



# WHFCS KS1 PE

## Dance Superhero week



## PE Dance Activities

### Super hero Warm up-

For your warm up you will need a helper to play music, whilst the music is playing your helper will call out video instructions, once these instructions are called out you complete the instructions.

**Let us be Superheroes and save the day!**

**I would like you to - fly like Superman, stomp like the Hulk, run like the Flash, climb like Spider Man, run Wonder Woman, glide like Batman, and blast off into the sky like Iron Man.**

Your helper will be calling out the characters and I would like you to copy the movements.

### Superpower Challenge-

Choose your favourite superhero, I would like you to think of a pose that, that superhero does and use this pose for a starting position. I would like you to move around in a safe area, exploring a range of ways of moving around Imagine you running to catch an evil villain. I would like you to –

**Swing, Slide, Climb, Leap, Dart, Dodge, Crawl, Spin.**

#### Explore different levels

Move around as tall as you can.

Move around as small as you can.



### Direction

Change direction you are moving around,  
left , right , zig zag , side wards

### Speed

Run/walk/Skip around as fast as you can  
Run/walk/Skip around as slow as you can

### Jump

Explore different jumps; jump as high as you can

### Superpower

Think of your own superpower that your Superhero has and add it as a movement.

## Superhero PE challenge –

Every time your helper calls out a number, you must move around like that superhero.

<p>1.</p> 	<p>2.</p> 	<p>3.</p> 
<p>4.</p> 	<p>5.</p> 	<p>6.</p> 



## Home learning links

During home learning, I have attached some activities that you can do at home to keep you active. I would like you to try your best and stay active!

Get Kids moving -

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

Cosmic kids Yoga -

<https://www.youtube.com/user/CosmicKidsYoga> Disney

Dance along -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Change for life -

<https://www.nhs.uk/change4life/activities> Wake up

shake up –

[https://www.youtube.com/watch?v=x\\_9L5\\_A6Ww4](https://www.youtube.com/watch?v=x_9L5_A6Ww4)

Go noodle – <https://www.gonoodle.com/>

Footy pups -

[https://www.youtube.com/channel/UCPEU0-](https://www.youtube.com/channel/UCPEU0-Q1XvF4khh6aC2JSmA/featured)

[Q1XvF4khh6aC2JSmA/featured](https://www.youtube.com/channel/UCPEU0-Q1XvF4khh6aC2JSmA/featured)

Just dance Kids –

[https://www.youtube.com/results?search\\_query=just+dance+kids](https://www.youtube.com/results?search_query=just+dance+kids)

Boogie beebies – <https://www.bbc.co.uk/programmes/p01z05js>

