



MONDAY



EDUCATIONAL FOCUS:
ART & HISTORY

SUPERHERO CAMP

7:30-8:00 A.M.	CHECK-IN, BREAKFAST & QUIET TIME (MOVIE, DRAWING, COLORING AND BLOCKS)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY (TETHERBALL, KICKBALL AND SOCCER)
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (COLORING CONTEST)
1:35-2:00 P.M.	<u>HISTORY OF SUPER HEROS</u>
2:05-2:30 P.M.	STUDENT SUPER HERO POSTER
2:35-3:00 P.M.	SUPERHERO NERF TRAINING SHOOTING EMPTY WATER BOTTLES
3:05-3:30 P.M.	
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)



TUESDAY



EDUCATIONAL FOCUS:

P.E. & MOTOR SKILLS

SUPERHERO CAMP

7:30-8:00 A.M.	CHECK-IN, BREAKFAST & QUIET TIME (MOVIE, STORY WRITING & BLOCKS)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:00 A.M.	GAMES
10:05-10:30 A.M.	BEREA FIRE DEPARTMENT- FIRE SAFETY & HOW SUPERHEROES ARE MORE THAN WHAT WE SEE ON TV
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	THANK YOU LETTERS TO OUR COMMUNITY SUPER HEROS
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (MOVIE, BOOKS & CARDS)
1:35-2:00 P.M.	SUPERHERO HANDS
2:05-2:30 P.M.	
2:35-3:00 P.M.	<u>SUPERHERO TRAINING</u>
3:05-3:30 P.M.	
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)



POOL DAY!! PACK A SWIMSUIT/ SWIMMIES IF NEEDED



WEDNESDAY

EDUCATIONAL FOCUS:
ART & MATH

SUPERHERO CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, DRAWING ANIMALS, GAMES)	
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN	
8:10-10:20 A.M.	OUTDOOR PLAY (TETHERBALL, SWINGS, SOCCER)	
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS	
10:30-11:00 A.M.	MORNING SNACK	
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES	
11:50-12:00 P.M.	WASH HANDS	
12:00-12:45 P.M.	POOL	GAMES
12:45-1:45 P.M.	GAMES	POOL
1:45-2:00 P.M.	GATHER BELONGINGS AND CHANGE CLOTHES	
2:00-2:30 P.M.	CHALK ART SUPERHEROS- TRACE BODIES OUTSIDE	
2:30-3:00 P.M.		
3:00-3:30 P.M.	SUPERHERO SHIELDS- OUTLINE UPSTAIRS	
3:30-4:00 P.M.		
4:00-4:30 P.M.	SNACK	
4:30-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)	



THURSDAY

EDUCATIONAL FOCUS:
MUSIC

SUPERHERO CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, GAMES & JOURNALING)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY & LEARNING ACTIVITIES
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	LUNCH
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (MOVIES, BOOKS & CARDS)
1:35-2:00 P.M.	MUSICAL HEROES
2:05-2:30 P.M.	<u>SUPERHERO BINGO</u>
2:35-3:00 P.M.	SUPERHERO TRAINING
3:05-3:30 P.M.	
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (BOARD GAMES, CARDS, COLORING)



FRIDAY

EDUCATIONAL FOCUS:
TEAMWORK & LEADERSHIP

SUPERHERO CAMP

7:30-8:00 A.M.	CHECK IN, BREAKFAST & QUIET TIME (MOVIE, CARDS, OCEAN ANIMAL CREATION)
8:00-8:10 A.M.	BATHROOMS & SUNSCREEN
8:10-10:20 A.M.	OUTDOOR PLAY (LADDER GOLF, OUTDOOR BOWLING, TETHERBALL)
10:20-10:30 A.M.	WASH HANDS, REFILL WATERS
10:30-11:00 A.M.	MORNING SNACK
11:00-11:50 A.M.	INDOOR PLAY (INCLUDING BOOTCAMP OBSTACLE COURSE)
11:50-12:00 P.M.	WASH HANDS
12:00-12:45 P.M.	PIZZA PARTY
12:45-1:00 P.M.	BATHROOM/WATER REFILL
1:00-1:30 P.M.	QUIET TIME (INDEPENDENT READING, STORY TIME, WRITING & DRAWING)
1:35-2:00 P.M.	SUPERHERO TRAMPOLINE TRAINING
2:05-2:30 P.M.	<u>SUPERHERO GAMES</u>
2:35-3:00 P.M.	CRAFT
3:05-3:30 P.M.	
3:30-4 P.M.	SNACK
4:00-6:00 P.M.	QUIET TIME (MOVIE, BOARD GAMES, CARDS, COLORING)





