

CRACK!



WHOO!

Year 1 Home Learning - Week 8 and 9

Hello everyone! We have an exciting new topic to keep you going for 2 weeks! Our new topic is ... SUPERHEROES! We hope you enjoy this one. At the end of the two weeks we will choose our very own superhero- this will go to someone who has been the most thoughtful and hardworking superhero. Remember not all heroes wear capes!! The activities below are to last **2 weeks** so it is up to you when you complete the tasks. Please still share your work on the blog that is not a purple mash 2 do! We love seeing it!

English:



- ❖ Create your very own superhero. Think about what superpowers it might have e.g. invisibility, can see in the dark or throw lightning bolts. Don't forget to tell us your next missions and fellow enemies too! (**Purple Mash 2 do**)
- ❖ Use your superhero to create your very own superhero story. Try to include capital letters, full stops, describing words and conjunctions (and, but and because) (**Purple Mash 2 do**)
- ❖ Complete the reading activity below. You can answer on paper if you don't have a printer.
- ❖ Use the picture below of the superheroes. Can you write 3 statements, 3 questions and 3 exclamation sentences to go with the picture. (You were great at this last time)
- ❖ Write a set of 5 rules for a superhero. Think about what a superhero must do and how it can help protect people and the environment.



BOOOOM



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Maths: We will continue to use 'My Maths'. Please complete the set tasks over the next few weeks. These will cover multiplication, shape and number bonds. Some of this will be new to the children so please just do what you can! There are also some superhero maths problems mentioned below.

Hero poster:

Create your own poster for your hero. A hero is someone you look up to. This could be your mum, dad, the NHS workers, bin men etc. Draw a picture of your hero and write a few sentences to explain why they are your hero. Your grown-ups may be able to give you some examples to help.

Can you be a superhero?

Over the next two weeks we would like to see how thoughtful you can be. We want you to think of ways you can be 'super' around the house. For example: helping cook, cleaning, tidying your room and washing the dishes. (This might help us decide our winner)

Mask:

As a superhero you need a mask. Get creative and have a go at making one. There is a template below to help if you need it.

Mashcam:

Turn yourself into a superhero using Mashcam! Can you tell us what your superhero name would be and your special powers?
(Purple Mash 2 do)

Food:

Design the perfect lunch for superheroes. What do you think they would need to eat? Please draw this and add labels.

Science:

Choose a superhero science experiment to try. These are attached on the website with work. Take photos if you wish and by all means do more than one.



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Super smoothie:

Could you make a super healthy smoothie to make you super strong? You could even write some instructions to tell us how you did e.g. First we put cut the fruit up.

Superhero handprint:

Get creative and paint your hand in the style of a superhero. There are some pictures below to help you.

Cape:

Design your own cape. You might want to have a look at some before you design your own (**Purple Mash 2 do**) Feel free to use old materials if you want to make a real one!



Read and Draw:

Try reading the words below independently. Can you then draw a picture to go with each one?

Maths Challenge cards:

Below we have attached some superhero challenges if you're enjoying maths at home. Have a go at these. Feel free to record answers on paper. You don't need to do them all. Some are easier/harder so you can choose which are best.

Vegetable superhero:

Some of you may have read the book Supertato. It is story that involves lots of vegetable superheroes. Can you design your own using a potato/other vegetable? Examples below to help.



BOOOOM!



Reading comprehension:

Superheroes

Step 1 Starting Reading Skills



Q1: What is the superhero called?

Tick **one**.



Snap

Bang

Flash

Crash



Flash is good and strong. She likes to help. She can send a flash of light or a crash of thunder from her hands!

Q2: Which two words in the text describe Flash?

Tick **two**.



light

strong

bad

good

Q3: What might Flash do if she saw someone in trouble?

Answer with a full sentence.



Q4: What can Flash send from her hands?

Answer with a full sentence.



