

Superhero Week

This week is all about heroes. The fun Superheroes like Batman, Spiderman and Wonder Woman but also about the heroes that we have among us who may not have “super” powers but have a strength equal to any Superhero.



Keyworker Hero Poster

Design a poster for your window to thank all the keyworkers, that includes doctors, nurses, care workers, postal workers, transport drivers, rubbish collectors, teachers, cleaners, sales assistance at supermarkets and any others who you think should be thanked for all their hard work during this time of lockdown.

Some ideas.





Imagine your own Superhero...

Design your own superhero, what powers do they have? Do they have a special suit or costume? Do they have any gadgets? What do they want to change in the world? Do they have an alias, so that they are a secret superhero, like Superman is Clark Kent, Spiderman is Peter Parker. Do a drawing of them, perhaps they have a symbol on their costume with their initials. Draw the gadgets they have. Put together a costume from various old clothes or materials. Make yourself a mask.



Superhero comic strip or story

Using either your own made up superhero or your favourite well known superhero draw a comic strip. Or you can make up a small story and illustrate it. Please send any to admin@115club.co.uk and we can show them in next week's "115 Club At Home".



Superhero Iced biscuits

Either using Rich Tea biscuits or making your own biscuits decorate with superhero symbols using, royal icing, icing and icing pens.

To make biscuits see recipe below.

Ingredients

80g Caster Sugar
180g Butter
240g Plain Flour
1tbsp Milk
1tsp Baking Powder
0.5tsp Vanilla Extract

Method

Preheat the oven to 190c

Add the caster sugar, flour, baking powder and butter into a large bowl and rub together with your fingers until you create a breadcrumb texture.

Add the 1tbsp of milk and 0.5tsp of vanilla extract.

Knead into a firm dough.

Roll out to approx. 3-4mm thickness. Remember flour your rolling pin too so it doesn't stick to your dough.

Using your favourite shaped cutter (about 7 or 8cm in diameter), circular is traditional. Cut out as many biscuits as possible from the dough.

Place as many biscuits as you can on a baking sheet, don't worry they don't spread very much, if at all.

Bake in the centre of the oven for 9 mins until light golden.

Remove from oven and allow to cool, they will crisp up a bit as they cool.





Build a Superhero Challenge Course

Using your garden build a challenge course. Depending on what you have available you can make a course where you have the following challenges:

- Jump
- Run
- Crawl
- Tip toe
- Skip
- Balance
- Roll
- Aim & throw



You can use some toys and some garden furniture too, (please make sure you have permission) but be careful how you use them. For example, use chairs in a row to crawl through rather than to jump from. You could wear your bicycle helmet to protect your head.

Some equipment you can use if you have:

- Skipping rope
- Hoops
- Space hopper
- Ball & racket
- Old blankets or camouflage net
- Old bottles for cones



Also, by using some wool or string you can create a “laser maze” that you have to go through without touching the lasers.

You can time yourself to see how quickly you can get through and try to beat that next time.



It's up to you how tricky you make it.

If you haven't got a garden you could simply try the “Laser Maze” using string or wool in an area inside. Please ask your parents if this ok.

Have fun superheroes!



Superhero traffic lights.

This game is like traffic lights or beans. One person calls out and the others have to do the actions for the particular word.

