



## (79) Superheroes and Their Contributions to Society

*Health Message: Paying attention while walking*

*Character Value: Responsibility*

Podcast length: 15:08

### LESSON PLAN

#### SYNOPSIS

Today's Walking Classroom podcast looks at fictional superheroes and the ways that they benefit society. Superman and Spiderman were created to give hope to Americans during difficult times. Superheroes are used to symbolize good and bad in the world. Superheroes aren't just comic book characters; we have superheroes in our everyday lives.

#### COMMON CORE STANDARDS

**SL.4.1.c** Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

**RI.4.2** Determine the main idea of a text and explain how it is supported by key details; summarize a text.

**RL.4.5** Describe the overall structure of events, ideas, concepts, or information in a text or part of a text.

#### OBJECTIVES

*Students will:*

- Judge the importance of fictional superheroes like Superman and Spiderman
- Evaluate the symbolism of superheroes
- Identify the contributions of everyday superheroes

#### PROCEDURE

*If you want to compare student comprehension before and after listening, administer the Comprehension Quiz before doing anything related to the podcast. Retest after walking.*

1. Review key vocabulary (included definitions are limited to the context of today's podcast)

- **courageous** (adjective): brave  
*Most superheroes are incredibly **courageous**.*
- **reliable** (adjective): dependable  
*Since my sister is **reliable**, I know that I can always count on her.*

2. Build background by asking students, "Do you ever read Superman or Spiderman comic books? Do you think that fictional superheroes are important to have in our society? Why?"  
*(allow time for discussion)*

3. Podcast preview: “How many of you know when Spiderman and Superman were created or why they were so important to Americans at that time? Today we’re going to learn more about superheroes and how they offer hope and reliability when it feels like there is none. Ready? Let’s go!”

4. Walk!

### QUESTIONS FOR THOUGHT AND DISCUSSION

Upon return to the classroom, discuss the main ideas and content from the podcast using the questions and suggested answers below.

**1. What were some of the big ideas of this podcast?**

- ✓ *Superman and Spiderman were created to give hope to Americans during difficult times.*
- ✓ *Superheroes are used to symbolize good and bad in the world.*
- ✓ *Many words that are used today, such as courageous and heroic, are closely associated with positive and negative feelings, actions, and emotions.*

**2. Why is it significant that Superman and Spiderman were created during two of America’s worst wars?**

- ✓ *Americans had lost their sense of hope and these heroes were created to restore it.*

**3. Spiderman says, “With great power comes great responsibility.”**

**a) What does this quote mean?**

- ✓ *Suggestion: You have to be careful with the power you are given and accept responsibility for the impact you can have. If you have the ability to do something, make sure that you are doing it for the right reasons. Don’t use the power you have for selfish reasons.*

**b) What happens when someone in power does not act responsibly?**

- ✓ *Suggestion: They can hurt and disappoint themselves and others and there can be serious consequences that affect many people.*

### COMPREHENSION QUIZ

Administer comprehension quiz.

### COMPREHENSION QUIZ ANSWER KEY

- |      |          |
|------|----------|
| 1. c | 6. c     |
| 2. b | 7. 3,2,1 |
| 3. a | 8. b     |
| 4. c | 9. a     |
| 5. b | 10. b    |

For additional information on related websites and activities, visit our website:

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

Name \_\_\_\_\_

Date \_\_\_\_\_

1. Superheroes symbolize:
  - a. the triumph of good over evil.
  - b. the struggles of everyday life.
  - c. both a and b.
2. Peter Parker turned into Spiderman when:
  - a. he put on his black mask and cape.
  - b. he was bitten by a radioactive spider.
  - c. he arrived in a pod from a mysterious planet.
3. Which of the following phrases is associated with Superman?
  - a. "Faster than a speeding bullet!"
  - b. "With great power comes great responsibility."
  - c. "Hi-yo, Silver! Away!"
4. Reliable means...
  - a. speedy
  - b. dishonest
  - c. dependable
5. According to the podcast, what word would best describe superheroes?
  - a. perfect
  - b. courageous
  - c. polite
6. Which of the following is a fact about everyday heroes?
  - a. They are only considered true heroes if they carry a badge or a gun.
  - b. They usually have two personalities, one that is heroic and the other that is normal.
  - c. They work hard to improve the lives of the people in their communities.
7. Number the events in the order in which they happened (1,2,3)
  - \_\_\_\_\_ Superman discovers he has super powers and uses them to fight evil in the world.
  - \_\_\_\_\_ Superman grows up in Smallville as Clark Kent.
  - \_\_\_\_\_ As a baby, Superman is sent from the planet Krypton to Earth.
8. Why is it significant that Superman and Spiderman were created during two of America's worst wars?
  - a. In their human everyday forms, both characters fought as soldiers in those wars.
  - b. Americans had lost their sense of hope and these heroes were created to restore it.
  - c. Superheroes are only created during times of great despair and fear.
9. When you're walking it's important to pay attention to how close you are to others.
  - a. true
  - b. false
10. You get the same benefit from walking at a slow pace as you do from walking briskly.
  - a. true
  - b. false