

Let's Move with Naomi and Nigel!

Superheroes

NIGEL: Check us out. We are superheroes today.

NAOMI: Yeah, I am feeling epically super today. How about you?

NIGEL: I've never felt more heroically, invincible and super.

NAOMI: Okay, superheroes, first check that you've got space of your own, giving all of your superhero friends plenty of room to move.

NIGEL: And copy us as we get warmed up, ready to save the day.

[WARM-UP]

NAOMI: Okay, grab your superhero cape. It's flying up behind you in the breeze. It flies up and down.

NIGEL: Stand tall, strong, brave. Let's practice our superhero moves. Now lunge this way, strike a superhero pose and then the other way and stretch, stretching one arm and one leg each time.

NAOMI: Can you bend deeper and stretch further? Remember, you're super powerful, you're super bold.

NIGEL: You know what we better look out for baddies. Are they over here? Let's check this way.

NAOMI: This way and that way, we are using our super senses, checking for any signs of baddies.

NIGEL: Now let's listen. What can you hear? It's time for a superhero action we need to take to the skies.

NAOMI: Crouch down low, get ready to fly.

NIGEL: We're powering up. Let's go. Flying to the rescue. Here we come, get ready to hold those superhero poses. Off we go again. Watch us go, ready to strike that pose. Freeze.

NAOMI: Now with a hop. Flying through the skies. Laser beams ready.

NIGEL: Super speed whizzing through the sky. Laser beams go.

NAOMI: Okay, turn on your X-ray vision. Scanning the room, looking for baddies like this.

NIGEL: Power up, superheroes. Ready for action. Power up your arms. Power up your legs. Arm, arm, leg, leg.

NAOMI: Quick, chase the baddie.

NIGEL: Don't let them get away.

NAOMI: Are you catching up with them?

NIGEL: Superheroes never give up.

NAOMI: Okay, put your warm-up moves together. Capes flying in the breeze.

NIGEL: Let's practice our superhero moves, lunging this way and stretch. Then the other way.

NAOMI: Let's look out for baddies.

NIGEL: Can we hear some? Let's get ready to fly. Crouch down, stay low, powering up.

NAOMI: Ready, let's go. Nothing is going to stop us from saving the day.

NIGEL: Get ready to hold those superhero poses, freeze.

NAOMI: Again. Together, we are going to save the world.

NIGEL: Oh, blast off with super strength, prepare those laser beams.

NAOMI: Make yourself epic! Laser beams.

NIGEL: And power down.

[03 53: POSSIBLE PAUSE POINT]

NAOMI: Superheroes are super active.

NIGEL: Super powerful.

NAOMI: Super speedy. Just flew around the whole world.

NIGEL: Superheroes use lots of different super movements to move around.

NAOMI: Yeah, we can roll.

NIGEL: We can leap.

NAOMI: We can float.

[PART 1: TRAVELLING USING DIFFERENT ACTIONS]

NIGEL: Now you all look pretty super to me, so it's time for you to try.

NAOMI: So when the music plays, see if you can roll, leap and float.

NIGEL: When you hear the superhero kapow, change your action.

NAOMI: Kapow?

NIGEL: Yeah, listen -

[SFX: KAPOW!]

NAOMI: Ah, got it. Right, so start by rolling. And when you hear - .

[SFX: KAPOW!]

NAOMI: Change to leaping.

NIGEL: And remember superheroes are super careful not to bang into anything or anybody. Ready to roll? Let's move!

[SFX: KAPOW!]

NAOMI: Let's leap like a superhero.

[SFX: KAPOW!]

[SFX: KAPOW!]

NIGEL: Let's float like a superhero. Okay, stop there.

[03 31: POSSIBLE PAUSE POINT]

NIGEL: Great work, superheroes.

NAOMI: Superheroes also fly to the rescue. We can swing through the trees.

NIGEL: And in between buildings.

NAOMI: And we can climb.

NIGEL: Oh, let's see your superhero actions again.

NAOMI: Get ready to fly, swing and climb and switch actions whenever you hear the

[SFX: KAPOW!]

NIGEL: And stay safe. Superheroes, make sure you don't bang into anything or anybody.

NAOMI: Shall, we start by flying, of course ready, let's fly!

[SFX: KAPOW!]