Superman- put one arm out and one leg out in a flying position

Wonder Woman- do a spin

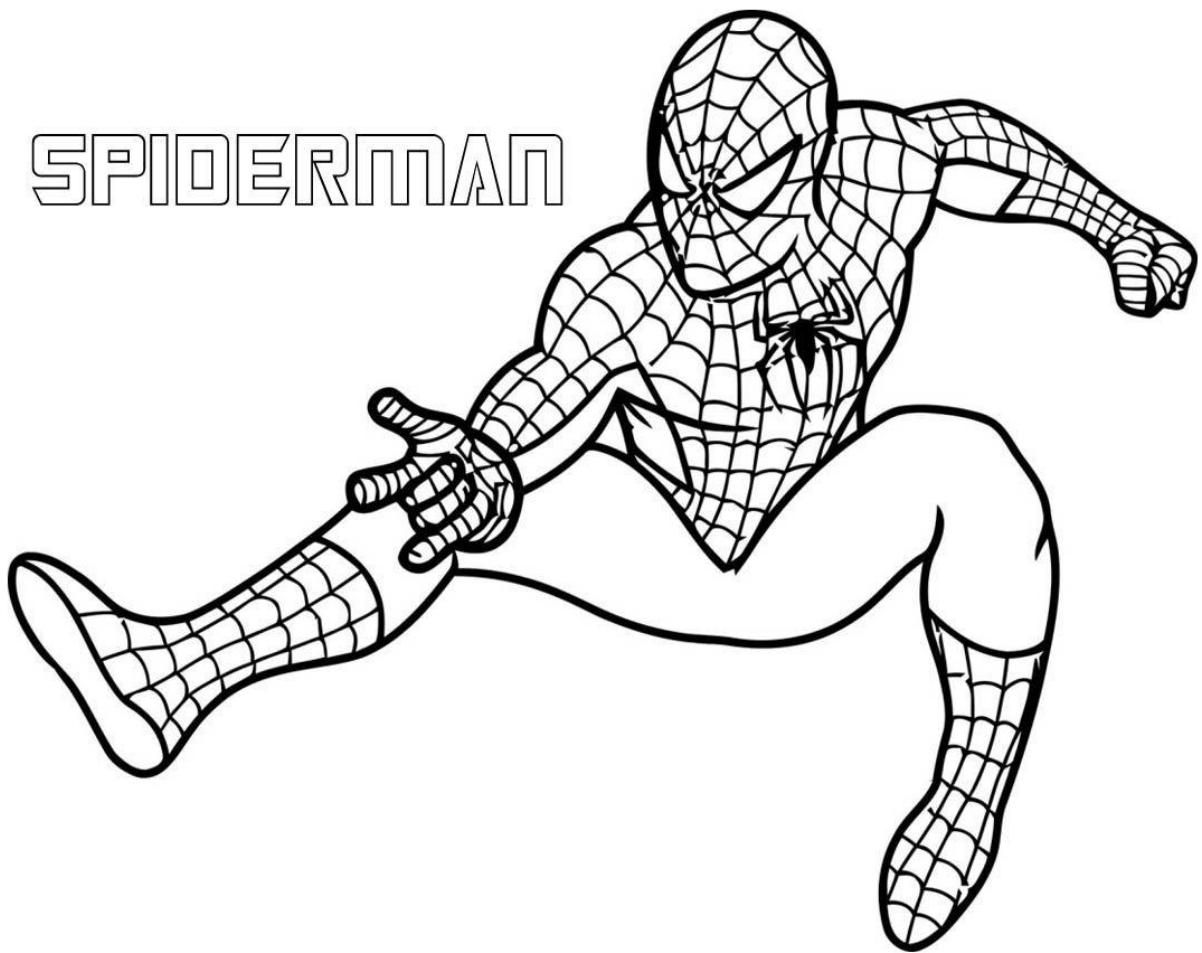
Spiderman- do action like a spider crawling

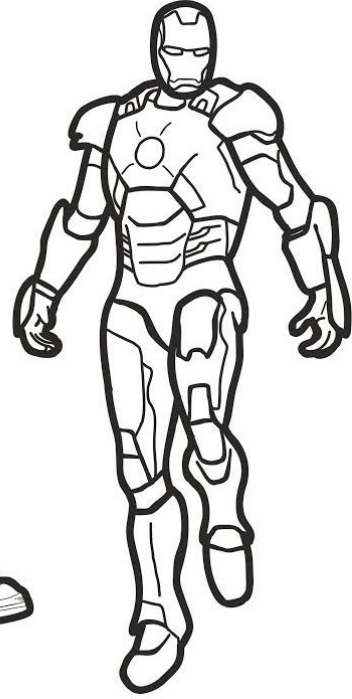
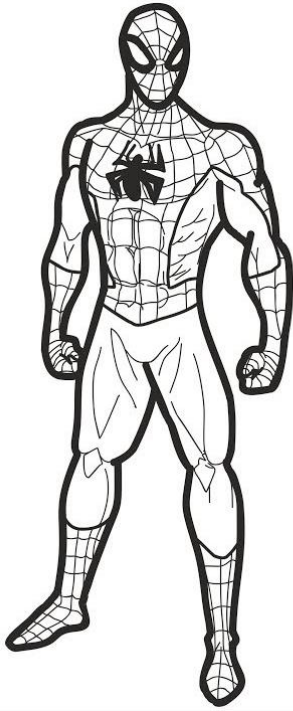
Batman-pretend you are giving a big punch

