



# PJ MASKS



## PJ MASKS POWER OF 3 ACTIVITY GUIDE

In association with Youth Sport Trust and National School Sport Week

26TH - 30TH JUNE 2017



[www.youthsporttrust.org](http://www.youthsporttrust.org)



[www.pjmask.com](http://www.pjmask.com)



# WELCOME TO THE PJ MASKS POWER OF 3 ACTIVITY PACK

Power of 3 as part of National School Sport Week provides the ideal opportunity to capture the imagination of the children and engage them in activity and learning.

Inspired by hit pre-school series PJ Masks, where a trio of heroes named Catboy, Owlette and Gekko solve night-time mysteries using their superpowers of agility, strength and flight.

## WHAT THIS PACK PROVIDES

Introduction to the Power of 3 Activity Pack ..... 3

3 activity cards lead by each of the PJ Masks heroes, introducing fun and engaging physical activities:

- Train Track Training with Catboy ..... 4-5
- Butterfly Fly with Owlette.....6-7
- Sticky Splat Escape with Gekko..... 8-9

Suggested take-home activities, encouraging children to share their experiences and learning, and introduce activity at home..... 10

Further resources available .....11



## WHY 'POWER OF 3'?

**Power of 3, as part of National School Sport Week has been designed to:**

- Reflect the **trio** of the PJ Masks heroes, bringing the adventures and superpowers of Catboy, Owlette and Gekko to early years settings.
- Inspire children to take part in daily activity, as recommended by the UK Chief Medical Officer. For pre-school children this daily recommendation is 3 hours! (180 mins) This doesn't have to be all at once and it's surprising how quickly it can add up!
- Introduce activities that focus on 3 fundamental movement skills; **Agility, Balance and Co-ordination** which are core to children's physical development.
- Create opportunities for children to develop the **3 wider learning outcomes** through physical activity and play which focus on personal, social, and emotional skills.
- Stimulate participation through **3 exciting themes**; adventurous activity, imaginative play and creative moves.



## WHY EARLY YEARS?

**The rise in obesity is one of the greatest public health challenges facing our society, with nearly a quarter of all reception-aged children overweight or obese.**

Physical activity is key in the early years of life. It helps children to:

- **Grow up healthy, happy and strong**
- **Develop their brains**
- **Learn new skills**
- **Gain new knowledge**













As children start to get ready for more structured education environments there needs to be an injection of creativity and imaginative activities to see what their bodies can do.

## WHY PJ MASKS?

**The PJ Masks is a show about heroism and empowerment. Only the superheroes are children! A perfect stimulus around which to build engaging activities and learning opportunities.**

By day, 6 year olds Connor, Amaya and Greg go to school like everyone else. As night falls and they put on their pyjamas and activate their animal amulets, they magically transform into superheroes – Catboy, Owlette and Gekko, with 'superpowers' and become the PJ Masks! Together these three can tackle any situation and embark on action packed adventures, solving mysteries and mayhem across the city.

## Meet the heroes

CATBOY	GEKKO	OWLETTE
		
<b>POWERS</b>	<b>POWERS</b>	<b>POWERS</b>
 <b>HEARING</b>  <b>SPEED</b>  <b>AGILITY</b>	 <b>STRENGTH</b>  <b>CLIMBING</b>  <b>CAMOUFLAGE</b>	 <b>WIND WIND</b>  <b>FLIGHT</b>  <b>OWL EYES</b>

Through engaging storylines and immersive activities, PJ Masks is designed to help children aged 2-5 get to grips with their own superpowers in order to develop meaningful relationships, be ready to learn, and navigate day-to-day challenges.

# TRAIN TRACK TRAINING



**PJ MASKS SUPER HERO  
LEAD CHARACTER:**

**CATBOY**

**KEY MOVEMENT  
DEVELOPMENT:**

**AGILITY- SKIPPING,  
LEAPING, JUMPING**

## EQUIPMENT

- Space
- Coloured markers

## SAFETY

- Ensure there is enough space for the activity and obstacles removed from the area
- Remind superheroes to keep their heads up and watch out for villains

## SUPERHERO POWERS



HEARING



SPEED



AGILITY

## LINKS TO PJ MASK EPISODE

**Blame it on the train, Owlette:** Romeo has stolen the train and is diverting the tracks all over the city. Can you help the PJ Masks get it back on track and stop Romeo?

## HOW TO PLAY...

START WITH PREPARING THE GROUP: **"IT'S TIME TO BE A HERO!"**

**1** Ask the heroes to find a space. They are Catboy. When instructed they travel around the area by skipping, leaping and jumping using their "Super Cat Leap" or "Super Cat Jump".