Word Mat to help with story and personal profile:

SUPERHERO WORD MAT



superhero



costume



transform



fire



ice



fast



strong



x-ray
vision



flying



lightning



invisibility



boots



mask



sidekick



cape

Picture for sentence writing:



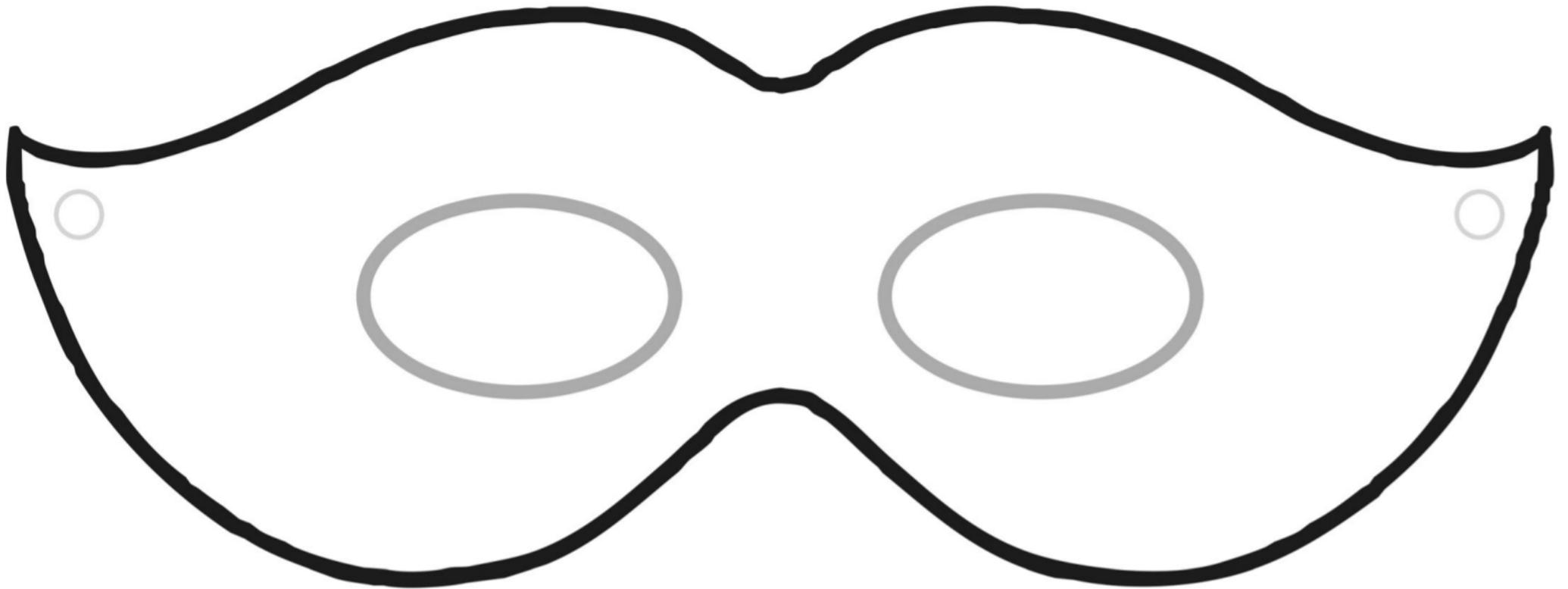
Read and Draw words: Blue words are slightly easier and red are harder if you're up for a challenge! See the example below to help you:

1. Mask
2. Boots
3. Strong
4. lightning
5. Fire
6. Ice
7. Flying superhero
8. Running superhero
9. Evil villain
10. X-ray vision



Superhero Mask

Cut out and decorate



Superhero handprints and vegetables:





Extra super hero exercise activities: <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-incredible>

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



SUPER HERO WORKOUT

7 MINUTES (REPEAT 2X)

- 30 seconds SPRINT
- 10 seconds DROP
- 30 seconds JUMP
- 10 seconds DROP
- 30 seconds PUSH-UPS
- 10 seconds DROP
- 30 seconds SIT-UPS
- 10 seconds DROP
- 30 seconds AIR KICK
- 10 seconds DROP