Iron Man- jump up and down on the spot

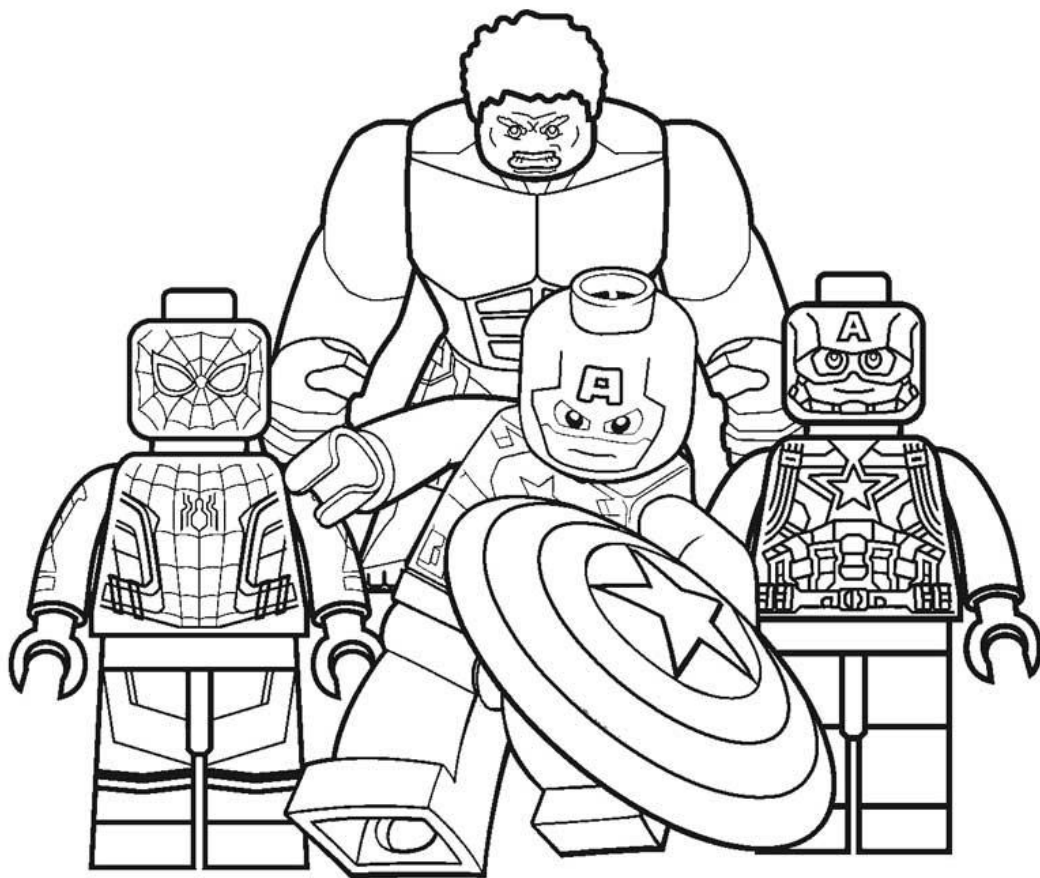
Please add some of your own. You can change the actions to make it more fun.

SPIDERMAN





CAPTAIN MARVEL



75th Anniversary of VE day.

