

Activity 1



Selfie

Can you create your own superhero pose?
What actions and powers might you have?

Take a photo of your signature move.

Activity 2

Dance Phrase

Who is an everyday Superhero?

A member of your family, NHS staff or Colonel Tom Moore!
Create an 8 count phrase to show your everyday superhero.

Activity 3



Comic Strip

Create 4 freeze frames to show your favourite famous superhero.

Add captions to highlight the dynamics of the action - POW - BOOM – ZAP

Activity 4



Superhero Battle

Can you find and use a kitchen utensil or household item as an object of superhero power and status? Challenge an adult to help you fly!

Be creative, be inspired but most importantly have fun.

Activity 5

The Super Challenge!

Can you combine dance with art, music or yoga or all four to show the ultimate dance story board.

You could use a fictional or everyday hero to communicate your ideas or theme!