**Incredibles Superhero Training Camp**

Do you want to become a Superhero?

Before becoming a superhero, you have to go through

Incredible’s bootcamp!

**Station 1**

*Learn how to dodge and roll away from the bad guys*

Log roll

Egg Roll

Shoulder roll

Forward roll

Backward roll

Start from different positions to the rolls

-Standing

-Table Top (All fours)

-Squat

-Laying down

**Station 2**

*Learning how to fly*

T-Stand

Super hero

Knee Scale

Front Scale

Push-up position (1 hand/1 foot)

Pencil

Banana Jump

Star Jump

Tuck Jump

*Don’t forget the Landing!*

S-Shaped Landing

Squat Tuck

**Station 3**

*Use Teamwork to put some moves on the bad guys together*

Wring the Dishrag

Partner Fan

Back to Back Get-Up

Table

Partner Forward Rolls

Partner Log Rolls

Create Your own or use Task Card

**Station 4**

*Combine Rolls to quickly get away from the bad guys*

Forward Roll to Sit

Forward roll to T-Stand

Multiple Rolls

Log roll to Forward roll to Backwards roll (Any order)

Cartwheels to Roundoffs (Advanced)

**Station 5**

*Jump- Turn-Move, they won’t know be able to catch you!*

Inchworm

Lizard Crawl

Mule Kick

Crab Kick

Bear Walk

360/180 Turns

**Station 6**

*Routine to Prove you are ready to become a Superhero*

 *(Will be done all at the end, all groups will go back to a Station with Mats and practice a routine)*

Combine all the skills you know into your final test

Show us your All-Star Routine to become a SUPERHERO

Standard 1: Movement Competence & Understanding

in Physical Education

Concepts & Skills: Demonstrate control and balance in

traveling and weight bearing activities using a variety of body

parts and implements.

Evidence Outcome: Create a routine that includes two types of

body rolls such as a log roll, egg roll, shoulder roll or forward

roll and a stationary balance position after each roll.

Assessment: Checklist - Create a routine that demonstrates the

evidence outcomes to become a superhero.