



You are a  
superhero, for  
staying at home  
and keeping  
yourself and  
others safe!



# Rescue Mission

Your second superhero mission after staying at home is to rescue people from an ice DISASTER ! That has happened in the village.

What you will need :

- Lego person or small figurine
- Container
- water

What you need to do:

1. Fill your container with water half way, add your lego person or figurine to the water (you can add other things if you wish) , then put into the freezer.
2. once the lego person is frozen add more water to fill the container then put back into the freezer.
3. Once it is all frozen it is time for the rescue. Can you think of any ways you can free the person ?



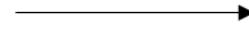
# Rescue Mission

## Links to CFE

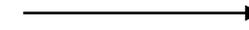
By investigating how water can change from one form to another, I can relate my findings to everyday experiences. SCN 0-05a / SCN 1-05a



Through everyday experiences and play with a variety of toys and other objects, I can recognise simple types of forces and describe their effects. SCN 0-07a



I listen or watch for useful or interesting information and I use this to make choices or learn new things. LIT 0-04a



- Investigates the different properties of water and shares their findings with others.
- Identifies three main states of water (ice, water and steam) and uses scientific vocabulary such as 'melting', 'freezing' and 'boiling' to describe changes of state.
- Measures, using simple equipment, how the movement of an object is affected by the size of the force or the weight of the object.
- Demonstrates, through play, how a force can make an object stay still, start to move, speed up, slow down and change shape.
- Through investigative conversations with parents/carers , siblings. Can problem solve to come up with ideas to rescue the people from the ice Discussion and trying and testing. From these conversations can make informed choice to use the best method to save the figures.

# Story Time

Do you know?

What is the name of the person who writes the words in a story? – **Author** that's right.

As you are now a superhero, would you like to listen to one of our favourite stories at nursery? Here is a link to the story Superworm being read at the pictures in the story?  
<https://www.youtube.com/watch?v=7Jnk3XApKBg>

The person who draws the pictures in the story?  
**Illustrator** that's right.

The purpose of the tile, spine and blurb?

## Superworm

Written by Julia Donaldson and Illustrated by Axel Scheffler.

Do you know?

What do we call the person who writes the words in a story? The **author** – that's right!

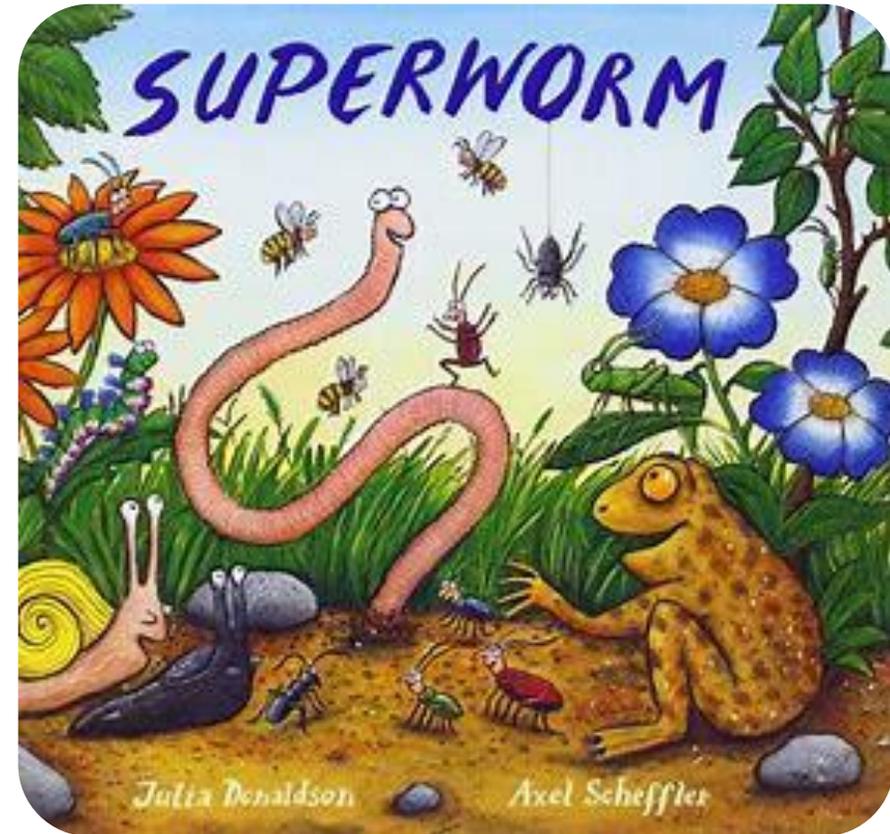
What do we call the person who draws the pictures in the story? The **illustrator** – right!

What does the **title** mean? What is the **spine** for? What is the **blurb**?

