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Can you
complete the
7 challenges
this week!

WEEK 2 - MOXY'S
SUPER HERO
TRAINING

www.andyandtheoddsocks.com

CONGRATULATIONS
ODD SOCKERS ...

YOU HAVE COMPLETED ANDY'S ROCK
IT LIKE A ROCK STAR

THIS WEEK MOXY WILL BE
TRAINING YOU TO BE A
SUPER HERO!



WE LOOK FORWARD TO SEEING ALL
YOUR SKILLS ON OUR SOCIALS!

OPEN
HERE




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WEEK 2 - MOXY SUPER HERO TRAINING CAMP

This week we
will be training
you to become
a superhero.
There are 7
stages to
complete!

- 
- LEVEL 1 – MEET YOUR SUPERHERO ☐
 - LEVEL 2 – THE MASK ☐
 - LEVEL 3 – SUPER-VISION TEST ☐
 - LEVEL 4 – SHOW US YOUR SUPER POWERS! ☐
 - LEVEL 5 – SUPERHERO CHALLENGES ☐
 - LEVEL 6 – ENERGY BLAST ☐
 - LEVEL 7 – BEAT THE COURSE ☐

WHEN YOU HAVE COMPLETED ALL 7 LEVELS,
DOWNLOAD YOUR CERTIFICATE AND PREPARE
YOURSELF FOR MISSION 3 -

GOOD LUCK ODD SOCKERS, WE KNOW
YOU CAN DO IT!



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LEVEL 1 - DRAW YOUR SUPER HERO

USING THE TEMPLATE
ON THE NEXT PAGE
DRAW & DESCRIBE YOUR
SUPERHERO!

WHAT POWERS DO YOU
HAVE?

DESCRIBE YOUR
COSTUME?

CHOOSE YOUR
SUPER HERO NAME!

1.



2.



USE THE FIRST LETTER
OF YOUR FIRST NAME

A = CAPTAIN	N = STAR
B = PROFESSOR	O = STORM
C = GALACTIC	P = ROCKET
D = WONDER	Q = RIO
E = SHADOW	R = MAC
F = AGENT	S = THE
G = DOCTOR	T = LADY
H = SUPER	U = BLU
I = ULTRA	V = SPARKLE
J = FIRE	W = DARK
K = SILVER	X = ANDY
L = WILD	Y = IRON
M = ROCK	Z = BLASTPOWER

USE THE FIRST LETTER
OF YOUR SECOND NAME

A = UNDERPANTS	N = MCSCRATCHY
B = CHEEKY	O = MAGICFINGERS
C = RINKY DINK	P = TWINKLE TOES
D = STINKER	Q = ROCK
E = MAN	R = NINJA
F = THING	S = FUZZBUTT
G = SHINY	T = BIG CAT
H = FLUFFPANTS	U = BUBBLES
I = MCSPRINKLES	V = MASTER
J = SQUAREPANTS	W = POWER
K = SILVER	X = CRUSHER
L = WILD	Y = IRON
M = MOXY	Z = GOLD

SUPERHERO ID DOCUMENT

SUPERHERO NAME:

POWERS CHECKLIST:

- X-RAY VISION ☐
- SUPER SPEED ☐
- INVISIBILITY ☐
- MEGA BRAIN ☐
- CAPE SWISHING ☐
- FLYING ☐
- COURAGE & KINDNESS ☐
- OTHERS:

OFFICIAL PORTRAIT

DESCRIPTION



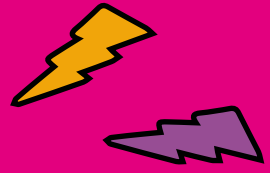
3 / 08 / 2020

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LEVEL 2 – CREATE YOUR OWN SUPERHERO MASK

CHOOSE 3 COLOURS
AND ADD PATTERNS- STARS /
STRIPES / LIGHTNING BOLTS / SPOTS



LEVEL 3 – SUPER-VISION TEST

WATCH OUR VIDEO FOR RINKY DINKY DOO

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=2NPPQTVFQBK](https://www.youtube.com/watch?v=2NPPQTVFQBK)

NOW ANSWER THESE QUESTIONS:

Which band member gets put in jail?

What colour cape does Rio wear?

KEEP
YOUR
EYES
OPEN

What does Cousin Mac get thrown over him in the middle of the video?

Who else stars in the video apart from the band?

Who is Moxey at the end of the video?

