



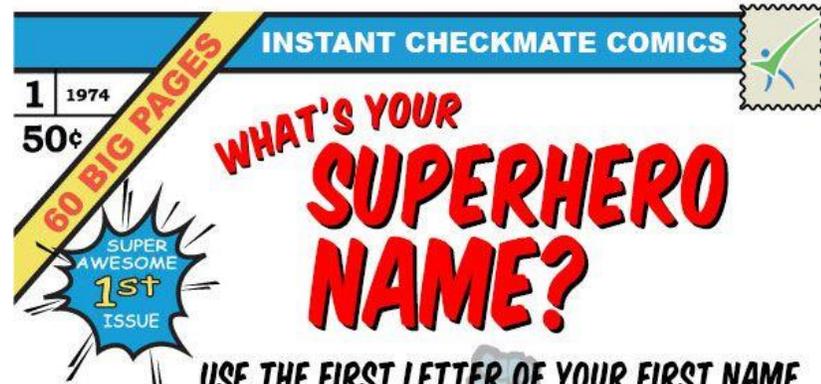
# **Superheroes Week**

## **Home activities**

Monday 29<sup>th</sup> June - Friday 3<sup>rd</sup> July

Choose an activity to complete each day

# Find out your Superhero name!



**1** | 1974  
**50c**

**60 BIG PAGES**

**INSTANT CHECKMATE COMICS**

**WHAT'S YOUR SUPERHERO NAME?**

**SUPER AWESOME 1st ISSUE**

**USE THE FIRST LETTER OF YOUR FIRST NAME**

A = CAPTAIN	I = GREEN	R = SHADOW
B = TURBO	J = PHANTOM	S = AGENT
C = GALACTIC	K = DARK	T = SILVER
D = THE	L = GHOST	U = WILD
E = AQUA	M = PROFESSOR	V = WOLF
F = FIRE	N = ATOMIC	W = ULTRA
G = IRON	O = ROCK	X = WONDER
H = SUPER	P = OMEGA	Y = DOCTOR
	Q = ROCKET	Z = STAR

**USE THE FIRST LETTER OF YOUR LAST NAME**

A = X	I = BLADE	R = SURFER
B = SHIELD	J = BOLT	S = BOT
C = MACHINE	K = COBRA	T = GUARD
D = JUSTICE	L = BLAZE	U = THING
E = BEAST	M = SOLDIER	V = CLAW
F = WING	N = STRIKE	W = BRAIN
G = ARROW	O = FALCON	X = MASTER
H = SKULL	P = FANG	Y = POWER
	Q = KING	Z = STORM

See if you can have a go at learning the poem and reading it out loud! Send your videos in for us to see!

If I Was a Superhero...

By Sally Gray

If I was a superhero  
I'd definitely fly.  
Arms outstretched  
Racing birds in the sky.



If I was a superhero  
I'd have special powers  
Like extra strong legs  
For jumping over towers.

If I was a superhero  
I'd save all the oceans  
With my secret and magical  
Cleaning up potions.

If I was a superhero  
I'd save all the trees  
And the mountains and rivers,  
The birds and the bees.



If I was a superhero  
I'd help all the poor,  
Give them food,  
And make them hungry no more.

If I was a superhero  
I'm sure you'll agree  
The world would be better  
Because of me!

nancy vandenberg

<https://www.youtube.com/watch?v=xtY0vhEEJso>

Imagine you are a superhero for the day! What would you do to make the world a better place? Maybe you would like to write these down and email them in? Or maybe you would like to have a chat with your family and friends.





# Science



# Materials

Can you find any objects made out of glass, plastic, wood, stone, fabric or metal in your home or classroom?



Wood



Glass



Plastic



Metal



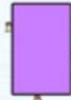
Fabric



stone

We can use these words to describe what the material is like.  
These are called properties!