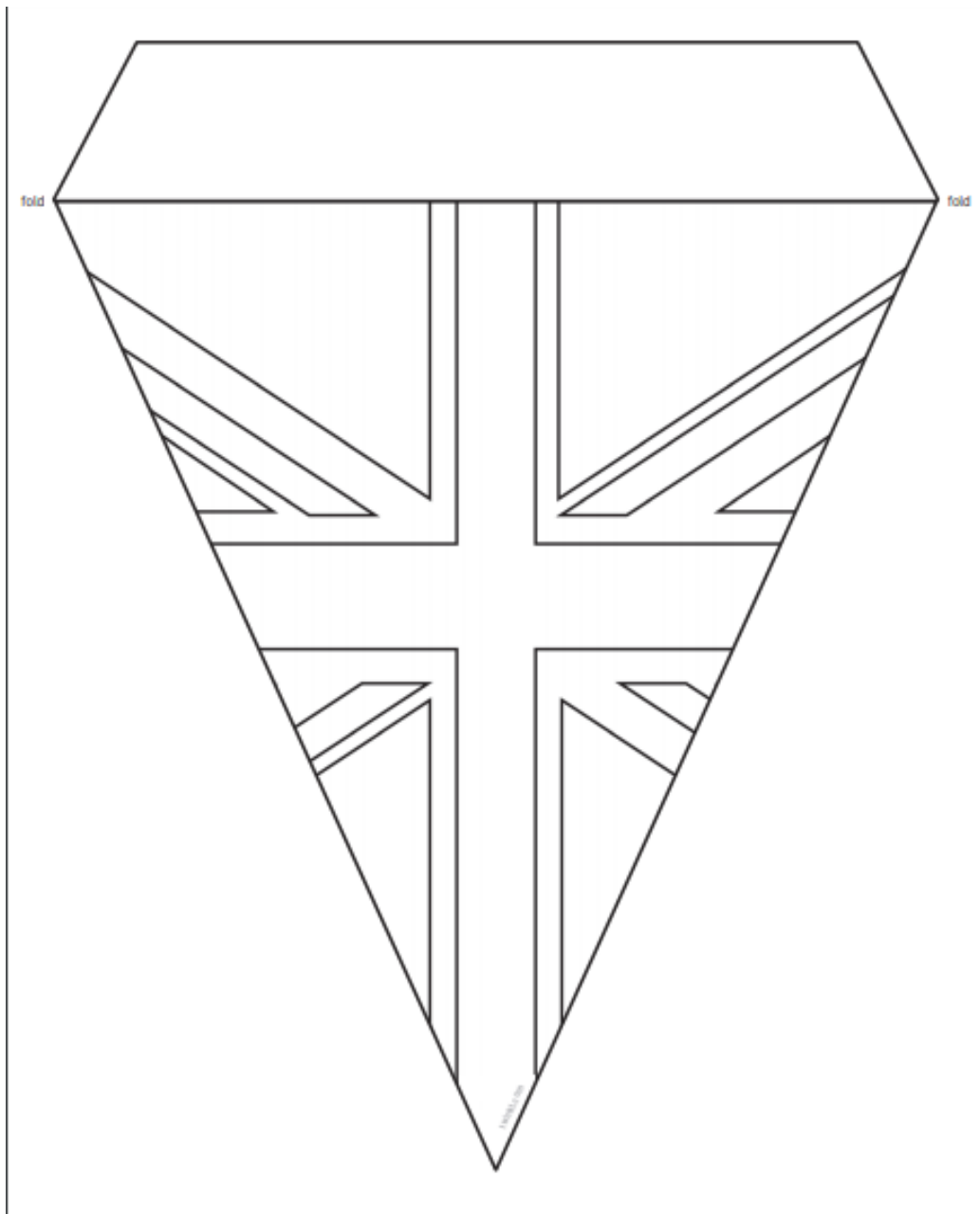
Also, this week on Friday 8th May we celebrate 75th Anniversary of VE day. This marked the day when hostilities in Europe ended and there was peace. It was a day of great celebration and we remember it this week. Please see links for some activity ideas.

