

Move at Home: Superhero Workout

Try these different superhero moves.

Once you have practised them all, try doing one move after the other so that it looks like a superhero routine.



Run like a Superhero

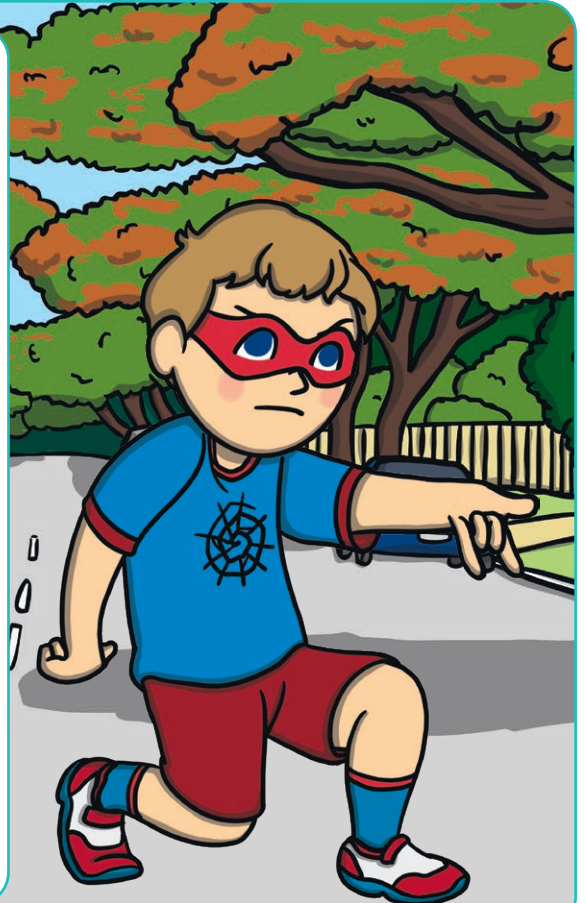
All superheroes need to be able to run fast.

- Run as quickly as you can using the space available to you.
- You might need to change direction so try moving off to the left and to the right as well.
- How quickly can you change direction to try to escape your enemy?

Lunge and Shoot

What is your special superpower?
Try shooting a web or other missiles using this special superhero move!

- Lunge forwards on one leg. At the same time, shoot a web from your opposite wrist by punching out explosively in front of you.
- Step back and then lunge forwards on the other leg and shoot a web from the opposite wrist!
- Try aiming the web in different directions as you lunge. Can you walk and lunge at the same time?





Fly like a Superhero

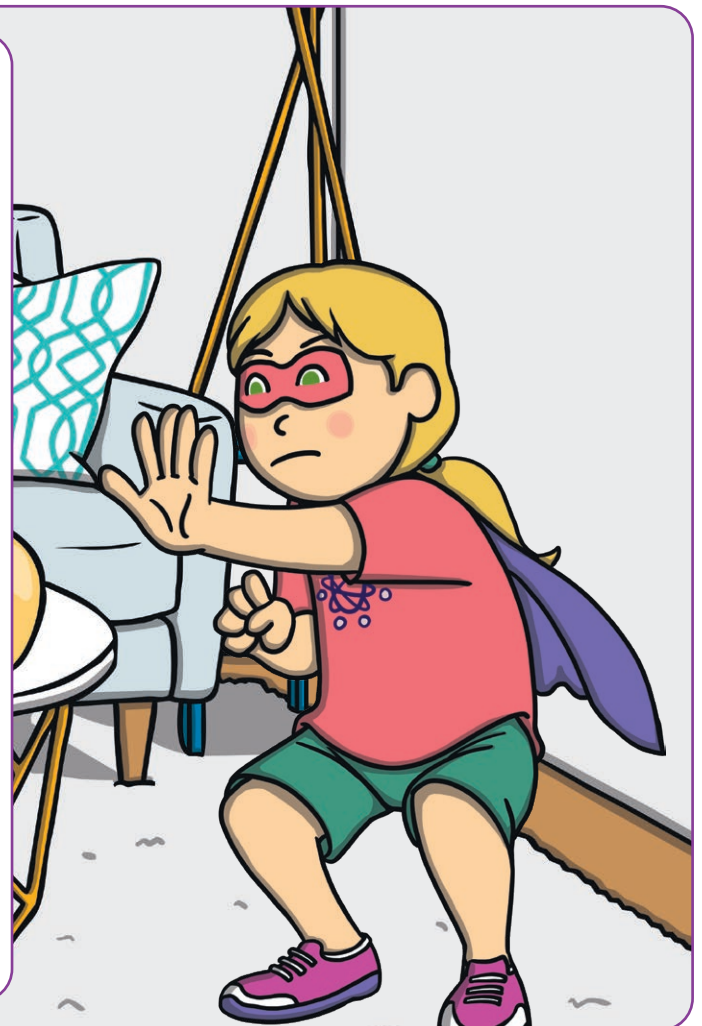
Can you fly like a superhero?

- This move is called the 'Warrior 3' pose and requires good balance.
- Balance on one leg and then bend forwards and stretch your arms above your head.
- Stretch your back leg out behind you and hold the position for a count of three.
- Try to keep your back straight.
- Try to hold the position for a count of ten and then repeat on your other leg.

Squat and Deflect

You need to practise defending and protecting yourself against your enemy.

- Put your feet a bit further than shoulder-width apart.
- Squat down as if you are sitting down on a chair.
- At the same time, put your arm out ahead of you to defend yourself.
- Stand up straight again and then repeat the squat, putting your other arm out.
- Do ten, have a rest and then repeat.





Climb like a Superhero

Superheroes are great at climbing.

- Reach up with one hand and pull yourself up.
- Reach up with your other hand and pull yourself up.
- Now try to run on the spot and climb at the same time.
- Do this for 10 seconds, have a rest and then go again!

Jump and Slam

- Jump in the air as high as you can, raising your hands above your head at the same time.
- As you land, bend your knees and bring down your arms to touch the ground.
- Make sure you say, "Slam!" as you touch the ground!
- How many can you do in 10 seconds?