SUPERHERO CAMP

THEMED MOVIES	THEMED BOOKS	CHALLENGE ACTIVITIES
THE LEGO MOVIES	MAX AND THE SUPERHEROS	THIS IS A GREAT WEEK TO
INCREDIBLES 2	BUG GIRLS	HAVE FUN WITH THE KIDS
WE CAN BE HEROS	EVEN SUPERHEROS MAKE	AND DO BALANCING ACTS,
BIG HERO 6	MISTAKES	SHOWCASE HIDDEN
UNDERDOG	10 RULES OF BEING A	TALENTS. ECT.
SKY HIGH	SUPERHERO	
	CAPTAIN AWESOME	
	ALMOST SUPER	
	SUPERHERO CAMP	

BE CREATIVE IN WHAT YOU CONSIDER ART. IF YOU HAVE KIDS WHO LOVE CHEERLEADING - TEACH THEM A LITTLE BIT OF DANCE THIS WEEK! COOKING, CREATING, AND BUILDING ARE ALSO ARTFUL. THIS WEEK CAN BE AS SIMPLE OR AS ELABORATE AS YOU CHOOSE. BLOCKS, LEGOS, DOMINOS AND ORIGAMI CAN BE BUILT AND CRAFTED IN CREATIVE WAYS AND ARE EASY TO PICK UP OR CREATE IN SMALL SPACES. THIS CAN BE A GUIDE FOR YOUR WEEK, BUT IT'S DEFINITELY NOT THE LIMIT OF WHAT ALL YOU CAN DO!

SUPERHERO YOUTUBE VIDEO FOR KIDS

A SUPERHERO IS A FICTIONAL CHARACTER WHO PROTECTS INNOCENT PEOPLE AND FIGHTS FOR GOOD.

MODERN SUPERHEROES USUALLY HAVE SUPERHUMAN POWERS, FOR EXAMPLE HAVE BETTER SENSES, ARE STRONGER AND FASTER THAN NORMAL HUMANS. USUALLY A SUPERHERO IS COURAGEOUS AND NOBLE. THEY USUALLY HAVE A COLORFUL NAME AND COSTUME.

SOME WELL KNOWN SUPERHEROES INCLUDE SUPERMAN, BATMAN, AQUAMAN, SPIDER-MAN, IRON MAN, CAPTAIN AMERICA, HULK ,THE THING, THOR AND WONDER WOMAN.