**4** On hearing "he's gone" the heroes can travel again until they hear "Romeo" again and they freeze again. Repeat.

### QUESTION TO ASK

**What can we do with our arms to help us to skip, leap or jump higher?**  
(possible answers may include "swing them" or "reach up high as you jump")

**2** When the heroes hear the instruction "Romeo" they must freeze, staying very still until Romeo the villain has gone. "Stay very still, don't wiggle or wriggle!"

**3** Start to weave in and out of the superheroes trying to make them laugh and move.

### QUESTION TO ASK

**How can we make sure we don't bump into each other?** (possible answers may include "watch where we are going", "change direction", "keep head up")

**5** Next introduce "Train Track Training". The heroes travel around again and when they hear this, they must lie down on the ground with arms by their sides, long, thin and still as if a train track.

**6** Weave in and out of the superheroes trying to make them laugh and move and repeat.



## POWER OF 3: EARLY YEARS AREAS FOR DEVELOPMENT

- Communication & language development and literacy development – introducing train sounds like Choo Choo helps children practise 'ch' sound or 'shssh' like steam.
- Physical Development – direction, pathways, levels, gross motor skills.
- Understanding the world – introducing the theme of transport and travel.

## POWER OF 3 WIDER LEARNING OUTCOMES (PSED)

- Active choice – making of movements, pathways and trying new activities.
- Awareness of others and respecting them as they move round the space.
- Understanding and following the rules of the activity.



HEARING

### ADVENTUROUS ACTIVITY

Place plenty of coloured markers on the ground in pairs to create stations wide enough for the children to travel through. Ask the children to move around. Call out a colour and instruct the children to pass through that station, travelling in twos behind each other. Repeat calling different colours and ask children to use their "Super Cat Ears" to listen out!



SPEED

### CREATIVE MOVES

Encourage the children to move arms in a piston-like action like they are a train. Pretend to be moving upwards as they lean back, or downhill as they lean forward. Ask children to move their arms quickly and take small steps to show different speeds.

As fast as you can, use your "Super Cat Speed"!



AGILITY

### IMAGINATIVE PLAY

Let the children explore their play area/room or space by pretending to be a train. Ask them to travel around chairs, cushions, crawl safely under tables or obstacles like they are tunnels. Use your Super Catboy moves to travel around.



### PLAYING AT HOME

These activities can be played at home both indoors and out! For more activity inspiration see page 10.

# BUTTERFLY FLY



**PJ MASKS SUPER HERO  
LEAD CHARACTER:**

**OWLETTE**

**KEY MOVEMENT  
DEVELOPMENT:**

**STATIC AND  
DYNAMIC BALANCE**

## EQUIPMENT

- Chiffon scarves, ribbons or pieces of material

## SAFETY

- Ensure there is enough space for the activity and obstacles are removed from the area

## SUPERHERO POWERS



WING WIND



FLIGHT



OWL EYES

## LINKS TO PJ MASK EPISODE

**Catboy & the Butterfly Brigade:** Luna Girl steals butterflies to be her new sidekicks! Can you help Owlette use her "Super Owl Wing Wind" to move the butterflies back to the zoo?

## HOW TO PLAY...

START WITH PREPARING THE GROUP: "IT'S TIME TO BE A HERO!"

- 1 Ask the heroes to sit in a space, bottoms on the ground, knees bent, and feet flat on the ground.
- 2 With a chiffon scarf the heroes should pass it from one side tapping it on the floor at each side. Making the chiffon scarf fly as its passes. This is a butterfly.
- 3 How wide can they reach without losing their balance? Instruct them to "stretch wide" and "reach high".
- 4 Heroes can try with their feet off the floor: "Woahhh watch out for the wobble – hold your tummy in tightly".

### QUESTION TO ASK

**What can we do to stop ourselves wobbling?**  
(answers may include "tight tummies", "backs straight", "firm legs", "don't stretch too far")

- 5 Next standing up, heroes hold their butterflies at the corner and weave them around their body,

through their legs, around their backs. Can they do this on one leg? "Hold steady – make your tummy and legs strong and firm to help."

### QUESTION TO ASK

**Which is the hardest part of your body to weave and wiggle your butterfly around? And why?** (answers may include "around my leg as I have to stand on one leg to do that", "around my back because I can't see it")

- 6 Trying on the move, heroes travel around the play space (tiptoeing/skipping/running) flying their chiffon butterflies above their heads – "Remember, use your "Super Owl Eyes" to watch where you're going!"

- 7 When heroes hear "Super Owl Wings" they throw their butterflies as high as they can and try to catch them before they land on the floor. "Stretch up high to catch your butterfly".

## HOW TO PLAY... CONT'D

8 Repeat and encourage the heroes to clap their hands and count with you how many claps they can do before they catch their butterflies or they fall to the ground "How many seconds will it take to catch your butterfly?"

