



# PJMASKS

## SUPER MOON ADVENTURE

### ACTIVITY GUIDE

# POWER OF 3



In partnership with



YOUTH  
SPORT  
TRUST

NATIONAL SCHOOL

SPORT WEEK

eOne



PJ Masks © Frog Box / Ent. One UK Ltd / Disney 2014.

# POWER OF 3 ACTIVITY GUIDE

As part of National School Sport Week, Power of 3 is designed to capture the imagination of children and engage them in activity and learning.

Coinciding with the 60th Anniversary of NASA this year and the anniversary of the Moon landing in 2019, the PJ Masks trio Catboy, Owlette and Gekko embark on their most exciting mission yet, to a new world of discovery... the Moon!

## WHAT THE PACK PROVIDES

**READY**

Introduction to the Super Moon Adventure Pack

**SET**

Three PJ Masks adventure activity cards:

**1** Owlette's Bubble Trouble

**2** Catboy and the Crater Capers

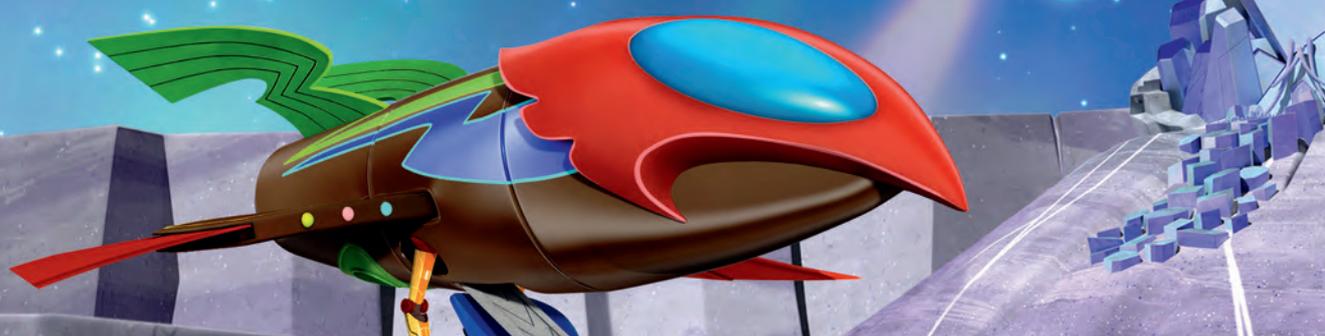
**3** Gekko's Gravity Rescue

**BLAST OFF**

Let the adventure continue with suggested ideas to introduce activity at home

**...AND BEYOND**

Further resources available from the Youth Sport Trust to support physical development



**INTO THE MOONLIT NIGHT  
TO SAVE THE DAY!**

# POWER OF 3



## WHY 'POWER OF 3'

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

- Reflect the **PJ Masks** heroes and their unique skills and superpowers.
- Introduce activities that focus on the **3 fundamental movement skills**: *Agility, Balance and Coordination*.
- Inspire children to take part in daily activity, as recommended by the UK Chief Medical Officer, which for pre-school children is **3 Hours** (180mins).
- Supports the **3 EYFS prime areas of learning and development**: *communication & language, physical development and personal, social & emotional development*.
- Stimulate learning linked to **3 core PJ Masks themes**: *action & adventure, friendship & teamwork, and imagination*.

## WHY SUPER MOON ADVENTURE

- The Moon is core to PJ Masks and key to the heroes' **transformation and powers** – children will love this journey!
- Rich in atmosphere and possibility, the Moon is **exciting, intriguing** and provides a **fascinating topic for learning**.
- Launch of the theme coincides with **2018 missions to the Moon** by India and China and in 2019 with the **50th anniversary of the Moon landing**.

## WHY EARLY YEARS

**Physical activity is key in Early Years life, it helps children to:**

- 1** Grow up healthy, happy and strong
- 2** Learn new skills
- 3** Develop their brains
- 4** Gain new knowledge
- 5** Develop language

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 they are capable of achieving.

NAME OF ACTIVITY:

# OWLETTE'S BUBBLE TROUBLE



Luna Girl is trying to stop the PJ Masks from reaching the Moon by firing Luna Bubbles at the HQ Rocket. Can they avoid the Luna Bubbles to land safely on the Moon?