### Scientific Vocabulary Mat

 stretchy	 wood	 absorbent	 waterproof	 dull	 shiny
 not bendy	 soft	 glass	 metal	 water	 rock
 not waterproof	 not absorbent	 smooth	 plastic	 materials	 opaque
 hard	 rough	 stiff	 bendy	 transparent	

twinkl

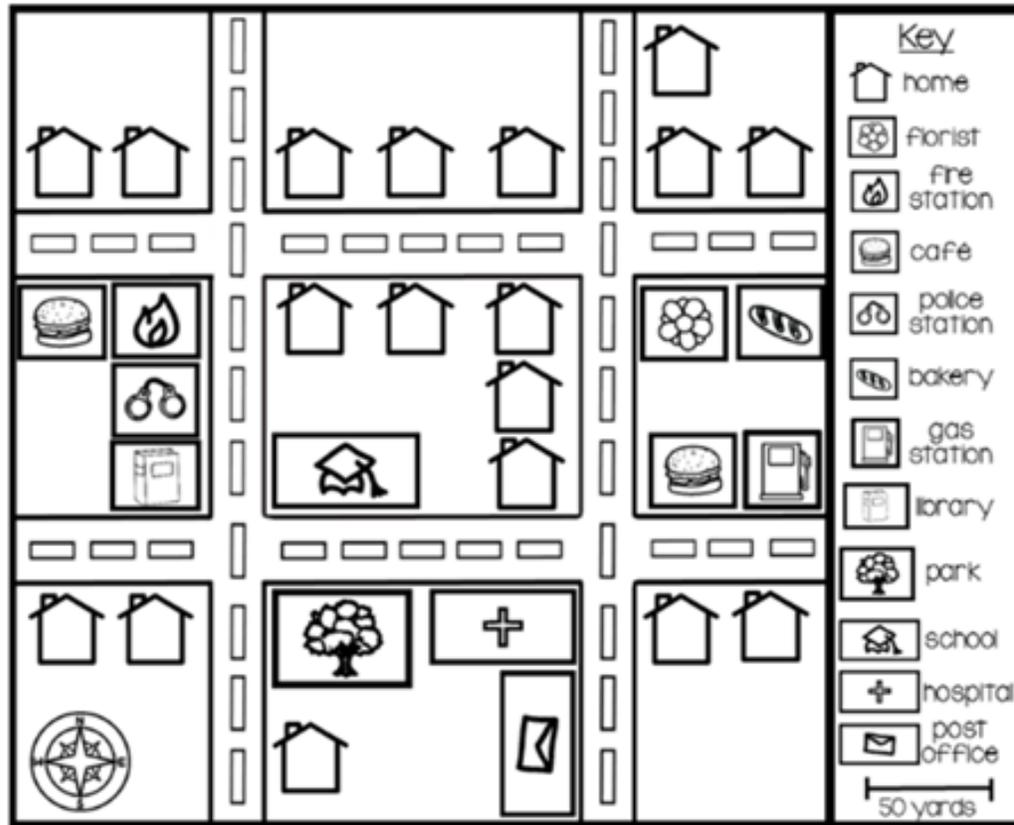
# Design a new vehicle for your superhero!

- Think about how your vehicle will work. Is it a land, sea or air vehicle?
- What material will it be made out of? Label your final picture with what materials you have used.
- Will it have any special powers?
  
- Challenge: Can you explain why you have used the materials for your vehicle by using the properties word mat?

E.g. Glass for the windows because it is waterproof and transparent (see-through).

# Geography

Can you draw a map of where your superhero lives?



Challenge:

Can you draw a key showing a symbol for each item on the map?

# DT

Watch the short clip on the website to see what the final outcome will be like!



First unfold your cereal box and turn it inside out.