## QUESTION TO ASK

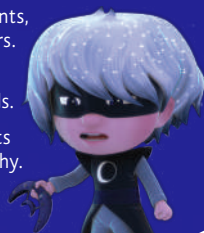
Questions to ask "How could you make your butterfly fly for longer" (answer may include "throw it higher" or "let it fall right to the ground")

## POWER OF 3: EARLY YEARS AREAS FOR DEVELOPMENT

- Communication and language development – use of key movement vocabulary: stretch, reach, balance, fly, tiptoeing, skipping running.
- Physical Development – core stability, travelling, fine motor skills, direction, pathways.
- Expressive art and design – role play, imagination.

## POWER OF 3 WIDER LEARNING OUTCOMES (PSED)

- Chance to share movements, observe and imitate others.
- Naming of body parts, tummies, legs, back, hands.
- Describing the movements they like, don't like and why.



OWL EYES

## ADVENTUROUS ACTIVITY

The butterflies have gone and the heroes need to find them. Create a game of hide and seek with the scarves and get the heroes to use their "Super Owl Eyes" to find them.



WING WIND

## CREATIVE MOVES

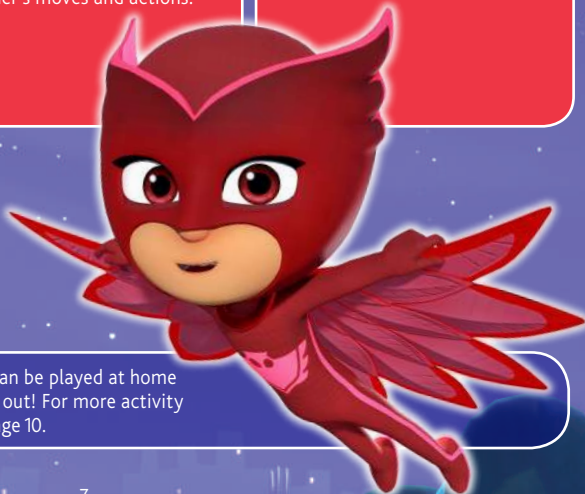
In pairs the children could pretend to be butterflies and show each other some moves, for example Owlette's "Super Wing Wind" with their scarves, encouraging them to stretch, crouch, stretching their bodies high and wide. Moving gently and slowly. They can then try and mirror each other's moves and actions.



FLIGHT

## IMAGINATIVE PLAY

Take the children on a trip to the zoo using the story. Get the children to suggest the animals they see on their visit and act out their actions. You could include questions about the sounds they make or their colours, coats or habitats.



## PLAYING AT HOME

These activities can be played at home both indoors and out! For more activity inspiration see page 10.

# STICKY SPLAT ESCAPE



**PJ MASKS SUPER HERO  
LEAD CHARACTER:**

**GEEKO**

**KEY MOVEMENT  
DEVELOPMENT:**

**COORDINATION – AIM, THROW,  
GRIP, PICK UP, ROLL, PUSH, SLIDE**

## EQUIPMENT

- Balls or bean bags of varying sizes and shapes
- Targets – such as Buckets, Bins, Hoops, Boxes

## SAFETY

- Ensure targets are set against something safe
- Ensure heroes do not collect the sticky splats until told

## SUPERHERO POWERS



STRENGTH



CLIMBING



CAMOUFLAGE

## LINKS TO PJ MASK EPISODE

The Sticky Splat Sling Shot: Night Ninja is covering the city in sticky splats. It's time to save the day!

## HOW TO PLAY...

START WITH PREPARING THE GROUP: "IT'S TIME TO BE A HERO!"

**1** Set up targets round the outside of the play space. Targets can be; hoops, cardboard box to roll/throw into or to strike, plastic beakers or individual buckets (which could be stacked in a pyramid). Use wall targets if available or create other safe targets.

**2** Place a box of bean bags or balls of varying sizes in the centre of the play space. These are the Sticky Splats.

**3** Heroes start in the centre, take a Sticky Splat (ball or bean bag), aim and throw underarm or bend down and roll at a target. Use your "Super Gekko Muscles" to aim in the right direction.

**4** They cheer if they hit one. They have a second turn using a Sticky Splat from the bucket.

### QUESTION TO ASK

Which target do you think would be the hardest to hit and why? (Answers may include "the beakers as they are small," "the hoops as the ball could roll out of them")

**5** Heroes run and collect any 2 Sticky Splats using their "Super Lizard Grip", place them back in the box and play again.

### QUESTION TO ASK

What do you do with your throwing arm when you throw? (Answers may include, "take it back", "swing it forwards", "point it to the target")



## POWER OF 3: EARLY YEARS AREAS FOR DEVELOPMENT

- Communication & language development – use of key movement vocabulary: aim, roll, throw.
- Physical Development – aim, predict, throw, grip, pick up, roll, fine motor skills, gross motor skills.
- Expressive art and design – creating targets and shapes.