<https://www.mrsmactivity.co.uk/ve-day-activities-for-kids/>

<https://www.goodtoknow.co.uk/family/ve-day-celebrations-in-lockdown-540015>

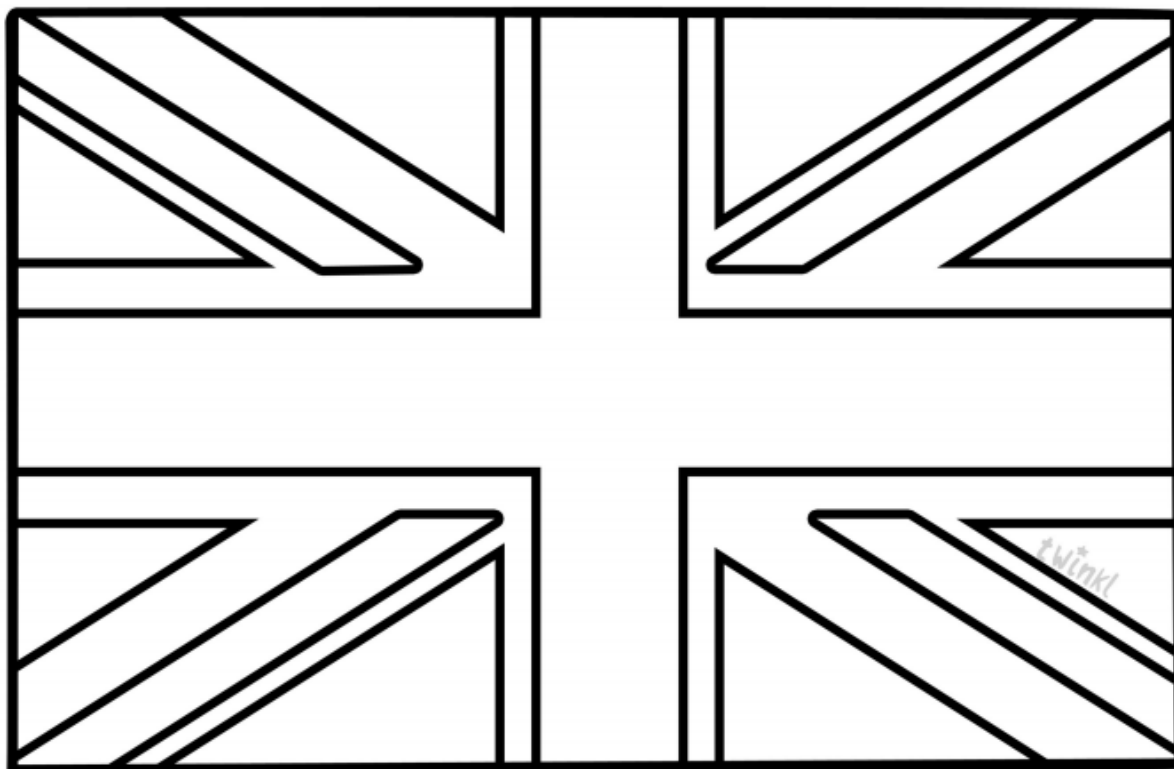


Template for bunting.





Template for flag



Word search

VE DAY 75
ACTIVITY SHEET: WARTIME WORDSEARCH

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| AIRRAID | CODE | GASMASK | SOLDIER |
| ALLIED | DDAY | MEDAL | SPITFIRE |
| BATTLE | DESTROYER | RADIO | SPY |
| BLACKOUT | DUNKIRK | RATIONBOOK | TANK |
| BLITZ | EMPIRE | SHELTER | VEDAY |