Topic:

**Introduction to the Moon**

Key Movement Development:

**Dodging, balancing, aiming and throwing**

## EQUIPMENT

Space  
Soft or foam balls / bean bags  
Hoop or container

## SAFETY

Remind superheroes to keep their heads up, watch out for each other as well as the bubbles.  
Underarm throws or rolling only.

## SUPERHERO POWERS



OWL EYES



FLIGHT



WING WIND



FEATHERS

## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

**1** Place a number of soft or foam balls / bean bags in the centre of the play space in a hoop or container. These are the Luna Bubbles.

**2** Identify a couple of villains to stand by the container ready to fire the Luna Bubbles.

**Question to ask:** "How will you throw accurately?"



**Answers may include:** "Keep your Owl Eyes on the target." "Point your arm in the direction of the target."

**3** Ask the heroes to find a space – they are Owlette driving the HQ Rocket towards the Moon.

**4** When instructed they travel around the area, avoiding each other and the Luna Bubbles thrown or rolled by the villains.

**5** If the Luna Bubbles hit them then they must sit down to the side as though they have landed or join the villains.



### CHECK OUT THIS EPISODE ...

#### "Moonstruck: Race to the Moon"

When a Harvest Moon appears the PJ Masks know that Luna Girl will be up to no good. HQ transforms into a rocket and Owlette helps her friends fly to the Moon for the first time to stop Luna Girl!

# INTRODUCTION TO THE MOON

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Introducing space language: blast off, lunar, the Moon, rockets, planets, mission control.

### Physical Development:

Direction, pathways, dodging and weaving. Fine motor skills: gripping, throwing and rolling.

### Understanding the World:

Introducing the themes of Space, lunar and the Moon landing.

## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Awareness of others and respecting them and their space.

Taking turns, working as a team, recognising when they have been hit and the need to stop.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Divide a safe play area into two sides of the Moon. On each side place 10-20 bean bags, balls or balloons (Moon rocks). The team on each side needs to clear their debris for landing by clearing them onto the other team's side. Whoever clears the most rocks in 2 mins is the winner.



### FRIENDSHIP & TEAMWORK

In pairs or threes linking hands the children could pretend to be the HQ Rocket, travelling around the play area together and working as a team to avoid being hit by the Luna Bubbles.



### IMAGINATION

Get the children to design their own HQ Rocket using cardboard tubes and / or long balloons. Take them outside to test how far they can travel.



NAME OF ACTIVITY:

# CATBOY AND THE CRATER CAPERS



Despite damage to the HQ Rocket and a bumpy landing, the PJ Masks manage to successfully land on the Moon's surface in a big crater. Catboy is keen to go after Luna Girl. He and Owlette leave HQ Rocket and begin to explore the Moon and search for her on their PJ Rovers.

Topic:  
**Moon Landings  
and Craters**

Key Movement Development:  
**Leaping, jumping  
and landing**

## EQUIPMENT

Space  
Hoops / cones / ropes  
or sheets of paper

## SAFETY

Ensure there is enough  
space and craters are  
clearly marked out.

## SUPERHERO POWERS



AGILITY



SPEED



LISTENING



LASSO

## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

- 1 At both sides of a large space designate two zones – one is the HQ Rocket and one is Luna Girl's Lunar Fortress.
- 2 Place hoops / cones / ropes or paper in circles randomly around a designated space between both zones. These are craters on the surface of the Moon.
- 3 In pairs, Catboy and Owlette will aim to move from one zone to the other leaping between craters. Help each other plan a route and reach the fortress.



**Question to ask:** "How do you keep your balance when you land?"

**Answers may include:** "Bend your knees and use your arms for balance."

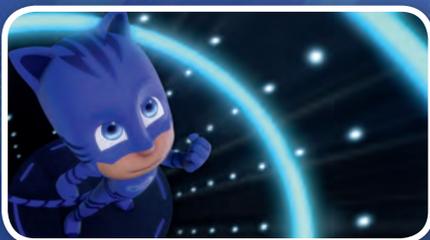


**4** See if they can successfully reach the Lunar Fortress by crossing the Moon's surface.



**Question to ask:**

"How many craters did you have to cross?"



## CHECK OUT THIS EPISODE ...

### "Moonstruck: Race to the Moon"

The PJ Masks ride their new PJ Rovers across the surface of the Moon, avoiding craters as they go! Whilst out on their mission, Catboy and his friends discover that Luna Girl's powers have created a crystal Lunar Fortress.



