

Superheroes

Imaginative learning project 1 for year 1



Intergalactic greetings, young heroes. It's time to rescue the planet from evil villains. Who's your favourite superhero? Spiderman? Wonder Woman? Maybe your heroes are ordinary people who've achieved great things. Or is it those people who save lives in our emergency services that you admire most? Superheroes have super senses. Use yours to identify mystery items by their smell, taste, sound and touch. What do true superheroes eat to keep their senses and special powers sharp? Is that phone box free? Please excuse me—I have to save the world!

History and DT focus. Key Facts:

- A hero or heroine is a famous person who is admired because they are strong, brave or have other good qualities. Heroes can be real or imaginary.
- Many people in history have been real-life superheroes.
- Rosa Parks stood for equal rights for everyone
- Florence Nightingale nursed soldiers in the Crimean war
- Thomas Fowell Buxton worked to improve prison conditions and ban slavery
- David Livingstone wanted to free people from slavery
- Some foods help the body to grow strong and stay fit and well. These foods are sometimes called superfoods. They contain vitamins and minerals that help the body.
- Vitamin A helps the body to fight infections. Carrots contain vitamin A
- Vitamin C keeps the skin, blood and bones healthy. Peppers and oranges contain vitamin C
- Potassium keeps the blood and heart healthy. Bananas are a good source of potassium
- Fibre keeps the stomach and intestines healthy. Blueberries and nuts contain lots of fibre

Key Vocabulary

- ⇒ Characteristics: the special qualities of a person
- ⇒ Charity: a group that collects money for people or animals who are in need
- ⇒ Costume: clothes that make a person look like somebody or something else
- ⇒ Disguise: clothes that a person wears to hide who they are
- ⇒ Hero: a person who is admired because they are strong, brave or have other good qualities
- ⇒ Power: a special ability or skill
- ⇒ Senses: our senses help us to touch, smell, hear, see or feel things in the world around us
- ⇒ Sidekick: a person who helps a superhero

Homework Projects

- ◆ Use information books and the web to find out about Guinness World Record holders and their superhuman achievements
- ◆ Plan or make a lunchbox fit for a superhero
- ◆ If you could have a super power, what would it be? Would you be able to fly? Become invisible? See through buildings? Write about some of the adventures you might have
- ◆ Make a table of characteristics comparing a villain with a goodie
- ◆ Take pictures of yourself being a 'superkid' at home. Maybe you tidied your room or helped wash the dishes? Label your pictures explaining what you did and how it helped your family.