

Here We Come to Save the Day!

Name: _____

Create yourself as a superhero! Invent your superhero name, your special power (mostly realistic), your superpower (totally made up), your favorite energy source, your weakness, and your costume symbol. Then draw a picture of what you would look like as this superhero. While you're working, beware of the special news flash bulletins!

Here are two examples to get you thinking:

Conner

Superhero name: Twister Twin Man

Special power: Can twist from my incredibly strong ab muscles and throw for a great distance.

Superpower: Can twirl my cape so fast and tight with my superstrong triceps that I can lasso, trip, or trap a villain; the cape creates a tornado effect.

Favorite energy source: Bananas, after eating them, I twist furiously and throw the peels, which twirl through the air to the floor, making the villain slip and fall.

Weakness: Any form of chocolate completely negates my twisting powers.

Symbol:



Picture:



continued

ACTION PLAN 4.5 Class Challenge

From C. Sutherland 2011. Physical education activities: Challenges to promote activity at school and at home (Champaign, IL: Human Kinetics).

Here We Come to Save the Day!

Name: _____

Imagine that your family has superpowers! Transform your family into a superhero family. They may already be your heroes. Fill in the following information, then draw the superhero family you have created.

Family names (you and the members of your family): _____

Superhero family name: _____

Special powers: _____

Superpowers: _____

Favorite energy sources: _____

Weaknesses: _____

Symbol: _____

Picture: _____

ACTION PLAN 4.5 Take-Home Challenge

From C. Sutherland 2011. Physical education activities: Challenges to promote activity at school and at home (Champaign, IL: Human Kinetics).