# MOON LANDINGS AND CRATERS

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Introducing words to describe the Moon's surface: bumpy, dusty, dry, rocky, dark.

### Physical Development:

Core stability, jumping, landing and gross motor skills.

### Mathematics:

Counting and estimating the numbers of craters, describing the shapes.

## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Having confidence to try new things and respecting others' feelings, ideas and actions.

Understanding and following the rules of the activity.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Split a set of cones into two piles. In the play area place half face up (craters) and the other half face down (mountains). Divide the group into two teams. Shout 'Blast off' to start and see which team turns the cones quickest to win.



### FRIENDSHIP & TEAMWORK

In small groups stand in a line one behind the other. The person at the end of the line holds a hoop (crater). The aim is to pass it along the line with each hero stepping into it, bringing it over their heads and passing it onto the next person. Can they work as a team to travel through the crater? Which team can complete the task first?



### IMAGINATION

Let the children explore their area or room by pretending to be one of the heroes on their PJ Rover. Ask them to travel over, under and around obstacles imagining they are moon rocks, crystals and craters!



NAME OF ACTIVITY:

# GEKKO'S GRAVITY RESCUE



Owlette and Catboy are captured and trapped in the Lunar Fortress. Gekko must overcome his fears, defy gravity and use his muscles to rescue them. Will he do it or will Luna Girl and her moon crystal overpower them?

Topic:  
**Understanding Gravity on the Moon**

Key Movement Development:  
**Co-ordination, crawling, balancing and sliding**

## EQUIPMENT

Space  
Bean bags or quilts  
Soft toys / pieces of equipment

## SAFETY

Ensure there is enough space for the activity and obstacles are removed from the space.  
Watch out for each other.

## SUPERHERO POWERS



STRENGTH



CLIMBING



CAMOUFLAGE



SHIELD

## HOW TO PLAY

Start by preparing the group: "It's Time to be a Hero"

- 1 Use cones to mark out a start and finish line, place a toy or piece of equipment at the finish line which the heroes must rescue.
- 2 Give each hero two bean bags to balance on top of their feet pretending they are gravity boots that stop them from floating away.
- 3 Can they walk or run to the finish line and back without the gravity boots falling off? If they do, start again. Use other parts of the body e.g. shoulders.

- 4 Now on all fours, can the hero place the bean bag on their back and crawl to the finish line and back using their Super Gekko Grip? Can they rescue the toy by also placing it on their back? If the toy or bean bag falls off - start again. Can they count how long it takes?

? **Question to ask:** "What helps keep the object balanced?"  
**Answers may include:** Concentrating, taking time, strong bodies.



### CHECK OUT THIS EPISODE ...

#### "Moonstruck: Lunar Fortress"

The PJ Masks must find a way to stop Luna Girl from creating more chaos with her new lunar powers! Gekko shows super bravery when he comes to the rescue of Owlette and Catboy!

# UNDERSTANDING GRAVITY ON THE MOON

## AREAS OF DEVELOPMENT

### Communication, Language and Literacy Development:

Use of key movement vocabulary: tiptoe, balance, run, walk, float and crawl.

### Physical Development:

Coordination, climbing, crawling, moving and balancing with objects.

### Expressive Art and Design:

Role playing and imagining – weightlessness and moving wearing 'heavy' gravity boots.

## WIDER LEARNING OUTCOMES

### Active Choice:

Making of movements, pathways, trying new activities.

Chance to share ideas about how best to complete the rescue, what worked and why?

Recognise their achievements and others when they completed a rescue.



## MORE ACTIVITY IDEAS EXPLORING THE SUPER MOON ADVENTURE THEME:



### ACTION & ADVENTURE

Introduce obstacles for the heroes to use their super Gekko climbing powers to climb over, under or around. Can they still balance the toy to complete the rescue?



### FRIENDSHIP & TEAMWORK

This time work in pairs or groups. Instead of having a toy to rescue at the finish line the hero must walk or crawl to the finish and piggyback or wheelbarrow their partner back, using their Super Gekko Muscles.



### IMAGINATION

Get the children to imagine they are going on a space mission or landing on the Moon. Get them to put on their space suits, gloves, boots, stepping out of HQ Rocket and walking on the Moon. Get them to suggest how they would move.