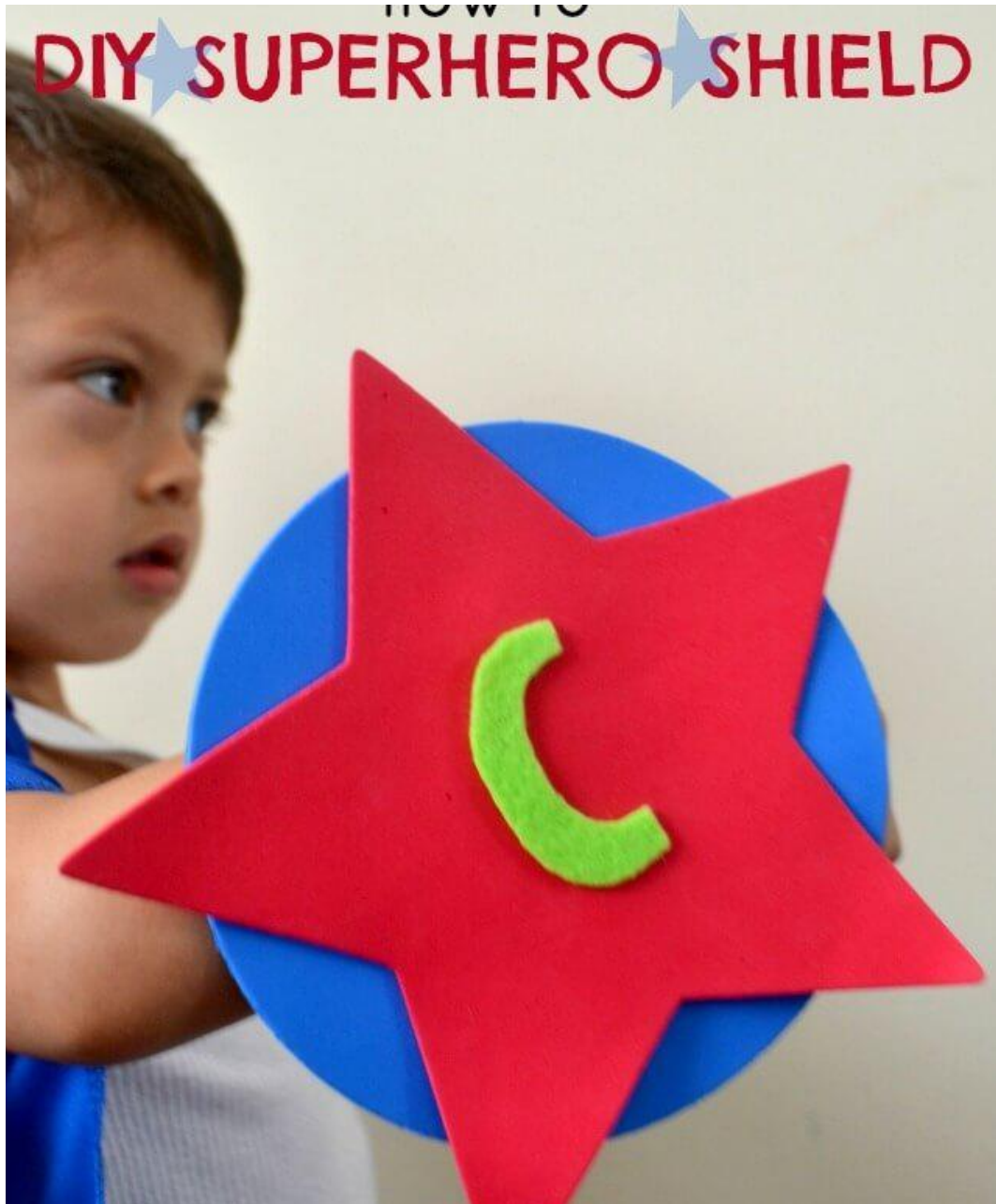
SOME SUPERHEROES DON'T ACTUALLY HAVE SUPER POWERS BUT ARE MERELY STRONG INDIVIDUALS WHO WANT TO DO GOOD IN THE WORLD. FOR EXAMPLE, BATMAN DOES NOT HAVE ANY SUPERPOWERS, BUT HAS BEEN THROUGH YEARS OF TRAINING TO BE PHYSICALLY AND MENTALLY STRONGER THAN HIS ENEMIES.

MOST SUPERHEROES KEEP THEIR IDENTITIES A SECRET BY WEARING MASKS OR HELMETS. THIS IS BECAUSE SUPERHEROES DON'T WANT FOR VILLAINS TO KNOW WHO THEY ARE BECAUSE THEN THEY WOULD BE ABLE TO HURT SUPERHEROES' FRIENDS AND FAMILY. ALSO, BECAUSE SUPERHEROES DON'T FIGHT WITHIN THE REGULATIONS OF THE LAW LIKE POLICE OFFICERS DO, THEY WOULD HAVE TO BE ARRESTED FOR VIGILANTISM IF THEY REVEALED THEIR IDENTITIES.

ALSO, MANY SUPERHEROES HAVE TRAGIC BACKSTORIES THAT PLAY INTO WHY THEY'RE SUPERHEROES IN THE FIRST PLACE. BATMAN, FOR EXAMPLE, SAW BOTH OF HIS PARENTS MURDERED IN FRONT OF HIM AND DEDICATED HIMSELF TO FIGHTING CRIME TO PREVENT THINGS LIKE THAT HAPPENING TO OTHER PEOPLE. ANOTHER EXAMPLE OF THIS IS SPIDER-MAN WHO LET A THIEF GO THAT HE COULD'VE EASILY STOPPED; THAT SAME THIEF LATER BROKE INTO HIS HOME AND KILLED SPIDER-MAN'S UNCLE. AFTER THIS, SPIDER-MAN REALIZED THAT HE HAD TO BE RESPONSIBLE WITH HIS POWER AND USE IT TO HELP OTHERS.