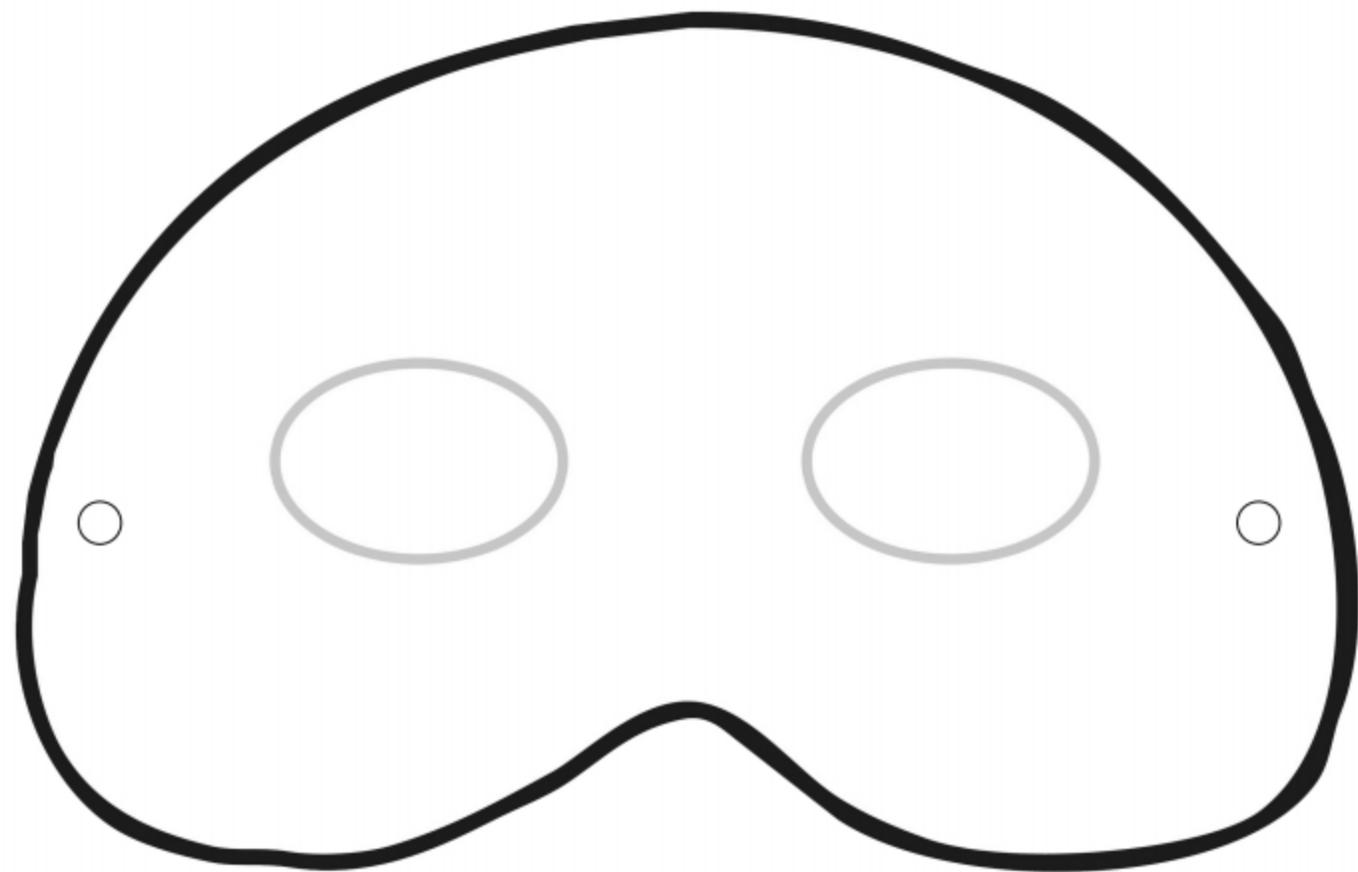


Next design your background.



Design and cut out your superhero on paper. Stick a paper clip on the back of it. Use a fridge magnet or other magnet if you have one on the back of the cardboard box and fly your superhero around!