LEVEL 4 - SUPERHERO FITNESS TRAINING



SKIPPING
X 10



STAR JUMPS
X 10



HOPPING
ON ONE LEG
X 10



JUMP
OVER
SOMETHING

RUN AROUND
THE LOUNGE
3 TIMES



KARATE
KICKS
X 10

LEVEL 5 - MINUTE TO WIN IT CHALLENGE

CHOOSE 3 CHALLENGES FROM
THE LIST BELOW.
WHO CAN GET THE BEST SCORE?

BALLOON CHALLENGE

- blow up 3 balloons
- keep all 3 up in the air for 1 minute



COTTON WOOL CHALLENGE

- you need 2 bowls, a spoon, some cotton wool and a scarf for a blindfold
- blindfold someone, they need to transfer the cotton wool from one bowl to the other with the spoon

COOKIE FACE CHALLENGE

- put a cookie on your forehead race to be first to get it to your mouth.



BALL PUSH CHALLENGE

- push a ball from one side of the room to the other using your face.

LEGO TOWER CHALLENGE

- who can build the tallest tower in 1 min?



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LEVEL 6 – ENERGY BLAST

HEALTHIER CHERRY OATMEAL COOKIES

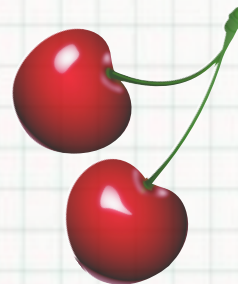
INGREDIENTS

- GLUTEN-FREE OLD-FASHIONED ROLLED OATS (OR REGULAR)
- GLUTEN-FREE 1:1 BAKING FLOUR (OR ALL-PURPOSE, WHITE WHOLE WHEAT, OR WHOLE WHEAT PASTRY)
- GROUND CINNAMON
- SALT
- COCONUT SUGAR
- COCONUT OIL
- NUT/SEED BUTTER
- EGG
- MOLASSES
- VANILLA
- DRIED CHERRIES



METHOD

1. HEAT OVEN TO 180C/160C FAN/GAS 4 AND LINE 2 BAKING TRAYS WITH BAKING PARCHMENT. POUR 50ML/2FL OZ BOILING WATER OVER THE RAISINS AND LEAVE TO SOAK FOR 20 MINS UNTIL PLUMP. DRAIN, RESERVING THE LIQUID.
2. MEANWHILE, IN A LARGE BOWL, MIX TOGETHER THE OIL AND SUGAR. GRADUALLY BEAT IN THE EGG, ALONG WITH THE RESERVED WATER FROM THE RAISINS, THE CINNAMON AND VANILLA EXTRACT. SIFT THE FLOUR, BICARBONATE OF SODA AND A PINCH OF SALT INTO THE BOWL, THEN ADD THE OATS. FINALLY, MIX IN THE RAISINS.
3. DROP HEAPED TBSPS OF THE COOKIE DOUGH ONTO THE BAKING TRAYS, WELL SPACED APART AS THEY WILL SPREAD WHEN COOKING. BAKE FOR 12-15 MINS UNTIL GOLDEN. LEAVE TO COOL ON THE TRAYS FOR 10 MINS BEFORE TUCKING IN, OR TRANSFER TO A COOLING RACK TO COOL COMPLETELY. WILL KEEP IN AN AIRTIGHT CONTAINER FOR UP TO 3 DAYS.



LEVEL 7 - SUPERHERO OBSTACLE COURSE

COMPLETE YOUR SUPERHERO TRAINING
WITH AN OBSTACLE COURSE

Things you can use:

- CHAIRS ☐
- SKIPPING ROPE ☐
- HULA HOOP ☐
- SPACE HOPPER ☐
- TUNNEL ☐
- BEANBAGS ☐
- CUSHIONS ☐
- RIBBON/STRING ☐
- BALLS ☐
- CONES ☐

START

FINISH

LASER
MAZE

MISSILE
DODGE

BALANCE
BEAM



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WELL DONE!
YOU HAVE
COMPLETED
WEEK 2!



YOU ARE NOW
A FULLY TRAINED
SUPER HERO!

NEXT WEEK WE WILL
BE GETTING YOU READY
FOR AN OUTER SPACE
MISSION WITH RIO!
ITS OUT OF THIS WORLD!!

DON'T FORGET TO ASK
YOUR GROWNUP TO POST
ALL YOUR RESULTS ON OUR
SOCIAL MEDIA PAGES USING
THE HASHTAG
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CONGRATULATIONS
ODD SOCKER!

THIS CERTIFICATE IS AWARDED TO

FOR COMPLETING WEEK 2
MOXY'S SUPERHERO TRAINING!