1. FIRST FOLD YOUR GREEN CARDSTOCK IN HALF.
2. TO MAKE THESE CARDS, TRACE YOUR HANDPRINT WITH THE WRIST PORTION OVER YOUR FOLDED GREEN CARDSTOCK.
3. CUT OUT YOUR HANDPRINT AND BE SURE TO ROUND THE TOP PART OF THE CARD (HEAD OF THE NINJA TURTLE) WHEN CUTTING OUT.
4. ONCE YOU HAVE YOUR HANDPRINT CUT OUT, YOU CAN NOW TRACE YOUR FOAM GLITTER PAPER FOR THE BANDANA. PLACE YOUR FOAM GLITTER PAPER UNDER YOUR HANDPRINT TO MARK ON YOUR PAPER THE SIZE YOU'LL NEED. THEN CUT OUT YOUR BANDANA IN A STRAIGHT LINE AND ADD YOUR TRIANGLE CUT OUT ON THE RIGHT SIDE.
5. GLUE ON YOUR GOOGLY EYES AND ADD YOUR SMILE.
6. NOW WRITE YOUR MESSAGE INSIDE YOUR CARD!



DIY SUPERHERO SHIELD SUPPLIES:

- FOAM CIRCLE; OURS IS ABOUT 8 IN DIAMETER
- FOAM STAR; OURS IS ABOUT 10
- 2 SMALL PIECES OF FELT; OURS ARE 1 ½ WIDE X 7 LONG AND 2 ½ WIDE X 3 ½ TALL (OR A PIECE OF VELCRO)
- CRAFT KNIFE
- SCISSORS
- HOT GLUE

1. CUT A PIECE OF FELT THAT IS LONG ENOUGH TO GO AROUND YOUR CHILDS WRIST, WITH ENOUGH LENGTH FOR AN OVERLAP TO GLUE. MY ORIGINAL IDEA WAS THAT IT WOULD SLIP OVER MY SONS HAND AND HED WEAR THE SHIELD ON HIS WRIST, BUT USUALLY HE JUST HOLDS ONTO IT LIKE ITS A HANDLE.

2. MAKE TWO PARALLEL SLITS IN THE MIDDLE OF THE FOAM CIRCLE, LONG ENOUGH FOR YOUR FELT TO FIT THROUGH AND A 1 ½ APART. INSERT THE FELT IN THE SLITS, OVERLAP THE ENDS AND HOT GLUE THEM TOGETHER.

3. ON THE OTHER SIDE, HOT GLUE THE FOAM STAR IN THE MIDDLE OF THE CIRCLE.

4. ADD A FELT INITIAL TO CUSTOMIZE OR A LIGHTNING BOLT WOULD WORK IF YOU'RE GETTING READY FOR A PARTY.

Captain America Shield Throw





POPSICLE STICK SUPERHERO CRAFT SUPPLIES:

- JUMBO WOOD CRAFT STICKS {3 PER SUPERHERO}
- CRAFT PAINT IN VARIOUS COLORS
- COLORED CARDSTOCK/SCRAPBOOK PAPER
- SMALL WIGGLE EYES {2 PER SUPERHERO}
- CRAFT SCISSORS
- SCHOOL GLUE
- BLACK MARKER
- TULIP PUFFY PAINT

DIRECTIONS:

- * FIRST GRAB THREE CRAFT STICKS {THREE PER SUPERHERO} AND GLUE THEM TOGETHER TO LOOK LIKE A TRIANGLE.
- * SET ASIDE TO LET IT DRY COMPLETELY.
- * REPEAT FOR EACH SUPERHERO CRAFT YOU WANT TO MAKE.
- * WHILE THAT IS DRYING, GRAB SOME CARDSTOCK AND/OR SCRAPBOOK PAPER AND CUT A TRIANGLE THAT WILL FIT INSIDE THE CRAFT STICK DESIGN. THIS WILL BE THE SUPERHERO'S BODY.
- * WITH ANOTHER SHEET OF PAPER, TRACE/TRIM OUT A HANDPRINT CUTOUT THAT WILL BE THE SUPERHERO'S CAPE.
- * AT THIS TIME, YOU SHOULD ALSO CUT OUT THE A HEAD, ARMS, LEGS, MASK, UNDERWEAR ETC. FROM THE REMAINING PAPER.
- REALLY ALLOW THE CREATIVE SPIRIT TO COME OUT ON THIS STEP!
- * TO FINISH OFF THIS POPSICLE STICK SUPERHERO W/HANDPRINT CAPE CRAFT, HAVE CHILDREN GLUE THEIR PAPER PIECES IN PLACE ON THE CRAFT STICK SHAPE AND TOP OFF WITH ANY OTHER EMBELLISHMENTS THEY SEE FIT.
- * BE SURE TO ALSO GLUE ON WIGGLE EYES, DRAW ON AN "S" WITH THE PUFFY PAINT IN THE CENTER AND DRAW ON A SMILE WITH A MARKER.
- * ONCE DONE, SET ASIDE TO LET IT DRY COMPLETELY BEFORE DISPLAYING PROUDLY!

SUPERHERO PARTY GAMES

BEAN BAG ATTACK

EACH LITTLE SUPERHERO TAKES THEIR TURN TRYING TO KNOCK THE VILLAINS DOWN WITH BEAN BAG ATTACKERS. YOU CAN USE EMPTY 2-LITERS OR SODA CANS TO CREATE THE TARGETS. PAINT THE BOTTLES OR CANS BRIGHT COLORS THEN JUST PRINT OUT PICTURE OF VILLAINS AND GLUE THEM TO THE FRONT. VOILA... YOUR TARGETS ARE READY. FOR BEAN BAGS YOU CAN MAKE THEM OUR SMALL SOCKS FILLED WITH DRY BEANS OR RICE. SIMPLE FILL SOCK HALF WAY WITH BEANS, TIE CLOSED WITH A RUBBER BAND, THEN FOLD THE SOCK BACK OVER ITSELF.

ALTERNATIVE: IF IT'S A WARM ENOUGH DAY AND THE PARTY IS OUTDOORS YOU CAN USE WATER PISTOLS INSTEAD OF BEAN BAGS. FOR THIS I WOULD MAKE SURE TO USE CANS AS TARGETS.

KRYPTONITE DISPOSER RACE

KRYPTONITE IS POISON TO SUPERHERO POWERS. IN THIS SUPERHERO GAME THE LITTLE SUPERHEROES BREAK INTO TWO TEAMS AND RACE TO REMOVE ALL THE PIECES OF KRYPTONITE WITHOUT TOUCHING THEM WITH THEIR HANDS. TO MAKE KRYPTONITE, BALL UP ALUMINUM FOIL AND PAINT THEM GREEN.

TO PLAY: DIVIDE GUESTS INTO TWO TEAMS AND HAVE THEM FORM A LINE. PROVIDE EACH TEAM WITH TWO DOWEL STICKS AND ENOUGH KRYPTONITE BALLS FOR EVERY PLAYER, MAYBE TWO FOR EVERY PLAYER. ON THE OTHER END OF THE PARTY SPACE PLACE TWO BASKETS (BUCKETS, BOXES, LAUNDRY BASKETS WILL ALL WORK) ON THE START OF GO ONE MEMBER FROM EACH TEAM USE THEIR KRYPTO STICKS(DOWEL STICK) TO GRIP THE KRYPTONITE BALLS AND RUN THEM OVER TO THEIR TEAMS BUCKET. THEY RUN BACK AND PASS THE KRYPTO STICKS TO THE NEXT PLAYER. THE RACE CONTINUES UNTIL ONE TEAM GETS ALL THEIR KRYPTONITE INTO THE BASKET.