# Design a Mask



Home Activities

# Bottle Jet Pack

## Supplies

- 2 x 2litre plastic bottles
- Paper cups
- Thick ribbon
- Foam sheet
- Cardboard
- PVA glue
- Sticky Tape



- Tin Foil
- Red, yellow and orange tissue paper
- Stapler



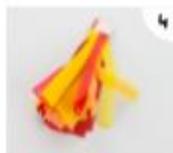
1 Cover one of the bottles in PVA glue, to do this pour the glue into the paper cups and use paint brushes to get a good layer. Now, stick tin foil around the bottle until it is completely silver. Leave it to dry.



2 For the flame, take some pieces of tissue paper and place them on top of each other in layers.



3 Pick up the layers of tissue paper and cut strips vertically into them, ensuring the cuts do not go right to the top.



4 Gather the sheets of tissue paper together at the top and tape them together. Secure this to the inside of the neck of the bottle with more tape.



5 Repeat steps 1-4 with the second bottle so that you have two flaming cylinders for your jet pack. Leave to dry.



6 Cut a length of ribbon that is long enough to wrap around the middle of both bottles. Then secure this around both bottles with either glue or tape so that they are held together securely.



7 Now make some straps for the jet pack! Cut two long lengths of the ribbon that are long enough to be worn comfortably as straps.



8 Take the cardboard and cut it so that it does not hang over the edges of the bottle when they are placed on top of it.



9 Use the stapler to attach the straps to the cardboard so that the ends of the ribbon are both overlapping the cardboard on the same side.



10 Use PVA Glue to attach the cardboard to the bottles, so that the ends of the ribbons are hidden.



11 Now decorate the jet pack using coloured foam! Draw and cut out shapes of your choice. Then stick them along the middle strip of ribbon using PVA glue. Make sure your jet pack is completely dry before you start zooming around with it!

# Superhero Cuffs

## Supplies

- Coloured card
- Scissors
- 2 small cardboard tubes
- Black, gold, red, green and silver paint
- PVA glue
- Wool or ribbon
- Hole punch



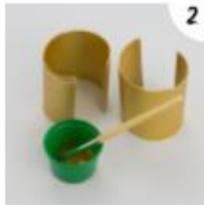
- Superhero cuff templates



- 1 Cut down the entire length of both toilet roll tubes and open them out slightly ready for painting.



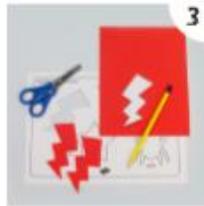
- 4 Use PVA glue to stick the shapes onto the cuffs. Make sure that they are stuck onto the opposite side to the cuts.



- 2 Paint both of the cuffs in your chosen colour and leave to dry.



- 5 Using the hole punch, make 3-4 holes down each side of the cuff openings.

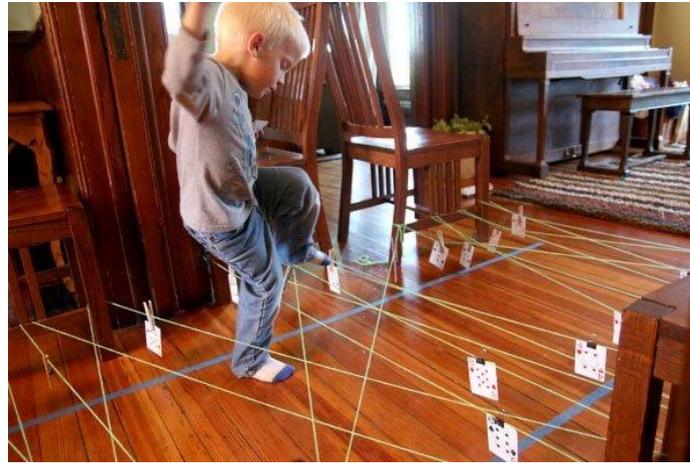


- 3 Now decide what shapes you would like to decorate the cuff with! Either use the templates, or draw some of your own shapes onto coloured card, then cut out.



- 6 Use ribbon or wool to lace up the cuff by threading it through the holes. The cuff can now be tied up when it is worn.

# Obstacle Course and Hideout!



Build a den for you superhero! Don't forget to give it a name!

Next build an obstacle course that you will have to go through to get to the safety of your superhero hideout!