 activities activities

<https://www.ictgames.com/mobilePage/literacy.html> - Phonics games!

<https://www.ictgames.com/mobilePage/index.html> - Maths games!

<https://www.bbc.co.uk/cbeebies/games> - CBeebies games

https://www.youtube.com/results?search_query=cosmic+yoga - Join Jamie for some Cosmic Yoga

<https://www.bbc.co.uk/cbeebies/search?q=numberblocks> - Numberblocks episodes and songs (check out the teen episodes!)

<https://www.jamieoliver.com/features/category/get-kids-cooking/> - get cooking with Jamie Oliver!

On Purple Mash a range of activities will be set in the 2Dos. You can also explore on Mini Mash - there are lots of games, activities and creations for you to do and explore.

<https://www.purplemash.com/>























Remember, learning happens all the time. Here are 10 everyday things which you could include in your daily routine:

1. Write your name in different colours
2. Count to 20 as you wash your hands
3. Count the steps on your way up to bed
4. Talk about the weather
5. Sing along to one of your favourite songs
6. Make your own toast at breakfast time or sandwich at lunchtime
7. Tidy up your bedroom
8. Read a bedtime story
9. Do a puzzle or play a board game
10. Go for a walk, scoot or cycle



Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds 	<input type="checkbox"/> bend and touch your toes 10x 
<input type="checkbox"/> crawl forward for 10 feet 	<input type="checkbox"/> curl your body up and hold for 10 seconds 
<input type="checkbox"/> gallop for 10 steps 	<input type="checkbox"/> hop on one foot 10x 
<input type="checkbox"/> jump in place 10x 	<input type="checkbox"/> kneel up tall for 10 seconds 
<input type="checkbox"/> leap forward 10x 	<input type="checkbox"/> roll in a straight line for 10 feet 
<input type="checkbox"/> run in place for 10 seconds 	<input type="checkbox"/> sit and then stand up 10x 
<input type="checkbox"/> skip forward 10x 	<input type="checkbox"/> slide to the right 10x slide to the left 10x 
<input type="checkbox"/> stomp your feet in place 10x 	<input type="checkbox"/> straighten your body and hold for 10 seconds 
<input type="checkbox"/> stretch your legs for 10 seconds 	<input type="checkbox"/> twist your body to the right and left 10x 
<input type="checkbox"/> walk backwards for 10 steps 	<input type="checkbox"/> wiggle your body for 10 seconds 

Go to www.YourTherapySource.com/superhero for the complete download

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SUPERHERO ACTION TRAINING!

Superhero puppet:

Superhero Stick Puppet

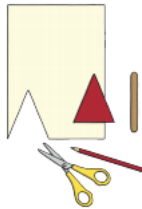
You will need:

- Lolly stick
- Light coloured card
- Colouring pencils/pens
- Scissors
- White glue

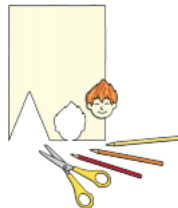


Instructions

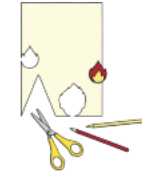
1. First, draw and colour a triangular-shaped cape onto card and use your scissors to cut it out. This needs to be slightly shorter than the length of your lolly stick.



2. Next, draw a face shape onto card for your stick puppet, colour the face and hair and use your scissors to cut it out.



3. Then, draw, colour and cut out a superhero symbol or logo onto card, which will go onto the front of your puppet. This will need to be the correct size for the cape you have made.



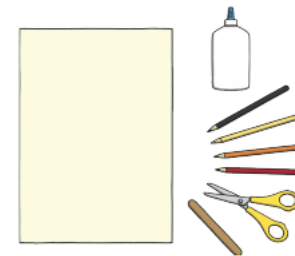
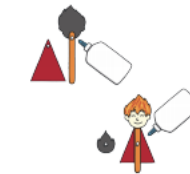
4. Now, colour in both sides of your lolly stick and the back of the face, cape and logo.



5. Once the pieces are dry, stick the puppet face to the top of your lolly stick.



6. Finally, stick the cape onto the back of your lolly stick and the logo onto the front. It is now ready to fly!



EYFS Remote Learning Grid - Term 4 Week 2 Week Commencing 01.03.2021

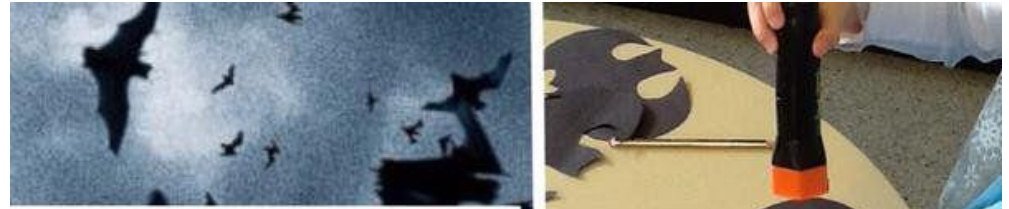
What fruit and vegetables have you eaten today?

Monday	Tuesday	Wednesday	Thursday	Friday

Superhero Secret Writing!



SECRET LETTERS
A CRAYON RESIST LITERACY ACTIVITY



Super
secret
bat
writing!





Superhero Green Smoothie

Ingredients

- 1 cup baby leaf spinach
- $\frac{1}{2}$ avocado
- 1 banana
- $\frac{1}{2}$ mango
- 2 cups cold water

Equipment

- Blender
- Knife
- Chopping board
- Cups

Method

1. Two hours (or more) before cooking with the children, cut the banana into slices and put it in the freezer.
2. With the children, peel and cut the avocado and mango.
3. Add the spinach, avocado, frozen banana, mango and water to the blender, then blitz until smooth.
4. Pour the smoothie into cups to serve.



Superhero Red and Yellow Smoothie

Ingredients

Red Smoothie

- 150g frozen strawberries
- 120ml raspberry juice (or raspberry and cranberry juice/raspberry and beetroot juice)
- 1 tsp honey

Yellow Smoothie

- 160g mango
- 120g pineapple
- 1 small banana
- 120ml orange juice
- 6 ice cubes

Equipment

- Blender
- Knife
- Chopping board
- Transparent tumblers/cups

Method

1. The night before making the smoothies, cut the banana into slices and place in the freezer.
2. To make the red smoothie, simply place the strawberries, raspberry juice and honey in a blender and blitz until smooth.
3. Pour the smoothie half of the way up each cup and place in the freezer for 10 minutes.
4. Wash out the blender and make the yellow smoothie by adding the mango, pineapple, banana, orange juice and ice cubes, then blitzing until smooth.
5. Remove the cups with the red smoothie from the freezer and add the yellow smoothie on top of each.

