

A-life Follow-on Lesson Plans

'Healthy Living Superhero'

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| Learning Objective: | | |
| To design a 'healthy living' superhero. To think about the habits and characteristics of someone with a healthy lifestyle. | | |
| Success Criteria: | | |
| <ul style="list-style-type: none">✓ I can design a healthy living superhero.✓ I can think about the characteristics of someone with a healthy lifestyle.✓ I can think about different habits that make up a healthy lifestyle. | | |
| Curriculum Links: | | |
| Science - humans including animals. PSHE - health and hygiene | | |
| No. of Children: 30 | Age group: Years 1-4 | Time: 1 hour. 1.5 if including written task |
| Resources: | | |
| Images of superheroes Video clips of superheroes (optional) Blank superhero template Speech bubble template or description template Colouring pens / pencils | | |
| Introduction: | | |
| <ul style="list-style-type: none">• Use the images of superheroes to brainstorm different superheroes. What do they look like? What are their characteristics? Do they have anything in common?• Watch short video clips (from 'Youtube') of different superheroes. Discuss how they move / how they are dressed etc. | | |
| Main Activity: | | |
| <ul style="list-style-type: none">• Ask children in pairs to discuss the characteristics of a 'healthy living' superhero. What would s/he do, say, wear?• Brainstorm some ideas on the board about what s/he might look like. Ask the children to think of a catchphrase for the superhero. Think of other aspects of healthy eating, not just diet. For example; drinking water, brushing teeth, exercising...• Using the blank template, ask the children to design their own 'healthy living' superhero.• <i>Optional: using the speech bubbles, ask the children to write some phrases the superhero might say: "1,2,3,4,5-a day!" "Drink water to keep healthy". Alternatively, ask children to use the writing template to describe their superhero. Remind them to write about his appearance as well as his characteristics and catchphrases.</i> | | |

Plenary:

- Ask several children to present their superhero, explaining his/her characteristics and things s/he says.
- Involve the other pupils by asking them what they think the strengths and weaknesses of the superhero are.

Differentiation:

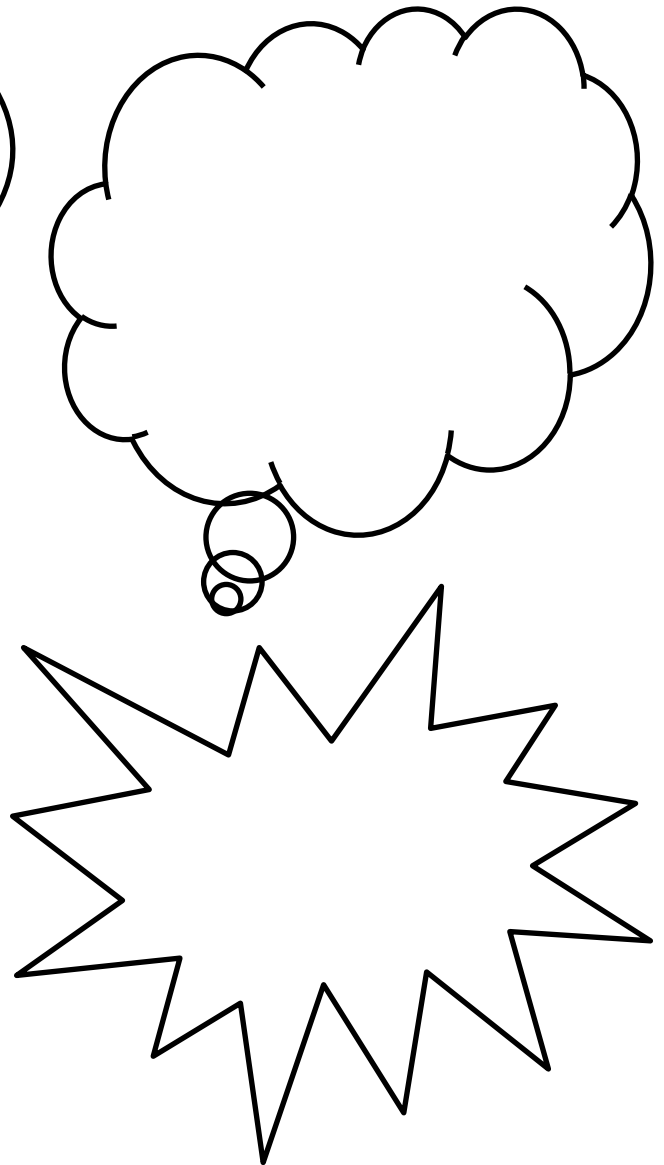
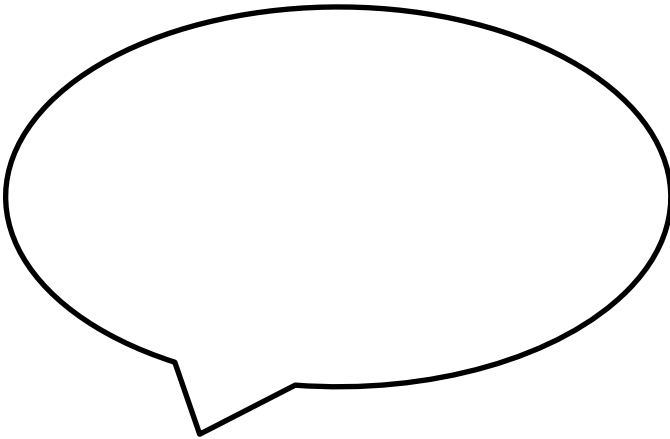
- Discuss ideas in mixed ability groups / pairs to stimulate ideas.
- Less able pupils could design the superhero and write one word adjectives to describe him/her.
- More able pupils could think of the superheroes 'mortal enemies' or 'baddies' - eg too much sugar, fizzy drinks, junk food...!
- The activity could be adapted to an extended art piece - using the pop art ideas, as shown in the introduction, to create their superhero using a range of media. This could include ICT.

