



Superhero Physical Training Challenge Cards



Sheffield
Hospitals
Charity



Superhero Physical Training Challenge Cards



A big part of a superhero's training is to be physically active. Heroes are often strong, quick, agile and have good hand-eye coordination.

To help you keep fit, healthy and ready to come to the rescue, try these activities. The activities can be done anywhere where you have a bit of space (be careful not to have furniture or other trip hazards around you). The garden is a great place to give them a try.

twinkl.com

Superhero Physical Training Challenge Cards



Speed

To train your super-speed, create a trail on the floor and follow it. As you practise the trail and become more familiar with the path, see if you can increase your speed.



twinkl.com

Superhero Physical Training Challenge Cards



Strength

By practising hopping on one foot, you can build up the strength in your legs. How many times can you hop on one foot? Swap feet and compare your scores.



twinkl.com

Hand-Eye Coordination

Heroes often have great hand-eye coordination. They can spot danger and also see people who need help or support. To help you improve your hand-eye coordination, try throwing bean bags into a hoop.

This game is best done in the garden where you have lots of space. If you don't have hoops and bean bags, you can use any sort of container or target (a bucket or a sheet of card) and a soft object (ball or a piece of playdough).

Stamina

Stamina is the ability to keep going at something and not give up. By training your stamina, you can continue to help people for longer periods of time. Do 10 star jumps.

Regularly repeating this training can help to increase your stamina, especially if you try to do 5 more star jumps each time.



Agility

Being agile and able to dodge obstacles is a key superhero skill. Set out some cones (or other obstacles) and weave your way through them as quickly and carefully as possible!



We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in anyway, we recommend that you take guidance from a suitably qualified professional.