

## 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).