Name _____

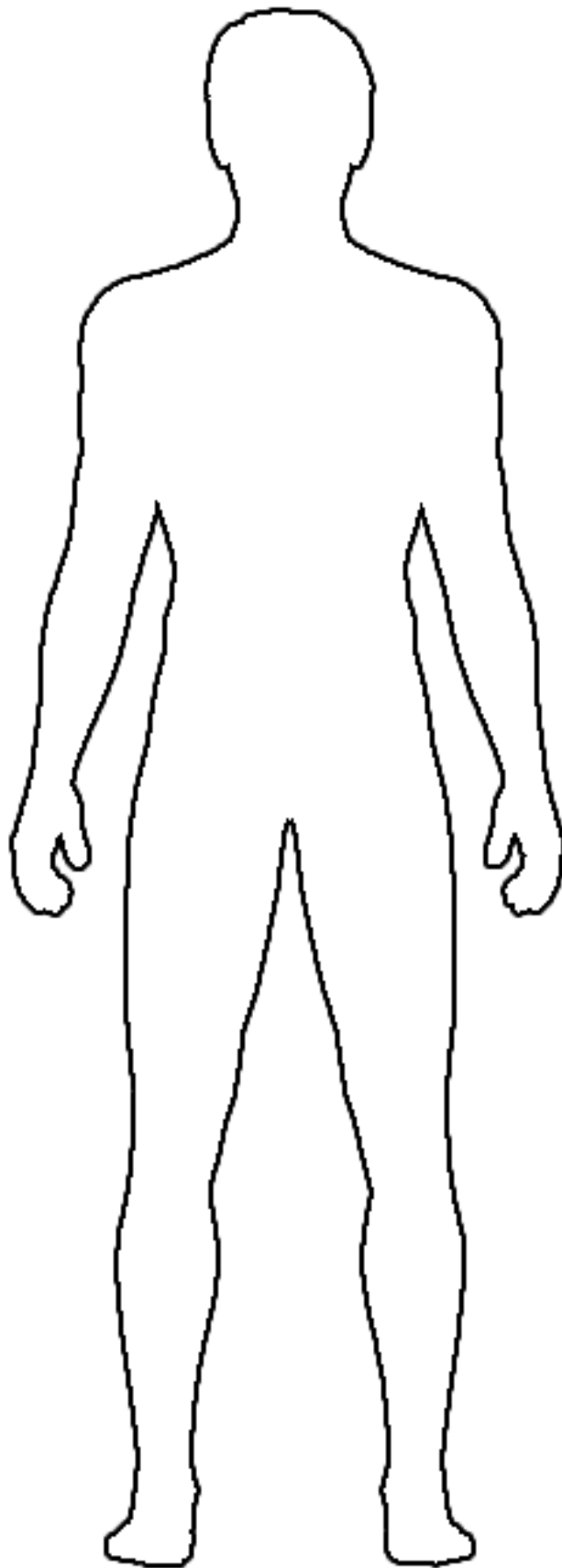


My Superhero is called _____

Here are my superhero's catchphrases:



DESIGN YOUR OWN UPERHERO



DESIGN YOUR OWN UPERHERO