NAOMI: Let's swing.

[SFX: KAPOW!]

NIGEL: Let's climb.

NAOMI: Okay, stop there, superheroes. Well done.

[06 47: POSSIBLE PAUSE POINT]

NIGEL: Let's try a few superhero actions. I'd say running is a superhero action.

NAOMI: Oh yeah, let's run, but how about running in super slow motion?

NIGEL: Cool. How about balancing with super control?

NAOMI: Oh yeah,

NIGEL: Okay, it's quite high up here, we got this.

NAOMI: And super turn.

NIGEL: To transform into our super-duper outfits.

NAOMI: Get ready, superheroes. When the music plays

[SFX: KAPOW!]

Hold on a minute, not yet! When you hear the

[SFX: KAPOW!]

Thank you, change your superhero action.

NIGEL: And stand by. If we say freestyle, it's your turn to do any super move you like.

NAOMI: Any move you like, use your super imagination.

NIGEL: And remember, all superheroes are super careful not to bang into any other superheroes.

NAOMI: Let's start by running in slow motion. Ready, let's run.

[SFX: KAPOW!]

NAOMI: Everybody balance.

[SFX: KAPOW!]

NIGEL: Everybody, let's do a super turn.

NAOMI: Okay, ready to freestyle? Go!

NAOMI: Okay, stop there, superheroes, well done.

[09 09: POSSIBLE PAUSE POINT]

NIGEL: Now you've got the moves, let's get into character.

NAOMI: Get into character?

NIGEL: Yes, get into character means to pretend to be like someone, like a superhero, and every superhero needs a special superpower.

[PART 2: WHICH SUPERHERO ARE YOU?]

NAOMI: Oh, great idea. We can use our body movements and even our facial expressions to show what superpower we have.

NIGEL: What superpower would you like to have Naomi?

NAOMI: I think I would like to be able to turn everything into ice using the superpower in just my fingers.

NIGEL: Oh, Naomi, I'm frozen here. Ah, ah. I'd like to be a super stretchy person so my body can stretch further than anyone's body has ever stretched before.

NAOMI: Whoa, I could be wizard wavy water with a superpower to shoot water out of my feet and then ride on the waves. Nice.

NIGEL: I could become the beast with the superpower to turn myself into any creature I choose, whenever I want.

NAOMI: Ah, cool. Hey, what about superhuman strength?

NIGEL: Oh, time for you to have a go.

NAOMI: And when you hear the superhero -

[SFX: KAPOW!]

NAOMI: We will give you a new superpower to try.

NIGEL: Remember changing your speed and direction helps you to make your superpower spectacularly super.

NAOMI: Right, your first superpower is ice fingers. Are you ready? Let's move!

[SFX: KAPOW!]

NAOMI: Everybody it's wizard wavy water time.

[SFX: KAPOW!]

NIGEL: Everybody do the super stretchy body.

[SFX: KAPOW!]

NAOMI: It's super strong time.

NAOMI: Okay, stop there, superheroes, well done.

[11 50: POSSIBLE PAUSE POINT]

Hey, Nigel, you know what's better than one superhero?

NIGEL: Yep - two superheroes!

NAOMI: Exactly! With superhero speed you need to find a partner before laser beams come out of Nigel's fingers. You can do that, can't you?

NIGEL: Of course I can. I'm a superhero. Pair up fast because I can do this super quickly. When you find your partner, copy my awesome superhero pose, here we go. Oh, it's fun being a superhero, isn't it?

NAOMI: Yeah, in your pairs, choose who's going to be the superhero and who is going to be the super guesser. Shall I be the superhero?

NIGEL: That makes me the super guesser.

NAOMI: Okay, superhero, you have to show your super guesser your three favourite action moves.

NIGEL: They should all be very different. You might choose climbing, and stretching, and then leaping.

NAOMI: Or you could choose floating and then running, and then turning. And in between your actions, don't forget to show off whatever your superpower might be.

NIGEL: Super guesser, watch carefully. Can you guess which action moves your amazing superhero partner is doing and what do you think their incredible superpower is?

NAOMI: Are you ready superheroes? Let's move!

NAOMI: And stop, superheroes!