## POWER OF 3 WIDER LEARNING OUTCOMES (PSED)

- Taking turns at hitting the target and working as a group.
- Trying new activities and new equipment.
- Recognise their achievements and others when they hit or get near the target.



CLIMBING

### ADVENTUROUS ACTIVITY

Place the balls/beanbags (sticky splats) around the space and use the targets as obstacles. The children must collect the sticky splats and rescue the city. To do this they must use Gekko's Super Climbing powers to climb over, under or through the obstacles.



CAMOUFLAGE

### CREATIVE MOVES

Night Ninja has covered the city in sticky splats. Using his "Super Gekko Camouflage", Gekko needs to stop him. Get the children to act like Gekko and make shapes like objects they can pretend to be disguised as i.e. curl up in a ball like a rock, stand tall and straight like a tower. Suggest others like tree, flower, bird, house, car. Ask the children to guess what shape each other is making.



STRENGTH

### IMAGINATIVE PLAY

One of Gekko's superpowers is his strength, so get the children to imagine the pieces of equipment (sticky splats) are really heavy – get them to use their "Super Gekko Muscles" to lift and throw these heavy objects into the targets or roll, push and drag the sticky splats around the targets.



**PLAYING AT HOME**

These activities can be played at home both indoors and out! For more activity inspiration see page 10.



# Take-home Power of 3 Activities

**Daily physical activity is just as important at home as it is in the learning setting.**

Here are 6 simple activities for children to do at home with their families that are linked to the Power of 3 hero activities on previous pages and continue to build on the 3 fundamental movement skills every child needs; Agility, Balance and Co-ordination.

**It's Time To Be a Hero!**

## AGILITY



### ACTION STATIONS

Set out a series of markers on the ground in a line – these are the stations.

Give the children a route to travel through the line. Instruct them to skip, hop, jump, and march, and then find a new route for travelling!



Tick when completed

### CHASE THE TAIL

Using a tie or scarf as a tail, tuck this in the top of the hero's trousers or waistband.

Using a defined safe space in the house, garden or park, chase them to catch it, then you take a turn.



Tick when completed

## COORDINATION



### SHAPER CAPER

Ask the heroes to move around to some music. When the music stops can they stop quickly keeping very still and holding their shape.

Encourage them to move faster and still hold their shape when the music stops.



Tick when completed

### WHERE ARE YOU?

Either indoors or outside, cover your eyes and count to 20 whilst the heroes find a place to hide.

What is the best hiding place they can climb into, behind or under? How well are they camouflaged?



Tick when completed

## BALANCE



### TUMMY TWISTER

Get the heroes to sit on their bottoms on the floor, knees bent and feet flat. A small pile of items are placed to one side of them (e.g. tea towel, spoon).

The hero must twist to pick up the item and transfer it across their tummy to the other side and put it down. Repeat until all the items have been moved.



Tick when completed

### FLIGHT PATH

Mark two long strips about 30cm apart using skipping ropes, string, masking tape or ties.

Ask the heroes to walk between the line lines, balancing carefully, keeping on the flight path.



Tick when completed

# BEYOND NATIONAL SCHOOL SPORT WEEK

The Youth Sport Trust have teamed up with popular children's show PJ Masks to bring the adventure of the PJ Masks to the Healthy Movers Toolkit.

This is a comprehensive practitioner resource that helps to engage children and their families in fun and effective physical activity. It has been developed to complement the Early Years Foundation Stage (EYFS) Framework and its four guiding principles. It is in line with Ofsted inspection outcomes and helps children between ages 2-5 achieve the Chief Medical Officer's recommendation around activity levels. Within the resource we have given an example of how the activities can be adapted to align with the show's favourite characters Catboy, Owlette and Gekko to develop physical and emotional wellbeing to become 'school ready'.

## THE TOOLKIT INCLUDES:

- Practitioner handbook, providing information about the principals of physical literacy. It highlights links to the EYFS and gives handy hints and tips for delivery.
- 16 jam-packed activity cards to support at least 16 weeks of delivery
- EYFS wall hanger to display in your setting
- Participation stickers
- Music CD to accompany activities
- Activities to be sent home for family engagement

To register your interest in these products please contact: [information@youthsportdirect.org](mailto:information@youthsportdirect.org)

In addition to our Toolkit, we also offer an accredited qualification in the delivery of physical literacy in the Early Years. For more information on all products for sale for the Early Years visit: [www.healthymovers.org](http://www.healthymovers.org)

For more information on PJ Masks visit: [www.pjmask.co.uk](http://www.pjmask.co.uk)

The Youth Sport Trust is a registered charity that believes every child has a right to be physically active through quality PE and school sport. Every year we fundraise to improve the lives of thousands of young people through sport. Over the course of the next year, through our partnership with Entertainment One, we will be looking to introduce Power of 3 fundraising campaigns to build on NSSW and increase our work around Early Years.



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