FOR YOUNGER CHILDREN: YOU CAN PLAY A NON COMPETITIVE VERSION OF THESE GAMES WHERE THEY ALL WORK AS ONE TEAM TO REMOVE THE KRYPTONITE. YOU CAN ALSO USE LARGE PLASTIC SHOVELS INSTEAD OF STICKS FOR THEM TO PICK THE KRYPTONITE UP WITH.

THIS IS ONE OF MY FAVORITE SUPERHERO PARTY GAMES. IT'S A FUN TWIST ON THE OL' PIÑATA. THE LITTLE SUPERHEROES MUST CHASE THE VILLAIN AND TRY TO CATCH HIM WITH THEIR LIGHTENING RING (HULA HOOP). WHEN ONE LASSOES THE VILLAIN HE THROWS OUT CANDY FOR HIS RELEASE. THE GAME CONTINUES UNTIL ALL THE CANDY IS GONE.

TO PLAY YOU'LL NEED A FUN SPIRITED ADULT TO PLAY THE PART OF THE VILLAIN. YOU'LL ALSO NEED A BAG FULL OF CANDY AND A HULA HOOP FOR EACH CHILD. YOU CAN OFTEN FIND HULA HOOPS AT THE DOLLAR STORE FOR A BUCK. IF YOU ARE ON A TIGHT BUDGET YOU CAN ELIMINATE THE HULA HOOPS AND JUST HAVE SUPERHEROES TAG THE VILLAIN. YOU'LL WANT TO PLAY THIS GAME IN A LARGE SPACE. A YARD WILL BE PERFECT.

THE LITTLE SUPERHEROES PRACTICE THEIR SUPERHERO SKILLS WITH A SUPER-DUPER OBSTACLE COURSE GAMES. THE COURSE CAN BE CREATED FROM ALL KINDS OF HOUSEHOLD OBJECTS. YOU CAN EVEN MIX IN MINI-GAMES THROUGH OUT THE COURSE. SOME FUN IDEAS FOR OBSTACLES ARE CAN BE:

- RUNNING THROUGH HULA HOOPS
- JUMPING ON A PILE OF CUSHIONS OR PILLOWS.
- HAVE THEM LIMBO.
- SHOOT A ROCKET THROUGH A HOOP OR A TARGET. (FIND CHEAP ROCKET GUNS AT THE DOLLAR STORE)
- POP A BALLOON
- KARATE CHOP A BAD GUY (YOU CAN USE A CUSHION OR BOP BAG FOR THE VILLAIN)
- CLIMB THROUGH A TUNNEL.
- WEAVE IN AND OUT OF CONES (CONES CAN BE ANYTHING)
- BUST THROUGH A WALL. STACK UP CARDBOARD BOXES TO MAKE WALL.- SPIN AROUND ON A BAT.

LET YOUR IMAGINATION RUN WILD AND SET THE COURSE UP HOWEVER YOU WANT WITH WHATEVER YOU'VE GOT. YOU CAN PLAY FOR BEST TIME OR JUST LET THEM RUN THROUGH THE GAMES AND OBSTACLES FOR FUN. AWARD PRIZES FOR ALL KIDS WHEN THEY'VE REACHED THE FINISH.

PHONE BOOTH DRESS-UP RELAY

IT IS IMPORTANT AS A SUPERHERO TO CONCEAL YOUR TRUE IDENTITY. IN THIS SUPERHERO PARTY GAME THE GUEST RACE TO PUT ON AN OVERSIZED BLAZER, SHOES AND GLASSES AND RUN TO THEIR TEAMS PHONE BOOTH TO CHANGE OUT OF THE DISGUISE AND INTO THE SUPERHERO CAPE, MASK AND BOOTS. THEY THEN RUSH BACK TO THEIR TEAM AND REMOVE THE SUPERHERO COSTUME AND PASS IT TO THE NEXT MEMBER OF THEIR TEAM. THE FIRST TEAM WHOSE MEMBERS COMPLETE THE RACE WINS!

YOU CAN MAKE A PHONE BOOTH OUT OF AN EMPTY REFRIGERATOR BOX. YOU CAN FIND THESE AT APPLIANCE STORES FOR FREE. NEXT YOU'LL NEED TO FIND THE COSTUME PROPS. YOU CAN FIND THESE AT A THRIFT STORE IF YOU DON'T HAVE THEM ALREADY. MAKE A CAPE USING AN OLD PILLOW CASE. MASKS CAN BE BOUGHT AT THE DOLLAR STORE.