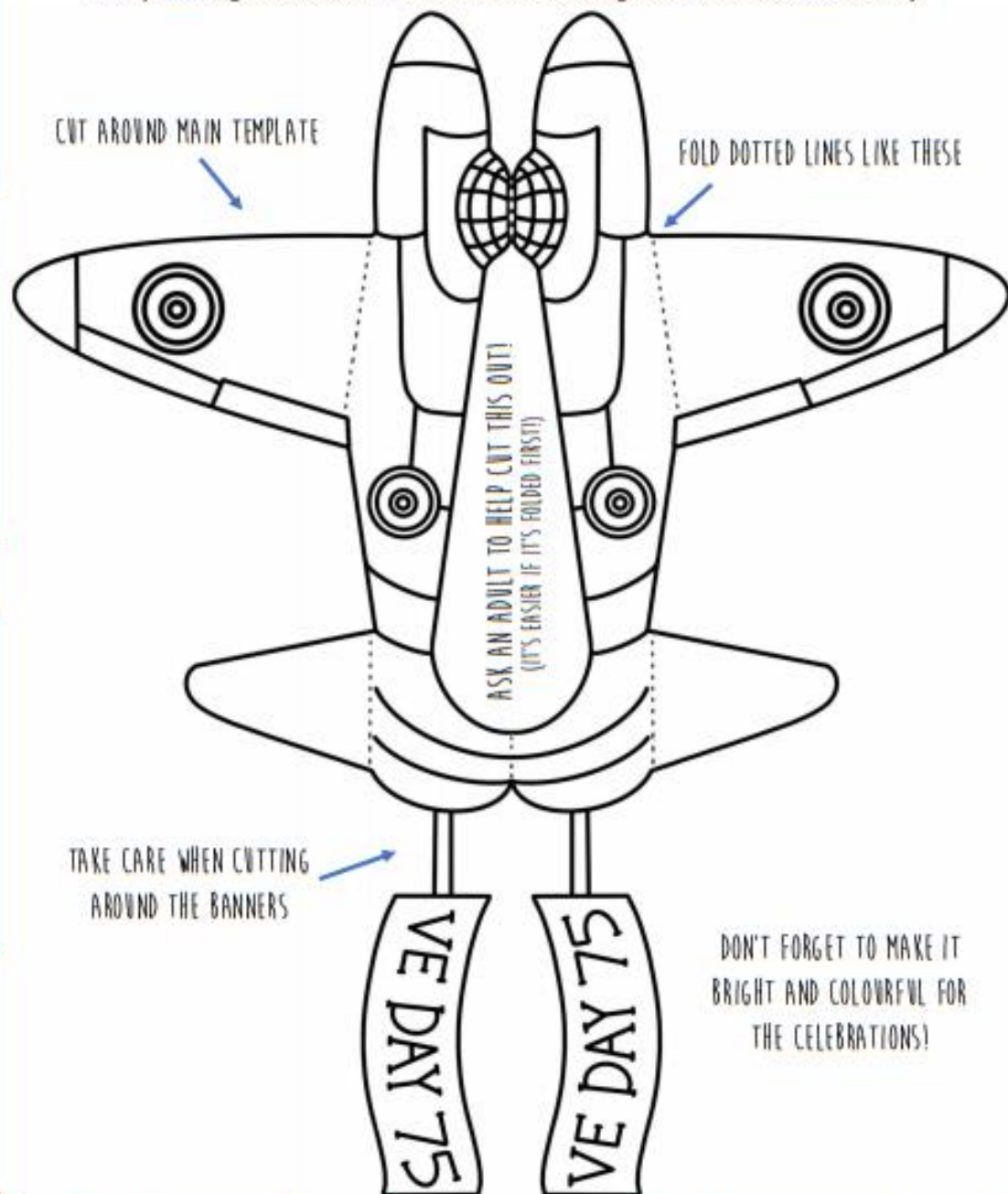


VE DAY 75

ACTIVITY SHEET: MAKE A CELEBRATORY SPITFIRE

Have your own celebratory fly-by at home by creating your own spitfire! First colour the template (They usually have camouflage – but its up to you!) then cut out the plane (ask a grown up for help on the tricky bits!) and fold the dotted line sections.

Finally use a glue stick on the inside to stick together and its chucks away!





VE DAY 75

ACTIVITY SHEET: COCONUT ICE SWEET RECIPE

In the UK, confectionary was rationed from 1940 to 1953 – which meant having sweets was a luxury! A family would have to save up their sugar rations for weeks to be able to create a small batch of sweets. A few favourites for home-made sweet making were toffee apples, honeycomb and Turkish delight. One popular treat with only a few ingredients was Coconut Ice which can still be bought in traditional sweet shops today. Follow the recipe below and with help from a grown-up you can make your own wartime sweet – careful not to burn your sugar ration!

INGREDIENTS:

BUTTER



FOR GREASING
THE PAN

FULL CREAM
MILK



1/4 PINT (118 ML)

SUGAR



1 LB (453 G)

DESICCATED
COCONUT



5 OZ (140 G)

FOOD
COLOURING



A COUPLE OF
DROPS

METHOD:

1. GREASE A 10 INCH X 8 INCH TIN WITH A SMALL AMOUNT OF BUTTER.
2. POUR THE SUGAR AND MILK INTO A PAN (HEAVY-BASED IS BEST!) AND STIR CONTINUOUSLY WITH A WOODEN SPOON ON A LOW HEAT UNTIL THE SUGAR HAS DISSOLVED FULLY.
3. THEN BRING TO THE BOIL AND CONTINUE TO STIR CHECKING THE TEMPERATURE USING A SUGAR THERMOMETER UNTIL THE MIXTURE REACHES 285 DEGREES.
4. TAKE THE PAN OFF THE HEAT AND STIR IN THE DESICCATED COCONUT.
5. POUR HALF THE MIXTURE INTO THE TIN AND POP IT IN THE FRIDGE.
6. ADD A COUPLE OF FOOD COLOURING DROPS TO THE REMAINING MIXTURE (TRADITIONALLY IT'S PINK!) STIR THEN POUR OVER THE COOLED HALF IN THE TIN AND POP IT BACK IN THE FRIDGE.
7. ONCE COOLED, SLICE INTO BARS OR CUBES READY TO SERVE.
8. THE BEST BIT...TIME TO TASTE YOUR YUMMY TREAT!