## TAKE HOME POWER OF 3 ACTIVITIES

Encourage children to continue their Super Moon Adventure journey of discovery at home with these 6 simple activities to do with their families. These fun Moon-themed ideas continue to build on the Power of 3 and the fundamental movement skills every child needs.



### AGILITY

#### 3, 2, 1 BLAST-OFF

Mark out a start line. Take it in turns as HQ Rocket to blast off and jump as far as you can off the start line. Mark where you land. Try again with a 3-2-1 run up. Can you improve? Who can jump the furthest?

#### ROCKET RELAYS

Use soft toys as satellites or meteors, set up a course with gaps in between. On "Blast-Off!" sprint along the course, weaving in and out of the toys. Time how long it takes. If you hit a toy your rocket will have been damaged so add 5 seconds. See if you can get faster.



### BALANCE

#### LUNA CRYSTAL STATUES

Heroes to move around to some music. When the music stops you become Luna Crystal statues. Can they stop quickly keeping very still and holding their shape?

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

#### MOON AND BACK

Mark out a start and finish. In pairs, sit back-to-back on the start line and place the balloon or ball (Moon) between your backs. On "Launch!" shuffle across the ground to the finish line without dropping or bursting the balloon.



### COORDINATION

#### MOONSTRUCK

Set a balloon or soft ball (Moon) in the centre of space. Scrunch up old newspaper to make balls. Teams either side of the space throw their balls to hit the balloon. The team with the most strikes is the winner.

#### MISSION IMPOSSIBLE

Create an obstacle course. On the words "One small step" set off around the course as though you are walking on the Moon - but don't touch the floor or you'll have to do 10 star jumps! Make it harder by counting how long it takes and trying to get faster?

# IT'S TIME TO BE A HERO!

# HOW CAN YOU GET INVOLVED?

## SUPER MOON ADVENTURE DAY

As part of National School Sport Week (NSSW), our **Early Years day** encourages children to donate **£1** and dress as their favourite PJ Masks hero. Taking part in the **NSSW Power of 3 activities** will be exciting and contributing to the charity partnership will make your little ones real life heroes and help other children get active too!

## BE A HERO!

**The Youth Sport Trust** is a registered charity that believes in a future where every child enjoys the life changing benefits that come from play and sport. Every year we fundraise to improve the lives of thousands of young people by pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

Through our charity partnership with **Entertainment One**, we will be introducing **Power of 3** fundraising campaigns to build on **NSSW** and increase our work around Early Years, particularly to support young people and their families in the most deprived areas of the country.



Did you know that poverty affects **one in four** children in the UK today and about **67%** of the UK's poor children are from working families, where time and money restricts participation in activity and perpetuates the problem?

## WITH YOUR HELP

We are aiming to raise **£15,000** to support a number of families in poverty by being active and happy together utilising the **Healthy Movers programme** and inspiration of PJ Masks.

### £15,000 will reach and support:

- 3 community based centres
- 60 staff / volunteers
- 100 low income families (c. 200 plus children)



In partnership with



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FOR FURTHER DETAILS ON HOW TO GET INVOLVED, SIMPLY VISIT

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

# BEYOND NATIONAL SCHOOL SPORT WEEK

The Youth Sport Trust have teamed up with PJ Masks to bring action and adventure to the Healthy Movers Toolkit.

Delivered through resources and training, **Healthy Movers** has been written to complement the **Early Years Foundation Stage (EYFS)** Framework and aims to develop the physical literacy of the whole child.

Healthy Movers featuring **PJ Masks** is a suite of resources and training to support Early Years practitioners to develop the knowledge, skills and confidence to ensure every child is physically literate. The suite of support enables settings to incorporate physical activity into every day and value the wider contribution to a child's development.

The full range of activities aims to inspire young people to develop their physical, social and emotional wellbeing to become '**school ready**'. One of the resources featuring the PJ Masks superhero trio Catboy, Gekko and Owlette, is designed to inspire children to release their inner hero through active play.

## Includes:

- Practitioner handbook - handy hints and tips to maximise delivery.
- 16 resource activity cards and reward stickers.
- EYFS wall hanger for your setting.
- Music CD to accompany activities.



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FOR FURTHER DETAILS ON HOW TO ACCESS HEALTHY MOVERS, SIMPLY VISIT  
[www.youthsporttrust.org/healthy-movers](http://www.youthsporttrust.org/healthy-movers)