X-RAY VISION

THE SUPERHEROES PRACTICE THEIR X-RAY VISION SKILLS BY REACHING INTO MYSTERY BAGS AND TRYING TO GUESS WHAT THE OBJECTS ARE BY TOUCH ONLY. THIS SUPERHERO GAME IS AS SIMPLE AS FILLING SOME BROWN PAPER LUNCH BAGS WITH DIFFERENT HOUSEHOLD OBJECTS OR EVEN FOOD SUCH AS POPCORN, AN APPLE CUT IN HALF, BROCCOLI FLORETS. USE YOUR IMAGINATION AND YOU'LL COME UP WITH ALL KINDS OF THINGS.

JOKER'S STONE FACE CHALLENGE

THIS IS ONE OF THE SUPERHERO PARTY GAMES THAT REQUIRE NO PROPS. THE LITTLE SUPERHEROES ARE IN TRAINING TO BE PREPARED FOR THE BAD GUYS UNDERHANDED TRICKS. IN THIS GAME THE SUPERHEROES ARE STUCK IN ONE OF THE JOKER'S VILLAINOUS TRAPS AND THE ONLY WAY TO ESCAPE IS TO MAKE IT THROUGH WITHOUT LAUGHING. EACH GUEST GETS A CHANCE TO BE JOKER AND HAS ONE MINUTE TO DO THEIR BEST TO MAKE THE OTHER PLAYERS LAUGH. THEY EARN A POINT FOR EVERYONE WHO LAUGHS.

FIND THE VILLIAN

HERE IS ANOTHER MUST TO ADD TO YOUR SUPERHERO GAMES. PRINT OUT INDIVIDUAL PICTURES FROM THE NET OF ALL THE SUPERHEROES YOU CAN THINK OF AND THEIR VILLAINS. NEXT, TAPE OR GLUE THE PICTURES ONTO INDEX CARDS. EXAMPLES:

- SPIDERMAN - SANDMAN, GREEN GOBLIN, DOCTOR OCTOPUS
- BATMAN- JOKER, PENGUIN, MR. FREEZE
- SUPERMAN - GENERAL ZOD, LEX LUTHER, ULTRAMAN

HINT: IF YOU GOOGLE THE SUPERHEROES NAME WITH THE WORD ENEMIES YOU'LL FIND ALL THE INFO YOU NEED. SEARCH GOOGLE IMAGES FOR PICTURES.

FIRST HIDE THE VILLAIN CARDS ALL AROUND THE PLAYING AREA. THEN HAVE EACH PLAYER DRAW A SUPERHERO CARD. THEY MUST FIND THE ENEMIES OF THAT SUPERHERO. YOU CAN PROVIDE NAMES AND PICTURES OF THE VILLAINS THEY ARE LOOKING FOR TO MAKE IT EASIER.

SPIDEY-SENSE OBSTACLE COURSE

EACH BOY GETS A TURN TO MAKE HIS WAY THROUGH THE OBSTACLE COURSE AND COLLECT SPIDERMAN'S SPIDERS WITHOUT KNOCKING OVER ANY CONES. THE TRICK IS HE HAS TO DO IT BLIND FOLDED WITH ONLY HIS FELLOW SUPERHERO TRAINEES GUIDING HIM THROUGH WITH THEIR VOICES.

TO PLAY THIS GAME YOU'LL NEED TO SET UP SOME BARRIERS (CONES, CUSHIONS, BOXES) IN THE PLAY ZONE. YOU'LL ALSO NEED TO PURCHASE SOME TOY SPIDERS AND SPREAD THEM THROUGH THE PLAY ZONE ALSO. BLIND FOLD ONE PLAYER AT A TIME, MAKING SURE HE CANNOT PEAK. THE OTHER PLAYERS CAN USE THEIR VOICES TO GUIDE HIM AROUND THE BARRIERS AND OBSTACLE TO FIND THE SPIDERS.

YOU CAN PLAY WITHOUT KEEPING SCORE OR YOU CAN GIVE EACH PLAYER 1-2 MINUTES TO COLLECT AS MANY SPIDERS AS THEY CAN WITHOUT KNOCKING OVER ANY BARRIERS.