**Title** – The name of the story that's right.

**Spine** – To hold the pages in place.

**Blurb** – To give a little sneak peek into what the story is about, Well done 😊



## Can you remember from the story ?

What was the first disaster that superworm had to help out with ? Here is a clue he was “Superworm the lasso”

Where were the bees sitting when they were bored ?

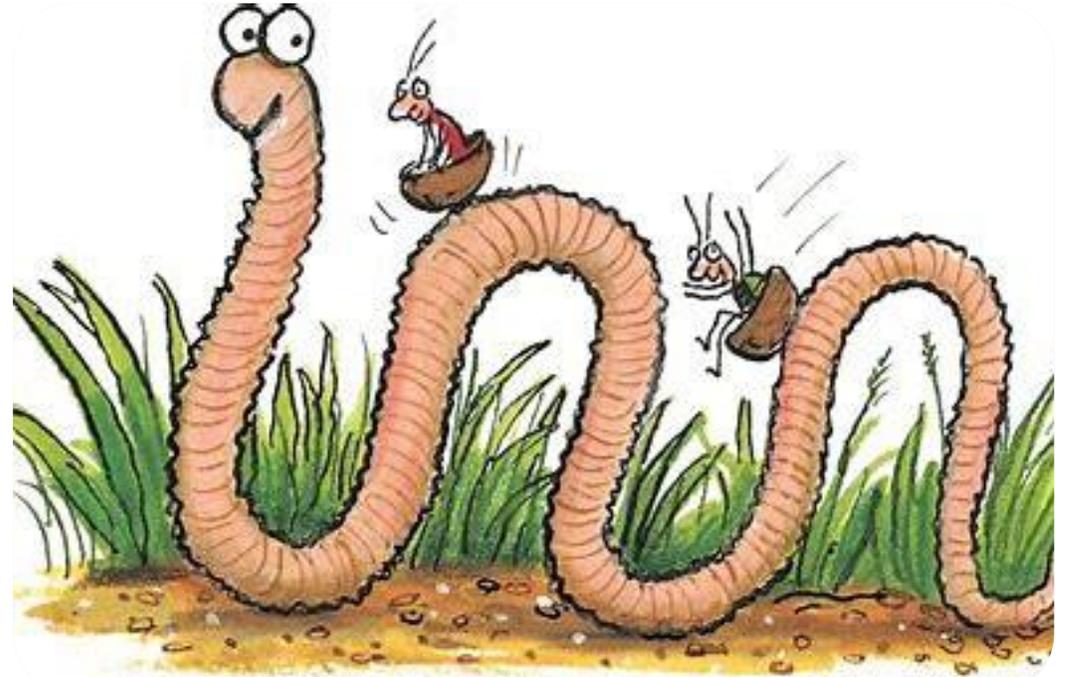
Could you hear any words in the story which sounded the same at the end? These are rhyming words. Can you think of any words which rhyme?

What did the wizard lizard want superworm to do for him ?

What was the only treasure superworm could find ?

Who helped superworm escape ?

What did superworm do at the end of the story for his friends ?



If there was another page to this story what do you think would happen ? – would the wizard lizard return, would the crow get his dinner eventually? What do you think ?

# Story time

Links to CFE

I enjoy exploring and playing with the patterns and sounds of language, and can use what I learn. LIT 0-01a



I enjoy exploring and choosing stories and other texts to watch, read or listen to, and can share my likes and dislikes. LIT 0-01b



I enjoy exploring events and characters in stories and other texts, sharing my thoughts in different ways. LIT 0-01c



To help me understand stories and other texts, I ask questions and link what I am learning with what I already know. LIT 0-07a / LIT 0-16a / ENG 0-17a



- Hears and says patterns in words.
- Hears and says rhyming words and generates rhyme from a given word.
- Hears and says the different single sounds made by letters.
- Hears and says letter blends/sounds made by a combination of letters
- Engages with and enjoys watching, reading or listening to different texts, including stories, songs and rhymes, and can share likes and dislikes.
  
- Asks and answers questions about texts to show and support understanding.
- Makes simple predictions about texts.

# Lets get moving

1. Hop on one foot 10 times then switch foot.
2. Do 10 star jumps.
3. Bend and touch your toes 10 times.
4. Balance on one foot for 10 seconds.
5. leap forward 10 times
6. Jump on the spot 10 times
7. twist your body to the left and right ten times.
8. Skip around.
9. Sit down and stand back up 10 times
10. Walk backwards.
11. Crawl forward around the room or garden.



# Lets Get moving

Links to CFE

I know that being active is a healthy way to be. HWB 0-27a



I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body. HWB 0-28a



- Demonstrates different ways of being active, for example, energetic play.
- Identifies how being active affects their body, for example, raised heartbeat, getting hot.
- Gives reasons why being active is good for health.