

Super aerobics

Superkids is perfect for aerobic movements.



Divide into 2 groups. Each group invents aerobic moves for one verse.

The groups can now perform their moves to alternate verses.

Now invent some actions for everyone to do in the choruses.

During the instrumental break let those who have different skills perform – juggling, tumbling, walking on hands, rollerblading, calisthenics, gymnastics ... anything!

Super you

Draw a 'super' character based on a skill or talent you have or would like to have. You can imagine a superhuman or magical power, or think about a quality in your personality.

Super crest

Design your own, personal super crest to go on a t-shirt.

Step 1 Draw a shield.

Step 2 Design a logo based on your initials and place it inside your shield.

Don't use logos or brand names you have seen before – be original!

Think about the letters, shapes and colours that represent the sort of person you are. Look at superhero comics and the different logos they use to symbolise their powers.



Step 3 Copy your design onto a large sheet of paper or plastic, colour it with bright paints or textas, cut it out and glue, tape, pin or tack it onto your T shirt.

*** Your school may even have computer software for creating transfers for decorating T shirts. Wear your Super Crest T-shirt when you perform Superkids.**