MISSION BLAST

WHILE THE MUSIC IS PLAYING THE LITTLE SUPERHEROES MUST TRY TO KEEP ALL THE BALLOONS, OR MISSION BLAST, UP IN THE AIR. WHEN THE MUSIC STOPS THEY ALL GRAB ONE. A PLAYERS NAME IS DRAWN FROM A BAG AND THAT PLAYER MUST THEN POP THEIR BALLOON AND COMPLETE THE CHALLENGE INSIDE (XXXX) TO WIN A SMALL PRIZE. THE MUSIC STARTS AGAIN AND THE GAME CONTINUES UNTIL EVERY GUEST HAS WON A PRIZE. TO MAKE MISSION BLAST SIMPLY WRITE OUT SIMPLE CHALLENGES ON SLIPS OF PAPER AND INSERT THEM INTO BALLOONS BEFORE BLOWING THEM UP. CHALLENGES SHOULD BE SIMPLE AND FUN, SOME EXAMPLES ARE:

- RUB YOUR STOMACH WHILE PATTING YOUR HEAD.
- STUFF TWO MARSHMALLOWS IN YOUR MOUTH AND SING THE HAPPY BIRTHDAY.
- CRABWALK ACROSS THE FLOOR.
- SING YOUR FAVORITE SONG IN A FUNNY VOICE
- TRY AND LICK YOUR ELBOW
- SAY THE ALPHABET BACKWARDS

TO PLAY YOU'LL NEED TWICE AS MANY BALLOONS AS GUESTS. START THE GAME WITH ONE BALLOON FOR EACH GUEST AND ADD ONE AFTER EACH ROUND. THIS IS TO ENSURE THAT THE PERSON WHOSE NAME IS CALLED ALWAYS HAS A BALLOON. THIS IS A GREAT NON COMPETITIVE GAME WHERE EVERYONE GETS TO PARTICIPATE.

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BINGO!!!

Superhero-Bingo.pdf
[Click here](#) to visit the page.

SUPERHERO WORD SEARCH



E S C R T Z Y R U N J J
 J J P V I L A I N I R
 U U O B R A V E W I N
 S M W A H L H M A S K J
 T P E Q E X T X O D H F
 I F R E L B F A S T K O
 C K F D P J S I F A A E
 E S U H J M S R W K D C
 R V L E R E S C U E Z A
 H R K U N N F L Y P
 O E S T R O N G E
 T I S M A S H Z V

JUSTICE

FLY

POWERFUL

MASK

HERO

CAPE

HELP

FAST

STRONG

RESCUE

JUMP

RUN

SMASH

VILLAIN

BRAVE

SPIDER-MAN

AGILITY TRAINING



DO 20 JUMPING JACKS



CRAB WALK FOR A 15 COUNT



DO 12 ALTERNATING LUNGE JUMPS



DO 15 CRUNCHES



DO 10 DIAMOND PUSH-UPS



JOG IN PLACE FOR 25 COUNT



@PhysEdDepot

If you finish before the music ends, repeat the six steps again pal!



ROBIN

AGILITY TRAINING



Do 10 front kicks with each leg



Do a plank for 30 count



Do 10 frog jumps



Do 15 crunches



Hamstring stretch with each leg to a 30 count



Do 10 push-ups



If you finish before the music ends, repeat the six steps again!



ROBIN IS MY SIDEKICK!

@PhysEdDepot

BLACK PANTHER



#1



Jog in place to 50 Count

#2



Do 15 squats

#3



Do 10 push-ups

#4



Do 15 squat jumps

#5



Stretch each leg for 15 count, repeat twice!

#6



Do 10 V-Crunches

If you finish before the music ends, go slower and repeat the steps again!



Mike @nicola @physiddepot



WOLVERINE MUTANT TRAINING

#1



Do 15 slow squats

#2



Do 10 push-ups

#3



Do 15 mountain climbers

#4



Do 15 crunches

#5



Hamstring stretch for 15 count on both legs

#6



Do 10 burpees

If you finish before the music ends, repeat the six steps again bub!



X-MEN

Mike @nicola @physiddepot