[14 04: POSSIBLE PAUSE POINT]

NIGEL: It's time to swap over. Superheroes you should now become the super-guesser, and super-guesser you now become the superhero.

NAOMI: Let's see what actions you can do and what extraordinary superpower you have. Are you ready? Let's move!

NAOMI: Brilliant superheroes. Stop there.

[15 03: POSSIBLE PAUSE POINT]**[PART 3: PAIRS MAKE A SEQUENCE]**

It's time to join forces. We're going to make a sequence.

NIGEL: A sequence?

NAOMI: Yep, we're going to put my three action moves and your three action moves together to make a sequence.

NIGEL: Ah, your three moves plus my three makes a sequence. All our moves put together.

NAOMI: You've got it. In a moment we are going to work in pairs to perform a super sequence. Sequences do need a little bit of planning, so when you hear the music, work together to plan your sequence.

NIGEL: Try to plan how you can move on different levels. Some actions could be high, some could be low and some could be somewhere in the middle.

NAOMI: Yeah, and don't forget you are two superheroes working together, so you now have two superpowers.

NIGEL/NAOMI: Double the power.

NAOMI: So think about moving at different levels, different speeds and different directions. If one of you is moving at a low level, maybe the other could be moving at a higher level.

NIGEL: And if one of you is moving fast, then the other could be moving slowly.

NAOMI: Ready to plan your sequence? Start planning.

[16 10: 30 SECONDS OF MUSIC FOR PLANNING]

[16 38: POSSIBLE PAUSE POINT]

NAOMI: Ok, stop there.

NIGEL: Now you've planned your sequence. It's time to perform it.

NAOMI: Ready, let's move!

NIGEL: Okay, stop there. Great work, superheroes.

[17 51: POSSIBLE PAUSE POINT]

[PART 4: WHOLE CLASS PERFORMANCE]

NAOMI: I hope you are ready for this next part. Together your whole class, this amazing team of superheroes is going to create a superhero story like no other, using your three actions and your superhero power.

NIGEL: Nice, it's time to get serious. The mega gunge monster is on the loose and is threatening to gunge everything and everyone. Oh, it's going to get everyone with its mega gruesome gunge. Oh, did he get you already?

NAOMI: Yeah, gross. The world needs the help of every superhero in this class to stop him and save the world.

NIGEL: We are going to do it using everything we've learned so far. Remember your first action. It might have been leaping, it might have been floating. Use that action to arrive.

NAOMI: Yeah, everyone urgently needs your help so look bold and brave and ready to save the day.

NIGEL: Don't forget to use different levels moving high and low.

NAOMI: Here we go then arrive ready for action.

NIGEL: Are you ready superheroes? Let's move!

NAOMI: You hear that the mega gross gunge monster is sliming everything in its path so use your movements of your second action to travel around trying to find it.

NIGEL: You could try swinging or climbing. Are you ready, superheroes? Let's move!

NIGEL: Then, there it is the mega gross gunge monster, ewww. Use your extraordinary superpower to defeat it.

NAOMI: Are you ready, superheroes? Let's move!

NAOMI: Finally, you travel home using movements of your super actions, feeling heroic and victorious.

NIGEL: Don't forget to include some celebrations. After all, you've just saved the day.

NAOMI: Are you ready? Superheroes, let's move!

NAOMI: What awesome superheroes you are.

[21 07: POSSIBLE PAUSE POINT]

NIGEL: Let's now find some calm and focus on how proud we all feel after that courageous adventure.

[COOL DOWN]

NAOMI: Take a deep breath in stand strong and proud, cape flying behind you. Now we're going to gently lunge and show off our calm superhero pose stretching one arm and one leg.

NIGEL: Now lunge the other way, stretch the other arm and the other leg.

NAOMI: Nice and gentle, that's great, standing tall again, breathe in and out, and so you can put your superpowers to rest for the day. We're going to check the space around us, check for baddies. Not a baddie in sight. What a great feeling we're safe and relaxed.

NIGEL: Can you hear that? Silence, everything is calm and peaceful.

NAOMI: And it's time to power down. Oh, isn't it fun to use your imaginations and your bodies to become a pretend character. You showed what incredible superheroes you are.

NIGEL: Not all superheroes are pretend. Talk to your teacher and classmates about the real life superhero that you know. What superpowers do they have?